

# ANXIETY Resources

Anxiety comes with life, but it doesn't have to dominate your life. We believe that through Christ you can find true freedom and experience more joy, clarity, renewal, and contentment by the power of the Holy Spirit.

## KEY SCRIPTURES

Philippians 4:6  
Matthew 6:33-34  
1 Peter 5:7  
Luke 10:41-42  
Psalm 55:22  
Psalm 23  
Psalm 94:19  
Proverbs 12:25  
Matthew 13:22  
2 Timothy 1:7

## READING PLANS

Bible.com has a ton of Bible Reading plans focused on anxiety. In the search bar just type in 'anxiety' and pick one that looks good to you.

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## Anxious for Nothing

*Max Lucado*

Lucado's focus is for readers to re-take control of their minds and, as a result, their lives as they delve into the biblical truths outlined in this book.

## Emotionally Healthy Spirituality

*Peter Scazzero*

Scazzero's writing is so helpful for overall emotional health. His thesis is "It's impossible to be spiritually mature while remaining emotionally immature." This book will be recommended several times in this series so READ IT.

## Winning the War in Your Mind

*Craig Groeschel*

This was one of Pastor Chuck's favorite reads in 2021. In this book Pastor Craig Groeschel uses scripture to help the reader break free from the spiral of destructive thinking that can feed anxiety.

## Managing Leadership Anxiety

*Steve Cuss*

Don't let the title throw you off, everyone can benefit from this book! Cuss gives some great tools to help you move from being managed by anxiety to managing anxiety while keeping the gospel central.

## Get Out of Your Head

*Jennie Allen*

In this book learn how to reclaim your thinking patterns and focus them back on God and His word.