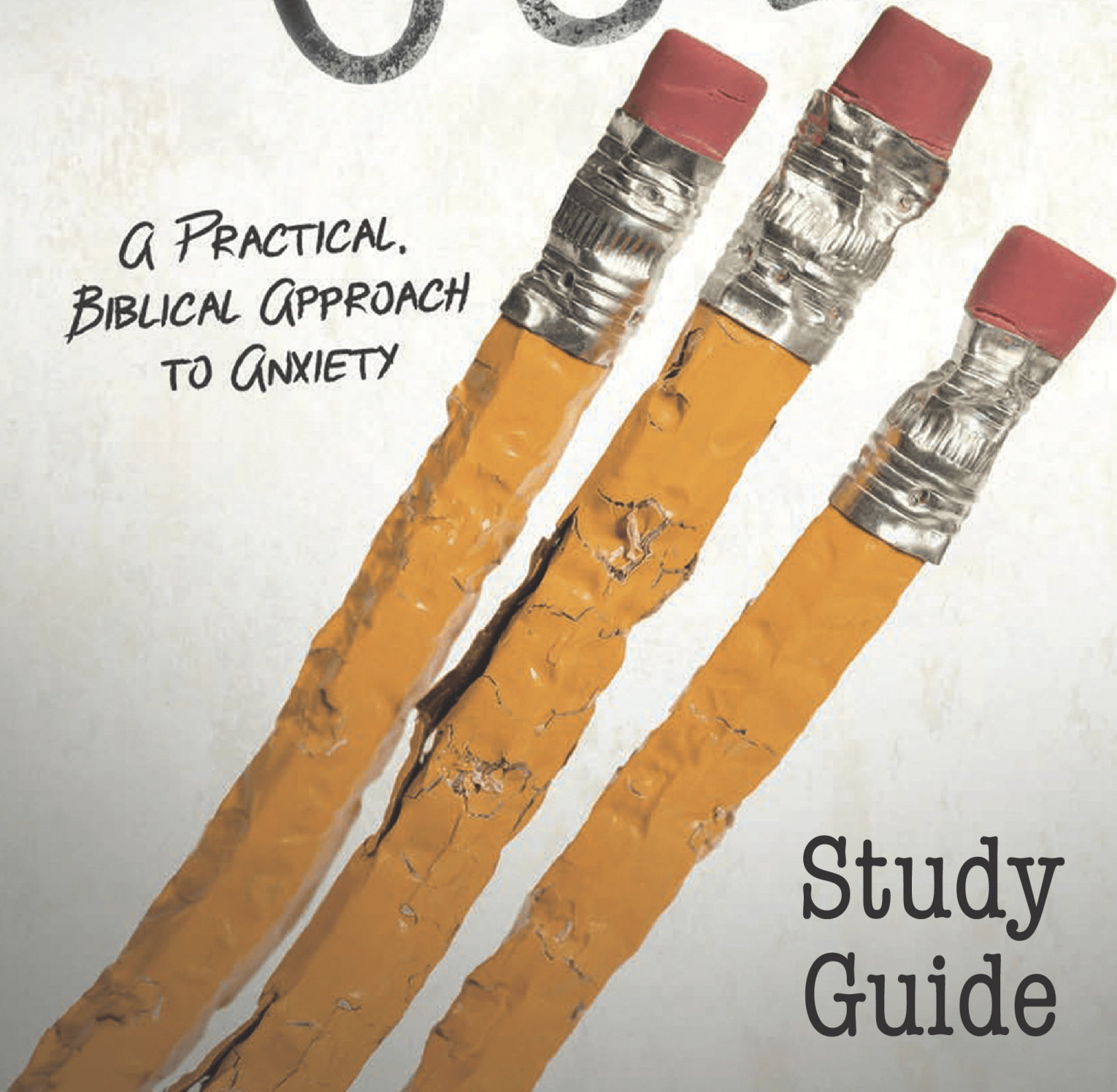


stressed OUT

A PRACTICAL,
BIBLICAL APPROACH
TO ANXIETY



Study
Guide

Stressed Out: Teacher Discussion Guide

This discussion guide is a companion to the *Stressed Out* resource available at www.Wretched.org.

