

# ANXIETY

At CCV, we know that anxiety comes with life, but it doesn't have to dominate your life. We believe that through Christ you can find true freedom and experience more joy, clarity, renewal, and contentment by the power of the Holy Spirit.



## CCV RESOURCES

Check out RightNow Media for additional resources related to Anxiety, [click here](#).

CCV Message Series:  
[Anxious For Nothing](#)  
[Let's Talk About It](#)

[Let's Talk About It:](#)  
[Counselor Interview](#)

If you'd like further support surrounding this topic and would like to speak to someone on our staff, [click here](#) to reach out.

## READING PLANS

YouVersion Plan  
[Facing Anxiety](#)

YouVersion Plan  
[Pray Through Scripture](#)

### **[Anxious For Nothing](#)**

*Max Lucado*

Max knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives as they delve into the biblical truths outlined in this book.

### **[Less Fret, More Faith](#)**

*Max Lucado*

This 64-page booklet features practical steps from Max Lucado to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes a Scripture verse for meditation, and a prayer to reframe anxious thoughts.

### **[Things Might Go Terribly, Horribly Wrong](#)**

*Kelly G Wilson*

This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, Things Might Go Terribly, Horribly Wrong will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live — really and truly live — in a way that matters to you.

### **[Video | How Strong People Calm Anxiety](#)**

*Mike Foster*

Anxiety is an intense and persistent worry or fear that can be caused by genetic predisposition, personality traits, stressful circumstances, past trauma, or substances. Anxious thoughts can leave you feeling overwhelmed and emotionally exhausted. The question is, how can we calm it?



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## KEY SCRIPTURES

- [Philippians 4:6](#)
- [Matthew 6:31-34](#)
- [1 Peter 5:7](#)
- [Luke 10:41-42](#)  
(ESV)
- [Psalm 55:22](#)
- [Psalm 23:4](#)
- [Psalm 94:19](#)
- [Proverbs 12:25](#)
- [Matthew 13:22](#)
- [2 Timothy 1:7](#)

## **E-Course "Fearbusters"**

*Mike Foster*

In this E-Course you will discover why your brain loves worst case scenarios and how it uses descriptive words to increase anxiety. You will also learn 3 easy techniques to conquer even the biggest fears.

Video 1: [Making Fear Your Friend](#)

Video 2: [Working With Worry](#)

Video 3: [Little Actions Can Conquer The Biggest Fear](#)

[Fearbusters E-Book](#)