



Study Guide, Episode 62–How to Overcome Worry & Anxiety

Matthew 6-7

00:00-05:39	“QOTW: How do I deal with worry? Overcome anxiety?”
05:40-14:45	“The difference between fear, worry & anxiety”
14:46-31:02	“How to overcome worry & anxiety: First, ‘seek the kingdom of God’”
31:03-44:36	“Pray powerfully; Forgive; Don’t judge”
44:37-49:30	“Meditate; Serve God; Take no thought; ‘Consider the lilies’ & grow”
49:31-END	“Use ‘The Worry Tree’; Ask, seek & find; Build upon the Rock”

1. As you continue your study of the Sermon on the Mount, what stands out most to you? What do you feel called to change? What lessons do you need most?
2. Do you ever feel overcome with worry? Or anxiety? What does this feel like for you? What thoughts, beliefs, activities feed into it? Write about this in your journal.
3. Are you seeking “first the kingdom of God?” “Treasures in heaven?” If so, in what ways? If not, what is in your way? What might you do to better seek the best things?
4. What/who needs your forgiveness right now? What do you need to ask forgiveness for? In what ways are you judging others? What is one thing you can do this week to work on forgiving and not judging?
5. Spend some time this week in nature. As you do so, “consider the lilies of the field, how they grow.” How might you be more like a flower or tree and “grow,” without the worry, fear, and anxiety? Write about this in your journal or notebook.
6. If you are working on overcoming worry &/or anxiety, these articles/videos may help:
 - a. Worry Tree: <https://www.drchristinahibbert.com/the-key-to-worry-free-the-worry-tree/>
 - b. <https://www.drchristinahibbert.com/overcoming-stigma-depression-anxiety-i-am-the-face-of-depression/>
 - c. Video: Anxiety=The #1 Mental Health Issue for Women <https://www.youtube.com/watch?v=Kbk709-fjDM>
 - d. Video: How to Deal with Anxiety: <https://fb.watch/iNj2isF1Ot/>

Join my “8-Day REPLENISH Self-Care Challenge:

<https://drchristi.mykajabi.com/8day-replenish-challenge>

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)