FIELD GUIDE

THE MENTORING PROJECT

HOW TO OVERCOME ANXIETY: A BIBLICAL PERSPECTIVE



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INTRODUCTION

Anxiety A Universal Struggle

Anxiety has various forms. It appears as racing thoughts for some people, while others experience it as physical pain—chest pains, insomnia, or persistent tiredness. An individual's finances, health, relationships, work, or even future uncertainties can trigger anxiety. For many, the question beneath these experiences is deeply practical and personal: how to overcome anxiety when it feels overwhelming and constant.

David, a renowned figure in the Bible, had a form of anxiety that ran deep. Like in many of his psalms, he poured out his distress honestly before God. He did not pretend anxiety wasn't there, nor did he hide it behind spiritual language. Instead, David shows us how to overcome anxiety by bringing it directly into God's presence.

"When anxiety was great within me, your consolation brought me joy." — Psalm 94:19

David didn't ignore or try to escape his anxiety; instead, he focused on God. Having honest conversations with God helped him face his fears through prayer. His response teaches us something essential about how to overcome anxietybiblically: anxiety is not evidence of weak faith, but an invitation to deeper dependence on God.

Even Jesus experienced deep distress prior to his crucifixion. In the garden of Gethsemane, he prayed so intensely that his sweat became like drops of blood (Luke 22:44). Jesus shows us how to overcome anxiety not by denial, but by surrender—bringing fear honestly before the Father while trusting His will.

HOW TO OVERCOME ANXIETY

Throughout Scripture, we see a consistent pattern that helps us understand how to overcome anxiety:

- Having anxiety about our problems is real, but it doesn't have to rule us.
- God understands our fears and invites us to bring them to Him.
- Avoidance is not the answer; trusting God in the midst of trouble is how to overcome anxiety with lasting hope.

The Bible's Answer to Anxiety

The world tells us that anxiety is something to manage, suppress, or escape from. But God offers something far better. Scripture teaches us how to overcome anxiety not through control, but through rest—resting in God's character, His promises, and His presence. Instead of striving harder, God invites us to come to Him, knowing that true peace is found there.

Philippians 4:6-7: A Call to Pray, Not Worry

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Paul does not say, "Try to worry less." He says, "Do not be anxious about anything." This is not a harsh command—it is an invitation to trust God completely. When we replace worry with prayer, God promises to give us a peace that surpasses all understanding. This is one of the clearest examples in Scripture of how to overcome anxiety through dependence on God rather than self-effort.

But notice the key part of this verse: *with thanksgiving*. Gratitude is a powerful tool against anxiety. Focusing on what our Creator has done for us strengthens our faith in what He will continue to do, helping our hearts shift from fear to trust.

1 Peter 5:7: Casting Our Cares on Him

"Cast all your anxiety on him because he cares for you."

The Greek word used for “cast” is the same one used in the description of how a donkey’s cloak is thrown onto it before Jesus rides it. The action is not placing the cloak gently but rather throwing it. God does not need us to carry our burdens; He expects us to toss them at Him because He loves us. It stands alongside Philippians 4 as a powerful bible verse about anxiety, reminding us that God invites active surrender, not quiet endurance.

Isaiah 41:10: God’s Presence in Our Fear

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

One of the most comforting truths in Scripture is that God is always with us. Anxiety often makes us feel alone, but God reminds us that we are never truly alone. His presence is our peace.

Why This Journey Matters

This guide is not just about learning how to “feel better.” It is about transformation. It is about stepping into the life God has called you to live—free from the chains of fear and worry.

Anxiety may not disappear overnight, but as you grow in your trust in God, you will begin to experience His peace in ways you never imagined. You will learn that peace is not the absence of problems but the presence of Christ.

Over the next few sessions, you will explore:

- What the Bible says about anxiety and how to apply its truths to your life.
- How to shift from fear to faith, learning to trust in God’s sovereignty.
- Practical steps for renewing your mind through Scripture and prayer.
- How can we walk daily in God’s peace and encourage others to do the same?

This journey is not meant to be taken alone. A mentor—someone who has walked through their own struggles—can provide wisdom,

encouragement, and accountability. They can remind you of God's truth when fear tries to take over.

God does not promise a life without difficulties, but He does promise to be with us through them. He offers His presence, His strength, and His peace.

As you begin this study, take a moment to pray. Ask God to open your heart to His truth. Invite Him into your struggles, and trust that He will guide you step by step.

You are not alone. You are deeply loved. And peace is possible—not because life is perfect, but because God is faithful.

