



Bible Study Thought-Provoking Questions

The purpose of the questions is to facilitate a deeper understanding of the Bible, 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 following questions should be answered or discussed after reading "Managing Anxiety During the Pandemic."

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 opinions and/or discovering how the lesson content illuminates our personal lives. As such, no answers are provided.

Questions (Do your best to respond to each lesson question before looking at the answer.)

1. What is the difference between fear and anxiety?
2. Is fear a good thing? Why?
3. Is anxiety a good thing? Why?
- © Have you been experiencing anxiety due to the pandemic? If yes, is it causing one or more of the 12 anxiety-driven symptoms?
- © Do anxious thoughts improve or drain spiritual life?
4. What did Jesus say about worrying?
5. What were the 5 suggested steps one should follow to minimize anxiety?

Answers

1. Page 1: Fear is an actual threat. Anxiety is an imagined threat.
2. Page 2: Fear is a protective and survivalistic response to danger, pain or harm. As such, it's a good thing.
3. Page 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.
4. Page 3: "Do not worry." (Matthew 6:25-34) "Be anxious for nothing." (Philippians 4:6-7)
5. Page 4-5:
 1. Pray from the depths of your heart. Tell God what you are experiencing.
 2. Document (write down) your fears and anxieties (to move them outside your mind).
 3. Select a future date when you will review the documented anxieties. Meanwhile, recognize when you begin to have anxious thoughts and instruct yourself now is not the time to consider these things.
 4. Reduce/eliminate sources that increase anxiety, such as the news.
 5. Place your trust in God.