



Anxiety, Philippians 4, and Neuroscience

David Croteau | 7/23/2023 | Philippians 4:4-9

1. If you struggle with anxiety, is it a conscious or subconscious struggle?
2. What are some of the fears, worries, or questions that you are anxious about?
3. What are some of the ways anxiety manifests itself physically in your life (headaches, stomachache, fits of anger, etc.)?
4. Do you struggle with the idea of bringing your anxieties to God through prayer? If so, why do you think you are hindered from doing this?
5. What is a powerful memory (or two) that you can dwell on that will cause your brain to produce oxytocin?