

# QUESTIONS OF FAITH

**MAY 14, 2023 / CAN GOD CALM MY ANXIETY? / 2 CHRONICLES 20: 1-22**

*ANXIETY, FEAR, AND DEPRESSION ARE ALL ON THE RISE. PAUL WROTE, “DO NOT BE ANXIOUS ABOUT ANYTHING” (PHILIPPIANS 4:6). DOES THAT MEAN WE SHOULD FEEL GUILTY IF WE WRESTLE WITH ANXIETY? NO. PAUL MEANT THAT WE ARE NOT TO STAY IN A PLACE OF ANXIETY. IN OTHER WORDS, WE ARE TO HAVE A PLAN. ANXIETY IS NOT GOING TO GO AWAY ANY TIME SOON, SO IN LIGHT OF THAT, WE NEED TO BE PREPARED. 2 CHRONICLES 20 ILLUSTRATES HOW WE CAN ENGAGE ANXIETY KNOWING GOD IS WITH US.*

**Read 2 Chronicles 20: 1-22.**

1. Jehoshaphat felt threatened because he was surrounded. As a result, he felt anxious and fearful. In what ways do we sometimes feel threatened or surrounded in this present age?
2. What specific steps did Jehoshaphat take to handle his anxiety?
3. How does Jehoshaphat demonstrate the rhythm of pouring out his heart authentically and then shifting to praise?
4. Do you think praising God is authentic when you don't feel like it? Why or why not?
5. What practical methods could you use daily to make praise intentional?