

fall 2025

BIBLE STUDY

Praying Through the Hard Stuff-

Anxiety, Anger and Mess Ups

Debbie Stuart

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Prayer...

- communication with God, talking to Him (which includes listening)
- connecting to God - spending time in His Word – speaking His Word back to Him
- drawing close to God - worshipping – sitting still – thinking to the Lord

...IS the Key to overcoming (getting through) and walking THROUGH emotional, mental, physical and spiritual difficulties.

Matthew 11:28 – Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” (NLT)

Rest = to cause or permit one to cease from any movement or labor in order to recover and collect his strength. To give rest, refresh, to keep quiet, of calm and patient expectation

Anxiety is not a _____. It's a _____.

Proverbs 3:5-6

“Trust in the LORD with all your heart; do not depend on your own understanding. (NLT) in all your ways submit to Him, and He will make your paths _____.” (NIV)

Proverbs 3:5-12 (MSG)

“Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; He's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life! Honor God with everything you own; give Him the first and the best. Your barns will burst, your wine vats will brim over. But don't, dear friend, resent God's discipline; don't sulk under His loving correction. It's the child He loves that God corrects; a father's delight is behind all this.”

GROUP ACTIVITY:

1. Read Psalm 32 and Psalm 39:1
2. Discuss these verses. What do you learn? How does sin make you feel?
3. Sin causes _____. Confession causes _____.

“Be joyful in hope, patient in affliction, faithful in prayer.”

Romans 12:12

Think This...Not That!

For as she thinks in her heart, so is she. Proverbs 23:7

Toxic Thoughts and Little Lies

- 1.This is not good.
- 2.This is too hard.
- 3.I can't do this anymore.
- 4.God doesn't care about me.
- 5.I can't help the way I am.
- 6.This will never change.
- 7.This is a waste of time.
- 8.This is the worst thing ever!
- 9.I am stupid and worthless.
- 10.I don't want to live.
- 11.This habit isn't really that bad.
- 12.Nobody cares about me.
- 13.I will never be happy.
- 14.I can't help the way I feel.
- 15.I will never be able to get over this.
- 16.I just can't take this anymore.
- 17.There is no point in trying to fix this.
- 18.This is going to be a terrible day.
- 19.Everybody else has a good life.
- 20.I hate the way things are right now.
- 21.No one knows what I'm going through.
- 22.I am so tired, exhausted and weary.
- 23.God isn't doing anything.
- 24.What will my friends think?
- 25.I am losing my (ever-lovin') mind!

Helpful Thoughts and Big Truth

1. Psalm 22:24
2. Psalm 94:18
3. Psalm 147:3
4. Romans 8:28, John 11:35
5. Matthew 16:24-26
6. Lamentations 3:22-23
7. 1 Corinthians 15:58
8. Job 23:10
9. 2 Corinthians 12:10
10. Philippians 3:14, Romans 10:13
11. Hebrews 12:1-2
12. Matthew 10:30-31
13. Psalm 30:5
14. Philippians 4:8
15. Psalm 23:4
16. John 16:33
17. Isaiah 57:18-19
18. Psalm 118:24
19. Galatians 1:10
20. Nahum 1:7
21. Psalm 139, Hebrews 4:16
22. Hebrews 12:3
23. Hebrews 10:23, Jude 22
24. Psalm 25:1-3
25. Mark 5:36

Watch out for ANTS – Automatic Negative Thoughts:

- I am the victim here!
- Nobody wants to be my friend.
- No one ever talks to me.
- Everybody thinks I am an idiot.
- This always happens to me!
- Believing and saying that your past determines your future.
- The grass is greener on the other side.
- This is making me sick (if you keep thinking that – it will!)
- I am so tired.
- I am so hurt.
- I am so mad.