

landing guide

#67. OVERCOMING ANXIETY



HELPFUL RESOURCES

PODCAST: "Managing Leadership Anxiety: Yours and Theirs"

By Steve Cuss

<https://podcasts.apple.com/us/podcast/managing-leadership-anxiety-yours-and-theirs/id1441812273>

ARTICLE: TGC | "How Anxiety Has Grown My Faith"

By Josh Weidmann | November 12, 2020

<https://www.thegospelcoalition.org/article/anxiety-grown-faith/>

ARTICLE: TGC | "ASK TGC: Is Anxiety a Sin?"

By Joe Carter | March 26, 2019

<https://www.thegospelcoalition.org/article/ask-tgc-anxiety-sin/>

KEY SCRIPTURE TEXTS

Click the links below to explore some key Scripture texts:

- [Philippians 4:4-7](#)
- [2 Corinthians 10:5](#)
- [John 8:31-32](#)
- [Matthew 6:34](#)
- [Lamentations 3:22-23](#)
- [Psalm 94:19](#)
- [Luke 12:24-34](#)

DISCUSSION QUESTIONS

- What makes you feel anxious?
- What help and hope does God's Word offer for those who struggle with anxiety?
- What do you tell someone who has genuinely tried everything a believer should lean into for help and they are still suffering with anxiety?