

## **No. 32      Coping With Life's Anxieties**

PLEASE NOTE: Emphasize Jehovah's loving personal interest in each of us. Help newly interested ones to trust in Jehovah, and motivate them to draw close to the congregation. If you wish, you may use the artwork provided to illustrate points where indicated

### **JEHOVAH GOD HELPS US TO COPE WITH ANXIETIES (3 min.)**

All of us must cope with anxieties (2Ti 3:1)

We may have anxieties because of financial pressures, health concerns, or family problems

Some struggle with negative emotions for various reasons

Jehovah God cares for us and will help us cope with our anxieties [Read 1 Peter 5:7]

What help does God provide, and how can you take advantage of it?

### **GOD GIVES US PEACE (8 min.)**

Openly express your needs, concerns, and feelings to God in prayer [Read Philippians 4:6, 7]

In response, Jehovah will give you "the peace of God" (w17.08 10 ¶7) [Image 1]

Jehovah will always give you the strength needed to endure trials (Php 4:13)

He may even act to change your situation (w17.08 10-12 ¶10-15)

Once you have 'thrown your burden on Jehovah,' leave your anxieties with him (Ps 55:22)

Focus your thoughts on positive, upbuilding things (Php 4:8, 9)

Pray "with thanksgiving," remembering your blessings

### **GOD GIVES US COMFORT AND GUIDANCE (7 min.)**

God gives us comfort through his inspired Word, the Bible [Read Psalm 94:19]

In the Bible, we read of faithful men and women who faced anxiety and were comforted by God (Ro 15:4)

[Illustrate with examples, such as Hannah, Elijah, and David (1Sa 1:10, 16-18; 2:8; 1Ki 19:1-18; Ps 18:6, 19)]

The Bible assures us of God's love for us (Mt 10:29-31)

The Bible's guidance can help us make wise, balanced decisions (Ps 119:105)

When facing difficult decisions, do research or ask an experienced Christian for help to discern which Bible principles apply (Pr 15:22)

Take what practical steps you can, and then leave matters in Jehovah's hands

### **GOD PROVIDES FOR OUR NEEDS (6 min.)**

God promises to provide for our needs if we put his will first in our life [Read Matthew 6:33, 34]

Deal with each day's concerns as they come, asking Jehovah for his help (Mt 6:11)

Work in harmony with your prayers, and be content with what Jehovah provides (Heb 13:5)

Jesus taught his listeners not to worry excessively (Mt 6:25-32; wp16.1 15)

Such worry is pointless and can hinder a person from drawing close to God (Mt 13:22)

### **GOD PROVIDES LOVING SUPPORT (4 min.)**

In the Christian congregation, we can find true friends who genuinely care for us [Read Proverbs 17:17] [Image 2]

You may find it helpful to share your feelings with a trusted confidant (Pr 12:25)

Christian meetings provide upbuilding association and encouragement (Heb 10:24, 25)

### **BUILD YOUR FAITH IN JEHOVAH (2 min.)**

Jehovah promises to strengthen us, and he tells us: "Do not be anxious" (Isa 41:10)

Take steps to build your faith in him (Jas 4:8)

See how he acts in your behalf as you take advantage of the help he provides (Ps 37:5)

[Adhere closely to the outlined material, and observe the indicated timing of each section.

Not all cited texts need to be read or commented on. See *Ministry School* book, pages 52-55, 166-169]

TO BE COVERED IN 30 MINUTES

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