SESSION 1: UNDERSTANDING ANXIETY THROUGH A BIBLICAL LENS

Key Scripture: Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Anxiety: A Struggle We All Face

Anxiety is something we all experience at some point in life. It can be a sudden wave of nervousness before a big decision, a restless night filled with worry, or a constant, nagging fear that never seems to go away. Many people eventually ask themselves, *what is anxiety*, and why it feels so powerful even when no immediate danger is present. It can be triggered by uncertainty, past experiences, or even the pressure of trying to control things that are beyond our ability to manage.

Some people experience anxiety in small moments—before a test, a job interview, or a tough conversation. This kind of situational fear is often described today as performance anxiety, where the fear of failure or judgment overwhelms the moment itself. Others feel anxiety in deeper ways, battling daily fears about the future, financial struggles, health issues, or relationships. Anxiety can feel overwhelming, like a weight pressing down on your chest or a storm raging in your mind that refuses to settle.

Even faithful believers, people who love God deeply, wrestle with anxiety. The Bible does not ignore this reality. It speaks directly to our fears and offers a different way to respond—one that invites us to trust God in the middle of uncertainty. When anxiety becomes persistent, many begin to wonder, *why do I have anxiety*, especially when their faith feels sincere and their desire to trust God is real.

But what exactly is anxiety from a biblical perspective? Is it just a normal human emotion, or is there something deeper going on?

Defining Anxiety: A Normal Human Experience vs. a Spiritual Struggle

Anxiety, in its simplest form, is a response to fear. It is what happens when we feel uncertain about what is ahead, when we do not feel safe, or when we doubt our ability to handle a situation. From a purely human standpoint, anxiety is a natural part of life. Our bodies and minds were created to recognize danger and react accordingly.

For example, if you were walking through the woods and suddenly saw a bear, your body would immediately respond—your heart would race, adrenaline would surge, and your brain would signal you to run. That kind of fear is useful because it helps protect us from harm.

But anxiety is different. Instead of being a reaction to real danger, anxiety is often a response to *what-if* scenarios.

- What if I fail?
- What if something bad happens?
- What if I never find a way out of this situation?

Over time, these patterns can resemble what modern psychology describes as types of anxiety disorders, where fear no longer serves protection but becomes a constant internal pressure.

Anxiety convinces us that we are in danger, even when we are not. It tells us that we must be in control and that things will fall apart if we do not have all the answers. The Bible recognizes this struggle, and while it acknowledges that anxiety is a part of life, it also calls us to respond to it differently.

What Does the Bible Say About Anxiety?

God does not dismiss our fears or tell us to simply "stop worrying." Instead, He provides a way to experience real peace, even in the middle of anxious moments. Scripture consistently points us toward trust, prayer, and surrender as the path forward—showing us not just *what anxiety is*, but how to overcome anxiety by placing our fears in God's hands rather than carrying them alone.

1. Anxiety is heavy, but God offers peace.

"Anxiety weighs down the heart, but a kind word cheers it up."
— Proverbs 12:25

This verse reminds us that anxiety is a real burden, not an imaginary one. Yet God meets us in that heaviness with comfort, truth, and hope. His Word lifts what anxiety presses down.

The analogy that comes to mind when I read this verse is of someone suffering from anxiety. It's as if a heavy weight rests on their back, curbing their ability to breathe. Anxiety can be devastating, weighing down on our hearts and rendering us fatigued and downcast. These experiences describe many of the symptoms of anxiety, which often affect us physically, emotionally, and spiritually at the same time. The second part of the verse states, "A kind word cheers it up." This brings forth the idea that we do not have to bear the burden of anxiety by ourselves. There are people in our lives whom God has given to uplift us, and He Himself provides words of truth that are deeply comforting.

2. God invites us to cast our worries on Him.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7

God does not just tell us to stop worrying—He tells us what to do with our worries. He invites us to give them to Him. This is not a one-time event but a daily practice. Every time anxiety arises, we have a choice: will we carry it alone, or will we hand it over to the One who cares for us? Learning this posture of surrender is a vital part of how to overcome anxiety in a way that leads to lasting peace rather than temporary relief.

3. Worry does not add to our lives.

"Can any one of you by worrying add a single hour to your life?"
— Matthew 6:27

Jesus asks a powerful question here. Worrying does not fix our problems; it does not bring solutions. It often worsens the situation by depleting our energy and muddling our thoughts. These words of Jesus remind us that, instead of worrying, we should trust in God to supply our needs.

Understanding the Reaction of Anxiety and Self-Doubt

Recognizing anxious reactions is one step toward how to overcome anxiety. Because anxiety is not always apparent, it sometimes reveals itself in the form of excessive thoughts, avoidance behaviors, and perfectionism.

The following are some common forms of anxiety:

- **Physical symptoms** – experiencing a racing heart, tightness in the chest, headaches, and sleeplessness.
- **Mental patterns** – overthinking, anticipating catastrophe, and becoming overwhelmed by constant “what if” scenarios.
- **Spiritual struggles** – doubting God’s goodness, feeling distance in prayer, or struggling to trust Him fully.

