



My HUDDLE 4X4 BIBLE STUDY: “When Anxiety Attacks”

Text: **VARIOUS**

The design of a **4X4 Bible STUDY** is for *four* guys (or *four* gals or two couples) to get together for an hour during the week, for *four* different weeks (sessions) in order to study *four* different passages from the **WORD of GOD**. Each participant is expected to come to the study each week ready to provide *four* answers to each of the *four* questions posted for each of the *four* sessions. Spend some time preparing on your own and then enjoy your time of sharing with one another at the appointed hour. *“As iron sharpens iron, so one person sharpens another.”* — **PROVERBS 27:17**

SESSION #1: PHILIPPIANS 4:4-9

- What are the prescribed steps in this passage for overcoming anxiety?
- What ought we learn about prayer from this passage?
- What promises can you and I claim from this passage?
- What is the Good News from this Bible Study?

SESSION #2: MATTHEW 6:25-36

- What is significant about the specific things JESUS tells us not to worry about?
- What ought to be an obvious difference between a Believer and a non-believer?
- What can we learn about our GOD?
- Why is verse 33 such a great Life Verse for every Christian?

SESSION #3: MATTHEW 26:26-36

- What are the signs that JESUS is experiencing anxiety?
- What is going on in the mind of JESUS in this moment in the garden?
- What are the specific things JESUS did in order to overcome HIS anxiety?
- What did you need to learn/hear from this passage?

SESSION #4: PSALM 23

- Why is this such a favorite Bible passage?
- What can we learn about JESUS from this passage?
- What can we expect to receive from our Shepherd from this passage?
- What is our part in this relationship with JESUS?

