

Anxiety, God and Me

Burslem  Church

Part 2

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

3 Practical things to do this week to help other with anxiety

1. We show people love by giving them time. Who do you know that is struggling with anxiety, that you can be generous by sharing your time with them this week?

2. Have there been situations where someone has been anxious but you have not reacted with love? If yes, write down how you could react with love next time?

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3. Erwin McManus suggests:

'When you have a relationship with God, you have a healthy sense of yourself.'

Write down a description of how you see yourself. Then right down a description of how you believe God sees you.

The way I see myself.....

The way I'm seen by God.....

How do these two descriptions compare with how the Bible says God sees you
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