This recognition helps transform fear by bringing it to God, where it can be replaced with peace.

When Does Anxiety Become a Spiritual Battle?

Not all anxiety is sinful in nature. It is perfectly human to feel anxious about an important occasion or to care deeply about a family member. However, when anxiety takes control of our thoughts and decisions and begins to cause us to question God’s promises, it crosses a line and becomes a spiritual battle.

Nothing would please the enemy more than instilling fear in us and diverting our attention away from God’s boundless goodness. He knows that anxiety keeps us from embracing the freedom that Christ offers.

Regardless of the struggle, God has given us everything we need to fight back. We are surrounded by a community of believers to rely on in times of trouble. His Spirit strengthens us, and His Word is filled with promises of peace that guide us, step by step, in how to overcome anxiety through faith rather than fear.

Discussion Questions for Mentor and Mentee

1. In what manner does anxiety manifest itself in your life? Do you tend to be an over-thinker, feel physically tense, or grapple with self-doubt as you try to figure out how to overcome anxiety in everyday situations?
2. Do you often experience repetitive thoughts that begin with “what if”? What are some examples, and how do those thoughts affect the way you interact with others or approach new situations, especially if you struggle with how to overcome social anxiety?
3. Have you ever experienced anxiety interfering with your relationship with God? How so?
4. What verse from this session speaks to you the most? Why?

Encouragement for the Week: Bringing Anxiety to God

As we move forward, take time this week to notice when anxiety arises. Instead of letting it take control, pause and turn to God. Meditate on **Philippians 4:6–7**, and when anxious thoughts come, remind yourself:

"God is in control. I do not have to carry this alone."

This simple practice helps shift your focus from fear to trust and is an important step in learning how to overcome anxiety through daily dependence on God.

Action Step:

- Write down one specific anxiety you are carrying today. Each morning, pray and surrender it to God. End each night by thanking Him for His peace, even if you don’t feel it yet. Over time, this rhythm of surrender builds spiritual resilience and helps retrain your response to anxious thoughts, including fears that arise in social settings.

God is not asking you to overcome anxiety on your own—He is inviting you to trust Him step by step, whether you are dealing with general worry or learning how to overcome social anxiety in relationships and community.

Detecting Anxious Reactions and Self-Doubt in Our Lives

Key Scripture: Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Recognizing Anxiety in Our Lives

Anxiety has a way of sneaking into our lives without us even realizing it. It can begin as a slight worry—something we brush off as just being "stressed" or "overwhelmed." But over time, it grows. It starts shaping our thoughts, our actions, and even our faith.

Some people experience anxiety as a constant hum in the background of their minds, always present but never fully acknowledged. Others feel it like a sudden wave crashing over them—unexpected and overpowering. In social settings, this may show up as fear of being judged, saying the wrong thing, or being misunderstood, which is why learning how to overcome social anxiety often begins with recognizing these internal patterns rather than merely changing outward behavior.

However anxiety shows up, one thing is certain: it affects us deeply, and if left unchecked, it can distort the way we see ourselves, our circumstances, and even God. We may begin to assume the worst, withdraw from others, or place unrealistic expectations on ourselves.

That's why one of the first steps in learning how to overcome anxiety is learning to detect it honestly. If we don't recognize how anxiety is influencing us—our thoughts, our reactions, and our relationships—we won't be able to take meaningful steps toward healing. Awareness does not fix everything, but it opens the door to prayer, truth, and transformation.

And thankfully, the Bible does not leave us without direction. Scripture invites us to bring our anxious thoughts into the light, to place them before God, and to allow His peace—not our circumstances—to guard our hearts and minds.

The Connection Between Anxiety and Self-Doubt

Anxiety and self-doubt are closely connected. When we worry, it often leads to questioning ourselves:

- Am I good enough?
- What if I fail?
- What if I make the wrong decision?
- What if people see that I'm not as strong as they think I am?

This pattern of thinking can be dangerous. Self-doubt makes us second-guess our worth, our abilities, and even our faith. It can paralyze us, keeping us from stepping into the things God has called us to do. For many people, this is especially true in relational settings, where fear of judgment or rejection raises the question of how to overcome social anxiety in a way that honors God and preserves peace.

But here's the good news: God has already spoken truth over us. He has already declared our worth, our identity, and our purpose. We don't have to live in a cycle of doubt and fear.

Philippians 4:6–7 reminds us that we are called to bring our anxieties to God in prayer. When we do, He replaces our worry with peace—peace that doesn't always make sense but is real and unshakable.

