

Rx for Anxiety

As you gather together to hear and apply God's Word, start by sharing how you were influenced by the previous study since your group last met. Use the following questions for review.

D Debrief & Interpret

- How did you apply the previous Scripture study?
- What did you learn about God as you applied the Word? What did you learn about yourself?

H Hear the Word

Anxiety is a real struggle for many people. The stress of nursing school can contribute to anxiety and magnify it. Consider what the Bible has to say about anxiety in the following letter from Paul to the church at Philippi.

[Read Philippians 4:4-13.](#)

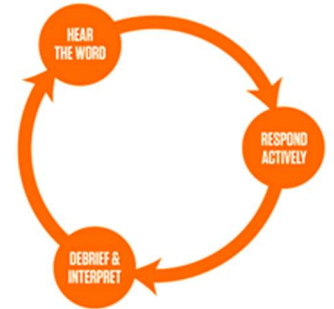
⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Discuss:

- In verse 6, Paul says that we should “not be anxious about anything.” How does Paul suggest dealing with our anxiety (vv. 4-7)?
- Mindfulness is a popular method of dealing with anxiety. In this passage, what recommendations does Paul have for how we fill our minds (vv. 8-9)? How might this practice reduce anxiety?
- How is contentment a prescription for anxiety? In what ways does Paul cultivate contentment in his life (vv. 11-13)? [*Note: Paul wrote this letter from prison.*]



R Respond Actively

As you end your study, choose one or both of the options below to apply the Scripture to your lives this week.

- *Internal:* If contentment is a prescription for anxiety, we should learn to cultivate contentment in our lives. Commit to picking a set time (e.g. when you wake up, bedtime, lunch, etc.) *each day this week* to pause and to consider what you are thankful for, as a way to remind yourself to be content.
- *External:* Brainstorm as a group how you can cultivate contentment and thankfulness in your nursing school, especially during anxiety-provoking situations like exams. For example, host a table covered with a piece of butcher paper and invite people to stop by and write down something they're thankful for. Or, offer to pray for classmates before a major exam. Commit to an idea together and make it happen!