



Bible Study Thought-Provoking Questions

The purpose of the questions is to facilitate a deeper understanding of the Bible, this Bible study topic and ourselves. The questions may be answered by each reader; or used by a Bible study group leader or church pastor. The questions should be answered or discussed after reading “Overcoming Anxiety and Fear During the Last Days.”

There are two types of questions: lesson and opinion. Lesson questions (preceded by a number) are provided an answer. Opinion questions (preceded by an Ⓢ) are designed to enhance learning via the determination of personal opinions and/or discovering how the lesson content illuminates our lives. As such, no answers are provided.

Questions

1. What is the basic difference between anxiety and fear?
 2. Is anxiety a good thing? Why?
 3. Is fear a good thing? Why?
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- Ⓢ Are you experiencing anxiety?
 - Ⓢ Do anxious thoughts improve or drain your spiritual life?
 - Ⓢ Describe the intent of at least 3 scriptures that discuss worrying and being anxious.
 - Ⓢ Why would Jesus speak about anxiety?
 - Ⓢ Identify at least 3 negative consequences of anxiety.
 - Ⓢ Identify at least 3 things you can do to reduce anxiety.
 - Ⓢ What would you say to someone who is overcome with anxiety?
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- Ⓢ Are you experiencing fear?
 - Ⓢ Identify at least 3 things you can do to reduce fear.

Answers

1. Anxiety is an imagined threat. Fear is an actual threat.
2. Anxiety is not good. Anxiety is based upon our imagination of what could happen. Anxiety is not beneficial to our wellbeing and can drain our spiritual life because of the numerous types of negative consequences.
3. Fear is an integral part of our autonomous nervous system. It causes a heightened awareness, and facilitates a protective and survivalistic response to a real threat of harm. As such, it's a good thing.