

# Anxiety

When worry and fear are excessive and persistent, it can produce a disruptive and debilitating condition often called “anxiety.” The contributing factors to anxiety may include biological, psychological, social, and spiritual aspects. Anxiety is one of the top issues for which people seek counseling. Scottsdale Bible Church can help by providing a variety of ways to connect with others in Christian community, prayer, worship, groups, discipleship, care and counseling.

## Scripture

Matthew 6:25  
Luke 10:38-42  
Phil 4:6

## Videos

“Look at the Book: Do Not Be Anxious”

<https://www.rightnowmedia.org/Content/Series/206997>

“Anxiety: A Compass & Light Study”

<https://www.rightnowmedia.org/Content/Series/327725?episode=1>

“How to Deal with Anxiety”

<https://www.rightnowmedia.org/Content/Series/594?episode=5>

## Books and Booklets

Anxiety Cure

[https://www.amazon.com/Anxiety-Cure-Archibald-Hart/dp/0849942969/ref=sr\\_1\\_1?dchild=1&keywords=anxiety+cure&qid=1621272126&sr=8-1](https://www.amazon.com/Anxiety-Cure-Archibald-Hart/dp/0849942969/ref=sr_1_1?dchild=1&keywords=anxiety+cure&qid=1621272126&sr=8-1)

When Fear Seems Overwhelming

<https://discoveryseries.org/courses/when-fear-seems-overwhelming/>

Overcoming Anxiety: Relief for Worried People

<https://www.ccef.org/book/overcoming-anxiety-relief-worried-people/>