



ANXIETY

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.

Biblical Foundation

Philippians 4:6-7 | Matthew 6:25-34 |
Jeremiah 29:11

ANXIETY

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.

Less Fret, More Faith

Max Lucado

This 64-page booklet features practical steps from Max Lucado to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes a Scripture verse for meditation, and a prayer to reframe anxious thoughts.

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.

CCV RESOURCES

Messages

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

Anxious For Nothing >
Let's Talk About it >

From the words of a professional counselor...

Get Connected >

Talk to Someone

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

Get Connected >

RightNow Media

Check out RightNow Media for additional resources related to Anxiety.

Click Here >

READING PLANS

YouVersion

Facing Anxiety >

Video | How Strong People Calm Anxiety

Mike Foster

Anxiety is an intense and persistent worry or fear that can be caused by genetic predisposition, personality traits, stressful circumstances, past trauma, or substances. Anxious thoughts can leave you feeling overwhelmed and emotionally exhausted. The question is, how can we calm it?

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](#)