By Todd Friel

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Course Overview

Dear Teacher:

Let me congratulate you for your willingness to help people battle the common malady of anxiety. Most people limp through life feeling the anchor of anxiety chained to their ankle. You are endeavoring to help fellow believers lead the joy-filled Christian life that Jesus promises. You are to be applauded.

Let me share a few suggestions on how to maximize your time with this study.

- Please read the appropriate chapters in the book BEFORE each class. If not, read it after the class, but whatever you do, read it! It is suggested that participants have the book, *Stressed Out*, prior to beginning the study. If you fail to read the assigned chapters for the week, don't stress out and don't quit. You will still get a lot out of the class. I promise.
- Discussion questions have been provided to help structure your conversations. Space has also been provided for you to take notes, add questions, and customize the session to your preference.
- There is a time and place for sharing long stories, but discipline yourself and everyone else in the class to not turn each question into lengthy diatribes. Stay focused on the question.
- Use Scripture to address questions, disagreements, or confusion. Ask questions like, "How does your comment/position/understanding align with this verse?"
- It is not only possible but likely that someone in your class is anxious because he or she is simply not saved. It would be wise to regularly remind your class about the gospel and repentance and genuine saving faith.
- Watch your time! Keep the class on schedule so you can get through all of the prescribed chapters for the week. Should you miss a chapter, don't worry.
- Pray before and after each class based on the Bible verses and content of the chapters covered. If you have time, you will find it helpful to write out your prayers in advance. The more you load your prayers with Bible truth, the more powerful your prayers will be.

May God bless you as you dive into the Bible to see the power of His Word at work in the lives of His saints. And one more time: way to go!

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SESSION 1

UNDERSTANDING ANXIETY 1-4

2 CORINTHIANS 12:9-10

9 And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. 10 Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake, for when I am weak, then I am strong.



1. Does knowing you are not the only anxious person on the planet help you feel less anxious?

2. What does God want to do with your anxiety?

3. There are four reasons some people never want to get well: they don't think they are sick, they like the attention illness brings, they are comfortable, or they are not willing to try to get better. Do any of these excuses apply to your anxiety?

4. Please take the time with the book to thoughtfully consider if you might have a genuine (albeit rare) organic depression (a black dog that howls) or if you are simply struggling with the issue the Bible calls "being troubled."

5. Can you explain why the person with organic depression still needs to battle anxiety even if he or she takes medication?



1. Do you think you might have done a better job than Adam in representing the entire human race?

2. Thomas Watson's quote is a very difficult and profound statement. Do you agree with him that God actually afflicts you with difficult situations in order to "draw Christ's image more distinctly on us"?

3. Based on 2 Corinthians 12:9-10, do you agree with the statement, "God never gives you more than you can handle"?

4. Here is another profound and difficult statement: Anxiety, at its core, is nothing more than garden-variety sinning. Do you agree or disagree? Explain.

5. As difficult as it may be to accept that your anxiety is a "sin problem," why should that truth not crush you, but actually give you hope?



1. Has anyone ever told you to stop mourning a loss? Were they right or wrong to tell you to “just get over it”?

2. If someone you know is sad because of the loss of a loved one, do you need to make their sadness go away?

3. If a friend or loved one is sad because of the loss of a loved one, can you see how simply “mourning with those who mourn” might be the best thing you can do?

4. Can non-sinful mourning ever become sinful? If so, how?

5. There are many things that can cause us to be sad (death, loss, unfulfilled hope, prodigal children). Where is the line between non-sinful mourning and sinful mourning?



1. When God says He is for us, is that a promise that only good things will happen in this life?

2. Here is another difficult statement: “God does not give you the life you want; God gives you the life you need.” Do you agree with this statement? If so, how might that bring you comfort the next time God does something difficult for you?

3. Consider the statement, “If you are in Christ, your biggest problem has been solved: all of your sins are forgiven.” Why is that statement true?

4. How might that statement comfort you the next time a temporal difficulty arises?

5. When was the last time you pondered that God is for you? When was the last time you pondered how amazing grace is? How might you spend more time remembering those things in the future?
