



# Putting Off Anxiety, **Putting On Trust**

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Ephesians 4 explains that our relationship with Jesus changes the way we think about our life and circumstances. There is a way of thinking that is godless and self-absorbed—this kind of thinking is a temptation for every person, although it looks different from person to person. But in Christ we learn a new way of thinking and living:

But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. (Ephesians 4:20–24, ESV)

Stress and anxiety have a way of clouding our thinking. You may find it helpful to think through these questions and write down your answers. This process will be especially helpful if you can discuss it with a mentor.

## Put Off

- Confess to God: Is there any personal sin contributing to my anxiety? Are there ways that I am rejecting God or His promises when I'm stressed out? \_\_\_\_\_  
\_\_\_\_\_
- Ask Forgiveness: Are there ways that I have sinned against others as a response to my stress? \_\_\_\_\_  
\_\_\_\_\_
- Make it hard to sin: How can I make it hard to sin? Are there any known triggers that I can avoid? \_\_\_\_\_  
\_\_\_\_\_

## Renew

- Read God's Word: Make a plan for spending consistent time in God's Word
  - When and where will you read God's Word? \_\_\_\_\_
  - What will you read? \_\_\_\_\_
  - Where will you take notes on what you are reading? \_\_\_\_\_
  - Are there any portions of Scripture that you find particularly encouraging when you are stressed out? \_\_\_\_\_
- Memorize God's Word: Consider verses such as Matthew 6:25, 1 Peter 5:7, Philippians 4:6 and others that deal directly with our response to stressful situations. What verses will you memorize to help you throughout each day? \_\_\_\_\_
- Meditate on God's Word: As you read and memorize God's Word, make a journal of what those passages teach you about God.

- Apply God's Word: As you study God's Word, include in your journal how knowing God changes your thoughts and responses toward your situations.

### Put On

- Accountability: Who in your life can you trust as a mentor to help you? \_\_\_\_\_
- Replacement: Considering the many factors that can increase or decrease our stress, are there ways you can manage those factors by the grace of God, rather than allowing them to control you? A few categories are included below for you to discuss with your mentor.
  - Social media \_\_\_\_\_  
\_\_\_\_\_
  - Regular exercise and sleep \_\_\_\_\_  
\_\_\_\_\_
  - Diet and caffeine intake \_\_\_\_\_  
\_\_\_\_\_
  - Consider a physical exam and consultation with a physician \_\_\_\_\_  
\_\_\_\_\_
  - Dealing with conflict \_\_\_\_\_  
\_\_\_\_\_
  - Managing expectations (family, school, personal) \_\_\_\_\_  
\_\_\_\_\_
  - Spending habits \_\_\_\_\_  
\_\_\_\_\_
  - Developing healthy social connections \_\_\_\_\_  
\_\_\_\_\_
  - Mindset about the past \_\_\_\_\_  
\_\_\_\_\_
  - Perspective on current circumstances \_\_\_\_\_  
\_\_\_\_\_
  - Planning for the future \_\_\_\_\_  
\_\_\_\_\_
- Opportunities: How might God want you to use your experience of suffering to help someone else? Look around. Do you have a friend who is walking through something hard to whom you can show God-honoring concern?

You may find it helpful to revisit this worksheet multiple times over several weeks and month. Your circumstances, thinking, and responses may develop and change. You may see significant improvement in some areas or increased challenges in others—that is all normal. By God's grace you will grow in your relationship with Jesus and see increased success in these aspects of your life.