

**Anxiety Worksheet**  
**Anxiety comes in when we leave Jesus out**

Anxiety is God's tool to reveal to us that our self sufficiency is inadequate.

Self sufficiency starts the moment we are delivered into this world. We find ourselves trying to "assess" and "defend" all that occurs around us... With the fact that this is a fallen world riddled with sin and filled with sinners, this job can become a great burden and an important part of "survival". Children in dangerous homes develop all kinds of physical delays of development because all their energies are being placed on trying to "assess" "identify" and "defend against", their dangerous and chaotic environment.

This entry into our world leads us to a search.

Read **Acts 17:26-27** below and highlight the results of all that is allowed in and given to us in our lives.

Acts 17:26-27

(He) has determined their pre appointed times and the boundaries of their dwellings, so that they should seek the Lord, in the hope that **they might grope for Him and find Him, though He is not far from each one of us; for in Him we live and move and have our being,**

Who has determined our times, and all that occurs within our life?


What is the intent of our Lord in determining our pre appointed times and boundaries of our dwellings ?  
\_\_\_\_\_ and \_\_\_\_\_ Him.

When we find Him what do we find as truth with regards to our relationship with Him and He with us?  
For in Him \_\_\_\_\_ and \_\_\_\_\_ and have our \_\_\_\_\_.


Jesus spent a great deal of energy and time telling His disciples to "come and follow me"

**Look up Matthew 11:28.** What does Jesus tell us to do with our labor and heaviness?


Once we have received Jesus as our Savior and Lord of our lives, there is a transferring of responsibilities to all our labor. We are no longer to "assess" and "defend" but to hand all over to the One who knows all things.

Our flesh promotes self sufficient hearts. The root of self sufficiency is pride. This is the source of Satan's rebellion against God Himself.

**Anxiety is a tool the Lord uses to to show us where we are operating out of self sufficiency.**