How Anxiety Manifests in Our Lives

Anxiety is not always easy to detect. It doesn't always show up as obvious worry or fear. Sometimes, it hides in our habits, our thoughts, and even our relationships. Here are a few common ways anxiety may be showing up in your life:

1. Physical Symptoms

Anxiety isn't just something we experience in our minds—it can affect our bodies as well. Many people don't realize that their headaches, muscle tension, or trouble sleeping may, in fact, be tied to stress and worry.

Common physical symptoms of anxiety include:

- Rapid heartbeat or shortness of breath
- Trouble sleeping or frequent nightmares
- Stomach issues or loss of appetite
- Fatigue or feeling constantly drained

When anxiety begins to affect our bodies, it is a sign that we are carrying more than we were meant to. God did not create us to live under constant stress. He invites us to bring our burdens to Him and trust that He will sustain us (Psalm 55:22).

2. Overthinking and Mental Spirals

Do you ever find yourself replaying conversations in your head, wondering if you said the wrong thing? Or lying awake at night thinking about everything that could go wrong?

This is what anxiety does—it keeps our minds stuck in a loop of "what if" thinking. We try to prepare for every possible outcome, but instead of bringing peace, it only creates more stress.

Jesus spoke directly to this in Matthew 6:34: *"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

This is a powerful reminder that we are not called to carry the weight of the future. God is already there. He already knows what will happen, and He is more than capable of leading us through it.

Instead of obsessing over the unknown, we are invited to trust God for today and let tomorrow rest in His hands.

3. Avoidance and Procrastination

Sometimes, anxiety doesn't look like worry—it looks like avoidance.

When we feel overwhelmed, we might push things off, telling ourselves, *"I'll deal with that later."* But deep down, we're not delaying because we're busy—we're delaying because we're afraid.

- Afraid of failing
- Afraid of making the wrong choice
- Afraid of facing something difficult

This can apply to work, relationships, and even our faith. Maybe you've felt God nudging you toward something—serving in a ministry, having a hard conversation, or stepping into a new opportunity—but fear keeps holding you back.

God never intended for fear to keep us from living the life He has called us to. 2 Timothy 1:7 reminds us: *"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."*

When we recognize that avoidance is actually fear in disguise, we can begin to face those fears with faith instead of running from them.

4. Seeking Control

Many times, anxiety makes us feel like we have to control everything.

- We over-plan and overthink because we're afraid of something going wrong.
- We struggle to trust others because we feel like we have to do everything ourselves.
- We hold onto our worries instead of surrendering them to God.

But control is an illusion. The truth is, we were never meant to have control over everything. That is God's job, not ours.

Isaiah 41:10 reminds us: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

God is not asking us to hold everything together—He is asking us to trust that He is already holding it all together.

Discussion Questions for Mentor and Mentee

1. When anxiety shows up in your life, how do you typically respond?
2. Do you see any of these patterns—physical symptoms, overthinking, avoidance, or control—in your own life?

3. How does self-doubt affect your relationship with God?
4. What is one step you can take this week to recognize and surrender anxiety to God?

Encouragement for the Week: Replacing Anxiety with Truth

Anxiety is persistent. But so is God's peace.

This week, take time to notice when anxious thoughts arise. Instead of letting them take control, replace them with truth. Whenever you feel overwhelmed, pause and repeat Philippians 4:6–7, reminding yourself:

"God is in control. I do not have to carry this alone."

This verse is a powerful scripture for anxiety, reminding us that peace does not come from controlling our circumstances but from entrusting them to God.

Action Step:

- Each morning, write down one anxious thought that comes to mind.
- Next to it, write a Bible verse that speaks against that fear, choosing a scripture for anxiety that directly addresses what you are feeling.
- Pray over it, asking God to help you replace worry with His peace.

Anxiety may not disappear overnight, but as we practice surrendering it to God, we will begin to experience the peace that He has promised.

When Do Anxiety Levels Become Too Difficult to Handle in Your Experience?

Key Scripture: Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Recognizing When Anxiety Becomes Too Much

Anxiety is the body's natural human response to stress, judgment, or fear. If it is left unaddressed, however, anxiety can deepen and expand, affecting not only our thoughts but also our hearts and our faith. What

begins as a momentary concern can slowly grow into a constant presence that shapes how we see ourselves, others, and even God.

You may have been there before—or you may be there right now.

Often, anxiety starts with small worries that seem manageable. Over time, those worries take up more mental space. Your thoughts become consumed with endless "what if" scenarios. Your heart feels heavy. Prayer becomes difficult, even though you long for relief. You may feel exhausted despite doing very little, withdraw from others, or struggle to focus on everyday tasks.

At this point, anxiety is no longer just an occasional emotion. It becomes a burdensome force that robs us of joy, peace, and confidence, and can quietly erode our trust in God's care.

