



Anxiety

Biblical Foundation | *Philippians 4:6-7, Matthew 6:25-34, Jeremiah 29:11*

At CCV, we know that anxiety comes with life, but it doesn't have to dominate your life. We believe that through Christ you can find true freedom and experience more joy, clarity, renewal, and contentment by the power of the Holy Spirit.

CCV RESOURCES

Messages

To watch one or more CCV Messages that relate to this topic:

Anxious For Nothing

Let's Talk About It

Talk To Someone

If you'd like further support surrounding this topic and would like to speak to someone on our staff.

Get Connected!

From the Bible

YouVersion: [Facing Anxiety](#)
[Life Counsel Bible](#)

Anxious For Nothing

Max Lucado

Max knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives as they delve into the biblical truths outlined in this book.

Attacking Anxiety: From Panicked and Depressed to Alive and Free

Shawn Johnson

Have you ever had such bad anxiety or depression that you wondered if you could keep going? You are not alone. You are not crazy. This will end. Like Shawn, too many struggle in silence, feeling sentenced to lives of hopelessness. But that is the exact opposite of what God promises us: peace, joy, purpose, confidence, and victory. Attacking Anxiety is about learning to bridge that gap. God created you to live free, and he is ready to heal you in ways you never thought possible.

Building A Non-Anxious Life

Dr. John Delony

No one needs to be told that our lives are filled with more anxiety than ever before. We know it. Our bodies can feel it. The questions we really need to answer are "Why?" and "Is there anything we can do about it?" In this no-nonsense, straightforward approach to mental health, John will break down exactly what each choice means and how to start making it on a daily basis.

Things Might Go Terribly, Horribly Wrong

Kelly G Wilson

This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, Things Might Go Terribly, Horribly Wrong will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live — really and truly live — in a way that matters to you.

OTHER

RightNow Media

Check out RightNow Media for additional resources related to Anxiety.

[Click Here](#)

Additional Resources

From the words of a professional counselor:

[Click Here](#)

The Ruthless Elimination of Hurry

John Mark Comer

“Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life” isn’t popular today, but it was—and continues to be—the answer we need. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil.

E-Course “Fearbusters”

Mike Foster

In this E-Course you will discover why your brain loves worst case scenarios and how it uses descriptive words to increase anxiety. You will also learn 3 easy techniques to conquer even the biggest fears.

Video 1: [Making Fear Your Friend](#)

Video 2: [Working With Worry](#)

Video 3: [Little Actions Can Change The Biggest Fear](#)

[Fearbusters E-Book](#)

Why is my Teenager Feeling Like This? A Guide for Helping Teens through Anxiety and Depression

David Murray

Pastor and counselor David Murray offers spiritual encouragement and practical direction for parents and other adults who want to help but don't know where to start. Structured around eighteen real-life examples, Murray provides tips for having open conversations with teens about anxiety and depression, as well as discussion questions, Bible verses for memorization, and prayers.

Why Am I Feeling Like This? : A Teen’s Guide to Freedom from Anxiety and Depression

David Murray

In this companion guide to his book for parents *Why Is My Teenager Feeling Like This?*, pastor and counselor David Murray introduces you to the personal accounts of eighteen teens who have struggled with different types of anxiety or depression. This guide will help you discover not only the common causes but also the keys to unlock their chains. By utilizing God-given truths and tactics, you can experience new liberty, peace, and joy in your life.