

Fear & Anxiety

Negative thoughts can't lead to a positive life.

The Verses: [Philippians 4:8-9 NLT](#)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you



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7 day plan by Switch

Questions – [Choose questions for your students](#)

What are some of the negative thoughts you deal with? How do those affect you?

What are some positive thoughts you would want to replace those negative thoughts with?

Have you ever seen something good come from something bad? What was it? How did that affect you?

Tell about a time when someone has said something positive to you that helped you overcome your negative thoughts.

Read Philippians 4:8-9 together. Any initial thoughts? When you read those verses, what does it make you think about? How might that be helpful when you're experiencing anxiety?

Who is someone you know who has negative thoughts about themselves? What can you do this week to help them replace those negative thoughts with something more positive?

How can you start applying the 4:8 Filter to your own thoughts so that you can win the war with yourself?

Prayer

What is your Win for the week?

How can we be praying for you this week?

Who can you be praying for this week?