This is where we must pause and ask important questions. Do you recognize these signs in your own life? Have your anxious thoughts grown beyond what feels manageable on your own? And are you willing to seek support—not only from others, but from God through His Word?

As we continue through this session, we will learn how to recognize these moments honestly and respond to them wisely, turning again to Scripture and to the God who promises to guard our hearts and minds with His peace.

Knowing Your Anxiety Is Getting Out of Control

The Word of God says that you should share your troubles and anxiety with Him, but this can get unbearable and difficult to handle. And if you feel like you are alone, don't worry because you are not. Many people, even firm believers, have been in that place.

Here are a few signs that anxiety may be becoming too challenging to handle on your own:

1. Anxiety Is Affecting Your Relationship with God

Prayer becomes harder. Reading the Bible feels like a chore. You start questioning everything and even doubting if God has any control over this or if He can resolve some of your issues. Instead of putting your trust in Him, you become distant and start believing that no one is going to listen.

This is the first and most overwhelming e3ect anxiety has on us—it creates distance between us, God, and even our loved ones. For some, this distance becomes especially noticeable in the form of social anxiety, where fear and self-consciousness begin to shape how we interact with others. When we are stuck in this cycle of fear and worry, it can be hard to hear His voice or feel His peace.

But the truth is that God has not moved away from you. You only feel this way because of your mind and the effects of anxiety. But He is still near.

Psalm 34:18 reminds us: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

God will never get frustrated with you for feeling anxious. Nor will He be disappointed in your struggle. Instead, He invites you to come to Him, even when you don't feel like it.

2. Anxiety Is Affecting Your Daily Life

A major indicator that anxiety has grown out of control is when it disrupts your ability to live normally. One common symptom is social withdrawal, often connected to social anxiety, where interacting with others feels exhausting or overwhelming. Does it become hard to stay focused on tasks like work assignments, college projects, or managing daily responsibilities?

Even if you have not done much, anxiety can still tire both your body and mind. It causes restless nights, endless tossing and turning, and racing thoughts that refuse to quiet down. Excessive worry can leave you feeling confused and disconnected, making it difficult to discern the path God has laid out for your life.

Jesus tells us in John 10:10, *"I have come that they may have life and have it to the full."*

God does not want you to live in constant discomfort, stress, or fear. He desires peace, joy, and freedom for you. When anxiety begins to dominate daily life, it is not a sign of failure—it is a signal that something needs attention and care.

3. You Get Negative Thoughts

When you are not doing anything about it, anxiety grows on stress and fear. It starts out small, which can be overlooked, but it grows very quickly and impacts a big part of your life once it's out of control.

- "What if something bad happens?"
- "What if I'm not good enough?"
- "What if I never feel better?"

These thoughts can form a prison in your mind and trap you in it, blinding you to the truth of God's promises. This is why turning to bible verses for anxiety is so important—they help replace lies with truth and fear with faith.

But with the help of the Holy Bible, you can break this cycle. Romans 12:2 reminds us, *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* This verse shows us that lasting change begins not with controlling circumstances, but with renewing the way we think.

We do not have to let our anxious thoughts rule over us. With God's help, and by consistently meditating on bible verses for anxiety—such as Philippians 4:6–7 and 1 Peter 5:7—you can refresh and renew your mind, filling it with hope, peace, and the truth of God.

4. Anxiety Affects Your Physical Health

Anxiety is not just an emotional struggle; it also affects your physical well-being.

These are some physical symptoms of severe anxiety:

- Headaches or tension in your muscles
- Trouble sleeping or nightmares
- Stomach issues or loss of appetite
- Rapid heartbeat or shortness of breath
- Feeling restless or unable to relax

These physical signs remind us that anxiety impacts the whole person—mind, body, and spirit—and that God's truth is meant to bring healing and peace to every part of us.

Our body and mind are one, and because of that, we also experience physical signs.

This is why God's peace is not just emotional—it's physical. He promises to bring rest to our entire being. Matthew 11:28 says: *"Come to me, all you who are weary and burdened, and I will give you rest."*

God does not only heal you spiritually but brings real, deep peace to our minds and bodies as well.

What to Do When You Experience Overwhelming Anxiety

If you recognize any of these signs in you, do not give up because God will not leave you alone. He will be with you at all times to help you.

Do three of these things when your anxiety gets unbearable:

1. Be Honest with God

Tell Him what you're feeling. Don't hold back. God already knows your heart, and He wants you to bring your worries to Him. Psalm 62:8 says: *"Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."*

God isn't expecting you to have it all figured out—He just wants you to come to Him.

2. Seek Wise Counsel

Sometimes, we need help from others to walk through our anxiety. Talking to a mentor, a pastor, or a Christian counselor can make a huge difference.

