



DAY 2: 3-DAY BIBLE STUDY

on managing **FEAR + ANXIETY**

by ALICIA MICHELLE



Hello again, and welcome to Day 2 of our study together!

I'm praying that yesterday's study encouraged you that, with God's help, yes, it is possible to learn how to manage worry, anxiety and fear.

Today we're talking about John 14:27 and how to receive God's gift of peace. I'm also including lots of links on the video teaching page on practical ways to find calm.

Here's your action plan for today:

STEP 1: Complete Day 2 Spiritual Growth Rhythm™ worksheet.

STEP 2: Watch the Day 2 video teaching [here](#).



P.S. Miss the Day 1 resources or need a refresher on how to complete the Spiritual Growth Rhythm™ Worksheets or the 5Rs Bible Study™ Method? [Click here](#).

DAY 2 VIDEO TEACHING:

<https://vibrantchristianliving.com/day-2-free-bible-study-anxiety>

receive 

READ THE VERSE

REWRITE: Copy the entire verse as it's written in your translation.

RESTATE: Replace each word in the verse with a similar word or phrase without changing the meaning.

RELATE: How have you seen this verse to be true in your life? What other verses or Bible stories does it remind you of?

RESPOND: How can you apply this verse to what's going on in your life today?

recognize 

release 

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