



**Keswick
Ministries**
HEARING BECOMING SERVING

Hope in an anxious world: Hope for our anxious hearts

Helen Thorne: Seminar 1

HOW TO USE THIS RESOURCE

This is the first of two seminars. You can watch the seminars on your own or with your church, small group, or friends. The questions/reflections below may help you discuss and work through how to apply what you've learnt to your own life. Start the video and then pause it when suggested to look at the question(s).

WATCH THE VIDEO:

[Seminar 1:](#)

<https://tinyurl.com/3yummh6h>

SEMINAR OUTLINE

What is anxiety, what causes it, how does it manifest itself, and how can we tackle it? This seminar answers these questions and uncovers the lies that anxiety feeds us. As well as offering practical coping strategies, we look at what the Bible says to sufferers and the unique hope that Christians have.

QUESTIONS

Watch the video and pause it at 13:25 minutes

1. What are the 3 main causes or roots of anxiety?

Restart the video at 13:25 minutes (<https://tinyurl.com/bd633xnm>) and pause it at 21:34 minutes

2. What is your 'go-to' method for escaping anxiety? What have you noticed your children, spouse, and close friends doing to try and escape anxiety?
3. Why does guilt often accompany anxiety for Christians?

Restart the video at 21:34 minutes (<https://tinyurl.com/zcz64jxr>) and watch until the end

4. Ephesians 1:11 tells us that God 'works out everything in conformity with the purpose of his will'. How is this good news for those who suffer with anxiety?
5. Anxiety can stem from the fear that we don't have what we need. Scan Exodus 16:1-19, 2 Peter 1:3, Philippians 4:19, and Matthew 6:25-34. What does the Bible teach about God providing for us? Why is it important to remember that God's provision comes daily rather than in 6 month batches?
6. How would you respond to someone who says, 'You are just an anxious person, you'll never change'?





**Keswick
Ministries**
HEARING BECOMING SERVING

Hope in an anxious world: Hope for our anxious hearts

Helen Thorne: Seminar 1

REFLECTION/PRAYER

- What lie does your anxiety most often tell you? What Bible verses combat this lie? Today, hold fast to God's truth and remember you have - 'a Shepherd who is leading you, a King who is ruling over you, the Spirit who is indwelling you, a Rock and refuge who is surrounding you and a church family that is holding you' (Helen Thorne).
- Try some common grace strategies to help you with your anxiety and see what works best. For example, listen to relaxing music, rest, take some exercise, talk to your doctor about medication.
- Spend some time meditating on a Psalm such as Psalm 27, 43, 56, 77, 91, or 121. Write it down, memorize selected verses, talk about it with a friend, pray it back to God.
- Look at some of the resources mentioned in the seminar - 'Hope in an anxious world' by Helen Thorne, 'Running Scared' by Ed Welch and the Biblical Counselling website (www.biblicalcounselling.org.uk).