Proverbs 11:14 reminds us: *"For lack of guidance, a nation falls, but victory is won through many advisers."*

There is no shame in seeking help. In fact, it's a sign of wisdom.

3. Meditate on God's Promises

When anxiety feels overwhelming, one of the most powerful things you can do is fill your mind with God's truth. Turning regularly to bible verses about anxiety helps anchor your thoughts in what God says, rather than what fear suggests.

Here are a few verses to hold onto:

- Isaiah 41:10 – *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*
- 2 Timothy 1:7 – *"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."*
- John 14:27 – *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not be afraid."*

These bible verses about anxiety remind us that fear does not have the final word. Your overwhelming feelings of anxiety do not define you, because God is greater than your fears, and His peace surpasses your distress.

Take one small step this week to place your worries into God's hands. Trust that He remains with you throughout this process, whether through prayer, conversations with a mentor, or quiet meditation on His promises.

You are not alone. God is your refuge, and He will guide you through every challenge.

SESSION 2: GOD'S SOVEREIGNTY OVER OUR FEARS

Key Scripture: Matthew 6:25-27

"Therefore, I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you, by worrying, add a single hour to your life?"

Who Is in Control?

Anxiety is unpredictable and often makes us feel like we are not in control of ourselves. Bills, relationships, sickness, and even our carefully made plans do not always turn out as expected, and this uncertainty can quickly give rise to fear and anxiety. The weight of trying to manage everything on our own can wear us down and leave us exhausted.

But the truth is that you were never meant to be in control of everything. God is.

According to Scripture, God has complete authority over all things because He is sovereign. Nothing that happens in this world escapes His knowledge, and His power is not limited by our circumstances. Even when anxiety fear grips our hearts and the future feels uncertain, God already knows what lies ahead. When we trust in His sovereignty, we are freed from carrying burdens that were never meant to rest on our shoulders.

Although we may understand God's supreme power intellectually, it is often difficult to rely on Him practically when anxiety takes hold. Learning to rest in God's sovereign rule means closing the gap between what we know about Him and how we actually live. This is where faith is tested and

strengthened. The upcoming discussion will explore how to make that shift.

Fear vs. Trust: A Spiritual Tug-of-War

Anxiety often revolves around *what if* questions. When fear and anxiety take center stage, our thoughts can spiral:

- What if I fail?
- What if I make the wrong decision?
- What if I lose what matters most to me?

Fear thrives in uncertainty. It pulls our focus toward potential outcomes we cannot control and away from the God who holds all things together. This constant state of anxiety fear keeps us fixated on what could go wrong rather than on who God is.

Trusting God, however, changes the question. Instead of living in *what if*, faith moves us toward *even if*.

- Even if I fail, God's plan for my life is still good.
- Even if I don't know the future, God does, and He is guiding me.
- Even if I face trials, God will strengthen me and never leave me.

Developing genuine trust takes time. Believing in God's sovereignty means learning to rely on Him not only during calm seasons of life, but also in moments of uncertainty, when fear tries to take control. As trust grows, fear loosens its grip, and peace begins to take root.

The Story of Peter Walking on Water (Matthew 14:22-33)

In this passage, we see a powerful example of what happens when fear competes with faith. Peter steps out of the boat in obedience, but when he notices the wind and waves, fear overtakes him and he begins to sink. Yet even then, Jesus reaches out and rescues him. This story reminds us that while fear may cause us to falter, God's sovereignty and grace remain steady.

One of the best examples of fear vs. trust is found in Matthew 14.

Peter and the other disciples were in a boat when they saw Jesus walking toward them on the water. At first, they were terrified, thinking He was a

ghost. But Jesus reassured them, saying, *"Take courage! It is I. Don't be afraid."* (Matthew 14:27).

At that moment, Peter did something remarkable. He called out to Jesus and said, *"Lord, if it's you, tell me to come to you on the water."* (Matthew 14:28). Jesus told him to come, and Peter stepped out of the boat, walking toward Him.

As long as Peter kept his eyes on Jesus, he was walking on water. But as soon as he looked at the wind and the waves, fear took over. He began to sink, crying out, *"Lord, save me!"*

Immediately, Jesus reached out His hand and caught him, saying, *"You of little faith, why did you doubt?"* (Matthew 14:31).

This demonstrates that by keeping our vision on Jesus, we gain the ability to conquer our fears. When we direct our attention towards the storm, we fall into anxiety.

We will experience occasions in our lives when our fear becomes overwhelming, similar to Peter. But Jesus' arms are open to us at all times. Jesus does not criticize our fear but leads us onto a better path to trust in Him.

