

## **Worry/Anxiety**

### **Introduction**

Worry can consume us if we let it. Often we worry about things that are out of our control. Controlling anxiety is key to athletic success, and the ability to perform under pressure is a trait that many coaches and athletes strive for within their team and themselves.

### **Application**

1. What do you most often worry about as an athlete? Why?
2. Why do we worry about things we often cannot control?

### **Bridge**

1. Read Matthew 6:25-27: "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?"
2. What does Matthew 6 teach about worry and our value to God?
3. Read Philippians 4:6-7: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
4. What should we do with our worries?
5. Read 2 Thessalonians 3:16: "Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."
6. When does the Lord offer us peace?

### **Connection**

1. How can we rely on the Lord to bring peace amid anxiety?
2. How can we cast our worries on the Lord and know He will take care of our needs?

### **Discovery**

Find someone to pray with--a prayer partner--to help cast your burdens unto the Lord. Prayer can be the path to peace from God as we deal with anxiety.

## Close

Memory verse: "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."  
Proverbs 3:5-6

### **Bible Reference:**

Matthew 6:25-27

Philippians 4:6-7

2 Thessalonians 3:16

Proverbs 3:5-6

### **Topic:**

Worry and Anxiety

Confidence

Faith



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