



Building a Strong Family
Week 4: How do I deal with anxiety in my home?

Annie Mendrala, February 21, 2024

Big Idea: Strong families dwell on _____.

Part 1: What is the problem with anxiety?

"Anxiety in a person's heart _____" Proverbs 12:25

1) *Anxiety weighs down the heart* by pulling it into pits of _____.

2) *Anxiety weighs down the heart* so that emotions become _____.

We must learn and teach our children to _____
to life's unexpected turns appropriately.

3) *Anxiety weighs down the heart* and steals the fruit of _____
which can lead to _____ in the home.

Part 2: What is the right response to anxiety?

1) _____ in the hope of Christ and His return. (Philipians 4:4-5)

2) Turn anxious thoughts into _____
that lead to _____. (Philipians 4:6-7)

3) _____ on whatever is true and praiseworthy. (Philipians 4:8)

Warning: Anxious homes are trusting in _____ (Matthew 7:26)

Encouragement: Anxious homes can find peace by turning to the _____ (Matthew 7:24)

"Anxiety in a person's heart weighs him down, **but an encouraging word brings him joy.**"

Questions for Discussion:

- 1) What stuck out for you from today's lecture?

- 2) What situations or relationships activate anxious thoughts for you?

- 3) Have you dealt with anxiety in your home with kids or your spouse?

- 4) How can we pray for one another specifically as it relates to anxious thoughts?
 - Pray to the God of Peace
 - Present our problems
 - Place down our anxious thoughts
 - Pick up Peace