

# TALK IT OVER

Anxiety: Your Choice – Part 2

## BOTTOM LINE

In every circumstance, my response is my responsibility; my choice is my call.

## CONVERSATION STARTER

What's one of your all-time great choices? Or, what is a good choice you made in 2024?

## THINGS TO CONSIDER

*What did you hear?*

*What do you think?*

*What will you do?*

## RESOURCES

- The Daily: [newpointe.org/thedaily](https://newpointe.org/thedaily)
- [How to Set Healthy Boundaries](#) by Dr. Henry Cloud (11 min.)

## KEY VERSES AND QUOTES

*Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure. Philippians 2:12-13 ESV*

*Just say a simple, "Yes, I will," or "No, I won't." Anything beyond this is from the evil one. Matthew 5:37 NLT*

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 NKJV*

"You are making decisions every single day. Those decisions are creating your world. Thinking you can avoid discomfort by choosing is not living in reality. Not choosing is in itself a choice."

"A non-anxious life requires living in freedom. But freedom requires boundaries."

"A non-anxious life requires choosing a sound mind. And that requires dealing with your inner voice." – Quotes by Dr. John Delony

## TALK IT OVER

How do you understand "working out your own salvation"? Is this a new concept? What triggers your anxiety and "control" when you are "working out your salvation"? How and how often is "not choosing" in a timely way an anxiety-creator for you? The areas specifically mentioned where we need to live in freedom include money, stuff, and time. In which of these areas do you lack freedom? Why? Does "boundaries" sound like a positive or negative word to you? How do you strike a healthy and helpful line in boundaries? Where and how do you struggle most? Discuss the sometimes-confusing situations Christians/kind people feel about boundaries connected with love and compassion. Where do you need help most in choosing freedom? A non-anxious life is impossible without a sound mind. Define a sound mind. How does the state of your mind affect the anxiety level of others? What gets my attention doesn't always deserve my attention. How can I identify undeserving thoughts and refocus my mind? I talk to myself more than anyone else, and my self-talk determines the state of my mind, my emotions, and my actions. Discuss healthy, helpful self-talk. How will I choose it consistently?

## ACTION STEP

I want to live in freedom, with a sound mind. This week I will evaluate my freedom and my state of mind and will begin to choose appropriate boundaries, input, and self-talk to make the necessary changes.