



Free From Worry (Women of the Word Bible Study)

Janice Wise

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Anxiety has become the accepted price of living in a fast-paced world, but the popularity of anti-anxiety medications, meditation techniques and other stress relievers indicates that it's spinning out of control. In *Free From Worry*, readers will discover that stress and anxiety are not new phenomena—the Apostle Paul had a lot to say about how to deal with them. This interactive study, ideal for individuals or small groups, takes a close look at the worry epidemic and turns to God's Word to find its remedy. *Free From Worry* includes eight weeks of study. Topics include "Call It Sin," "Your New Mind," "Thanks in All Things," "Staying Free" and much more. Each week's study examines a root of anxiety, digs into Scripture to find out what God's Word has to say about it, offers readers the opportunity to reflect on their own struggle with worry and suggests practical action steps to help readers apply what they have learned.

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