

## Resources: Anxiety

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### Books for Children:

[Give God Your Worries](#)

[When I Am Afraid](#)

[Good News for Little Hearts - Zoe's Hiding Place: When You are Anxious](#)

### Books for Teens:

[Track Christian Life - A Student's Guide to Anxiety](#)

[31-Day Devotionals for Teenagers - Anxiety: Finding the Better Story](#)

### Books for Adults: (there are lots of good ones... these are a few I recommend)

[Anxiety: Knowing God's Peace](#) This is a 31-day devotional, 2 short pages a day, with some reflection questions. I encourage you to journal as you go through it to get your thoughts down in writing to bring before the Lord. It would be great to do this together with another person that you can share openly with.

[A Small Book for the Anxious Heart](#)

[Running Scared: Fear, Worry, and the God of Rest](#)

### Spotify Playlist: Songs to help you look to Jesus

<https://open.spotify.com/playlist/1EILUahNhoV9sgDsl063AJ?si=0c28653e11784f57>

As you read through a passage, list out truths you find there and post them in a place that will be a reminder to you and help you rest in God's truth instead of the *what-if's*. An example from Matthew 6:

- The essence of life is far more significant than material things (25)
- Birds don't worry or fret or hoard, yet their needs are met by God (26)
- I am made in God's image and am more valuable to him than all the birds in nature (26)
- Worry will not bring me longer life or other benefits (27)
- The God who clothes the flowers with beauty will clothe me (28-30)
- My heavenly Father knows my needs (32)