ANXIETY

At CCV, we know that anxiety comes with life, but it doesn't have to dominate your life. We believe that through Christ you can find true freedom and experience more joy, clarity, renewal, and contentment by the power of the Holy Spirit.

BIBLICAL FOUNDATION

• Philippians 4: 6-7

CCV RESOURCES

Check out RightNow Media for additional resources related to Anxiety, click here.

If you’d like further support surrounding this topic and would like to speak to someone on our staff, click here to reach out.

Anxious For Nothing
Max Lucado

Max knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives as they delve into the biblical truths outlined in this book.

Less Fret, More Faith
Max Lucado

This 64-page booklet features practical steps from Max Lucado to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes a Scripture verse for meditation, and a prayer to reframe anxious thoughts.

Things Might Go Terribly, Horribly Wrong: A Guide to Life Liberated from Anxiety
Kelly G Wilson

This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, Things Might Go Terribly, Horribly Wrong will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live.

E-Course “Fearbusters”
Mike Foster

In this E-Course you will discover why your brain loves worst case scenarios and how it uses descriptive words to increase anxiety. You will also learn 3 easy techniques to conquer even the biggest fears.

Video 1: Making Fear Your Friend
Video 2: Working With Worry
Video 3: Little Actions Can Conquer The Biggest Fear
Fearbusters E-Book