

## Chapter 8

### Anxiety and Frustration

1. How does the author introduce anxiety and frustration? P.63
2. Concerning anxiety, what do the passages Matt10:31, Luke 12:7, Phil 4:6, and 1Pet5:7 have in common? P.64
3. What 2 reasons does the author give for calling anxiety sin? P. 64
4. What are we really demonstrating when we refuse to accept God's providence for our lives? P. 65
5. What pearls did you uncover in the quote from John Newton's letter? P.66 How might it help you in dealing with anxiety?
6. What does the author suggest we do whenever a situation is tempting us to be anxious? What example does he use to support his suggestion? P67
7. How does the author define worry? P. 67 How can the passages 1Pet 5:7 and Mark 9:24 help with worry? P 68
8. The author says that frustration involves being upset or even angry at whatever is blocking our plans. What does he suggest is the root cause of frustration? P.69
9. How can Ps 139:16 help us deal with frustration as it seems to help the author? P.69
10. Anxiety and frustration are 2 "respectable" sins, but how insignificant are they really?