



The Purpose of Zoe Treks is to help you to have a meaningful 15 to 30 minute personal Bible study that will accomplish: meditating on the truth of God's Word, applying it to your life for change, and falling more in love with your Savior.

## **Zoe Trek – Anxiety Day One**

### **Listen Up:**

#### **Read the Word:**

Read Philippians 4:6-7

#### **Reflect on the Word:**

1. How would you define anxiety? Write your definition below.
2. According to Paul, three ways you can fight anxiety are:
3. What does Paul say the results of turning our anxiety over to God will be?

### **Line Up:**

#### **Time to get Personal:**

1. What are some things that you have felt anxiety over in your own life? Why do you think these things make you feel anxious or fearful?
2. Now, describe a time in your life when you have felt the unexplainable peace of God guarding your heart and your mind.

#### **Time to Pray:**

Look back at your description of things that have caused you to feel anxious. Journal a prayer below turning each of these fears into prayers and petitions to God.



## **Zoe Trek – Anxiety Day Two**

### **Listen Up:**

#### **Read the Word:**

Read 1 Peter 5:6-9

#### **Reflect on the Word:**

1. When Jesus called Peter (then known as Simon) to be his disciple, Peter was a fisherman. Keeping this in mind, why do you think Peter tells us to “cast” our anxiety on God?
2. Peter tells us that our enemy, the devil “prowls around like a roaring lion, seeking whom he may devour.” Name three ways Peter tells us we can guard against these attacks in our lives.
3. Write down some of the “sufferings” you think Peter is referring to in verse 9.

### **Line Up:**

#### **Time to get Personal:**

1. What cares, worries, and anxieties do you feel like you are carrying today? How can you cast these upon Jesus instead of carrying the burden yourself?
2. Commit verse 7 to memory this week. Share it with a friend who may be going through the same “sufferings” as you.

#### **Time to Pray:**

Write a prayer to Jesus, throwing the weight of your cares upon His shoulders and thanking Him for His love and care in your life.



## **Zoe Trek – Anxiety Day Three**

### **Listen Up:**

#### **Read the Word:**

Read Psalm 94:18-19 and Proverbs 12:25

#### **Reflect on the Word:**

1. What might the Psalmist mean when he says, “My foot is slipping?” List some dangers he may have encountered.
2. What did the Lord do for the Psalmist to help him in his time of trouble and anxiety? Name three things below.
3. According to the writer of Proverbs, what does anxiety do to a man? Why do you think he says a kind word cheers up an anxious person?

### **Line Up:**

#### **Time to get Personal:**

1. Describe a time when you felt weighed down and overwhelmed with anxiety. How did the Lord help you get through this experience?
2. Think of a friend or family member who you know is struggling with an anxious heart right now. Reach out to them and share a kind and encouraging word to cheer them up.

#### **Time to Pray:**

Write out a prayer confessing things that make you anxious and asking God to console you with his love in times of anxiety. Then spend a few minutes in prayer for the friend you have chosen to reach out to in their time of need.