Practical Steps to Trusting God's Sovereignty

If we are going to trust God amid anxiety, we need to take intentional steps to shift our focus from fear to faith. Here are three practical ways to do that:

1. Replace Worry with Prayer

When anxiety creeps in, our natural response is often to overthink and try to solve everything in our minds. But Philippians 4:6–7 gives us a different strategy and serves as a clear prayer for anxiety rooted in Scripture:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

We are invited to bring our troubles to God through prayer rather than surrendering ourselves to worry. God already knows what weighs on your

heart; a prayer for anxiety is not about informing Him of your needs, but about acknowledging your fears and allowing Him to replace them with peace.

Application:

During this week, make it a habit to redirect anxious thoughts by turning to prayer instead of dwelling on worry. Write your concerns in a journal and then offer them to God, asking Him to assume full authority over the things you cannot control. This simple practice turns prayer into an intentional act of trust.

2. Focus on Today, Not Tomorrow

Jesus reminds us in Matthew 6:34, *"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Anxiety often feeds on imagined futures that have not yet occurred. By drawing our attention back to the present, Jesus teaches us to live in daily dependence on God rather than constant anticipation of what might go wrong.

Living one day at a time does not mean ignoring responsibility; it means trusting that God's grace is sufficient for today. When we learn to focus on the present moment, we create space to experience God's peace and rest, even in the midst of uncertainty.

Application:

- When you find yourself worrying about the future, ask yourself what you should pray to God for.
- When thoughts about the future enter your mind, focus on Matthew 6:34.

3. Remember God's Past Faithfulness

One of the best ways to trust God for the future is to remember how He has been faithful in the past.

Psalm 77:11-12 says: *"I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds."*

When we look back and see how God has provided, guided, and protected us before, it strengthens our faith to trust Him again.

Application:

- Make a record of all times when God displayed faithfulness toward you throughout your life. Store this list in a safe place and use it whenever anxiety attacks you again.
- You should relate your story about how God rescued you through previous challenges to someone.

Discussion Questions for Mentor and Mentee

1. What causes you the most anxiety?
2. What steps do you take when your emotions are controlled by anxiety?
3. Has God's sovereign power ever become present in one of your life's moments?
4. From the three simple steps, which practice feels most demanding for you to put into use?

Letting God be your source of trust does not stop you from experiencing fear occasionally. It means you will place it in God's hand, and He will take care of it for you.

When anxiety levels become high this week, make a conscious pause and engage in prayer. *"Lord, I trust that You are in control. I don't have to figure everything out because You already have a plan. Help me to trust You more today."* God's sovereignty is not just a theological idea—it is a truth that brings deep, lasting peace. Let's choose to rest in it.

SESSION 3: RENEWING THE MIND THROUGH SCRIPTURE AND PRAYER

Key Scripture: Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will."

The Battle of the Mind

Anxiety often starts in the mind. A single worry can spiral into overwhelming fear, and before we know it, we are stuck in a cycle of negative thinking. The mind is powerful—what we dwell on shapes how we feel, how we act, and even how we experience God.

That's why the Bible tells us not to conform to the world's way of thinking but to renew our minds with His truth. Romans 12:2 makes it clear: true transformation happens when we allow God to change our thoughts.

The world tells us:

- "You have to figure everything out on your own."
- "You are not good enough."
- "You will never overcome your anxiety."

But God's Word says something different:

- “Trust in the Lord with all your heart and lean not on your own understanding.” (Proverbs 3:5)
- “You are fearfully and wonderfully made.” (Psalm 139:14)
- “Cast all your anxiety on him because he cares for you.” (1 Peter 5:7)

The more we meditate on God’s truth, the less room anxiety has to control us. But renewing the mind is not a one-time event—it’s a daily practice.

Transforming Anxious Thoughts with God’s Word

When anxiety creeps in, what do we do? Do we let it take over, or do we counter it with truth? Many people searching for how to reduce stress and anxiety discover that the battle is often won or lost in the mind.

Jesus gave us the perfect example of how to fight back against negative thoughts. In Matthew 4, when Satan tempted Him in the wilderness, Jesus didn’t argue or panic—He responded with Scripture. Each time the enemy spoke lies, Jesus answered with, *“It is written.”*

This shows us that God’s Word is central to overcoming anxiety, not by denying fear, but by confronting it with truth.

This is the key to transforming anxious thoughts: we replace them with what God has already spoken.

Here’s how to do it:

1. **Identify the anxious thought.**

   “I feel like I’m completely alone in this.”

2. **Find a Bible verse that speaks the truth.**

   "Never will I leave you; never will I forsake you." (Hebrews 13:5)

3. **Speak that truth out loud.**

   “God is with me. I am not alone. His presence goes before me.”

Application:

- Start a “Truth Over Fear” list: write down common anxious thoughts and pair each one with a Bible verse that counters it.
- When anxiety arises, pause and ask, *“What does God’s Word say about this situation?”*

Over time, this practice reshapes the way we think. Instead of fear setting the agenda, God's truth becomes the foundation of our thoughts, helping us grow steadily in overcoming anxiety.

Practical Application: Journaling, Memorizing Verses, Gratitude Practice

Renewing the mind requires intentional action. It's not enough to simply hear the truth—we must engage with it daily. Journaling helps externalize anxious thoughts, memorizing Scripture anchors truth in our hearts, and practicing gratitude shifts our attention away from fear and toward God's faithfulness. Together, these habits form a powerful approach to how to reduce stress and anxiety through consistent reliance on God's Word.

1. Journaling: Writing Through the Anxiety

Sometimes, our thoughts feel too tangled to process. That's where journaling comes in. Writing helps us bring our worries into the light and lay them before God.

Try this:

- Each morning, write down three things that are making you anxious.
- Next to each one, write a prayer of surrender.
- Look back at your past entries and see how God has been faithful.

2. Memorizing Scripture: Equipping Your Mind

When anxiety strikes, we don't always have time to look up Bible verses. That's why memorizing Scripture is so important—it allows us to carry God's truth with us at all times.

Try this:

- Choose one verse per week to memorize. Write it on a notecard and carry it with you.
- When anxiety arises, repeat the verse out loud until peace replaces fear.

3. Gratitude Practice: Shifting the Focus

Anxiety thrives on what's wrong. Gratitude shifts our focus to what's right.

Try this:

- Every night, write down three things you're grateful for.
- Thank God specifically for each one.

Gratitude doesn't ignore problems—it just reminds us that God is still at work in the midst of them.

Discussion: How Has Scripture Helped in Moments of Anxiety?

1. Have you ever experienced a time when a Bible verse helped you overcome fear?
2. What anxious thoughts do you struggle with the most?
3. What is one practical way you can renew your mind this week?

Final Encouragement: Anxiety may not disappear overnight, but as we renew our minds daily, we will see transformation. Keep showing up. Keep replacing fear with truth. God's peace is a process, and He is walking with you every step of the way.

SESSION 4: LIVING IN FAITH AND ENCOURAGING OTHERS

Key Scripture: 2 Timothy 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

Walking Daily in God's Peace

Anxiety often makes us feel powerless. But God has given us His Spirit—a Spirit of power, love, and self-discipline. Learning how to reduce the anxiety we experience begins with remembering that we are not relying on our own strength, but on the Spirit God has placed within us.

Living in faith means choosing peace, even when circumstances don't change. It's about walking in trust rather than fear. This doesn't mean anxiety never comes back—it means we don't have to let it control us anymore.

Sharing Testimonies and Supporting Others

One of the most powerful ways to strengthen our faith is to share our story.

Revelation 12:11 says: *"They triumphed over him by the blood of the Lamb and by the word of their testimony."*

When we testify to what God has done, we not only remind ourselves of His faithfulness—we also help others discover how to reduce the anxiety they are carrying by pointing them to God's work in real life.

Try this:

- Think of one time God helped you through anxiety.
- Share that story with a friend or write it in a journal.

Encouraging Others Who Struggle with Anxiety

God never intended for us to walk alone. When we see someone struggling with anxiety, we can be the voice of encouragement they need.

How to support others:

- **Pray with them.** Sometimes the most powerful response is standing in the gap through prayer.
- **Speak truth over them.** Remind them of God's promises when fear clouds their thinking.
- **Be present.** Often, people don't need advice—they need companionship in their struggle.

Proverbs 12:25 says: *"Anxiety weighs down the heart, but a kind word cheers it up."*

Your words have the power to bring life and encouragement to someone battling anxiety.

Discussion: How Can You Help Others Overcome Anxiety Biblically?

1. Who in your life is struggling with anxiety right now?
2. What is one way you can encourage them this week?
3. How does sharing testimonies build faith in both the listener and the one sharing?



FINAL ENCOURAGEMENT

Anxiety does not have to be the end of your story. God is greater than fear, and He has already given you victory through Christ.

This week, walk in faith. When fear tries to creep in, declare the truth of **2 Timothy 1:7**: *"God has not given me a spirit of fear, but of power, love, and a sound mind."*

And as you grow in peace, don't keep it to yourself—be an encouragement to someone else.

And as you grow in peace, don't keep it to yourself—be an encouragement to someone else. God has brought you this far and will continue to carry you forward. You are not alone, and you are deeply loved.

THE
MENTORING
PROJECT

Dr. Paul Allen has a PhD in Old Testament and has been teaching Bible for over 20 years. He loves serving the Lord and helping young generation grow in faith.