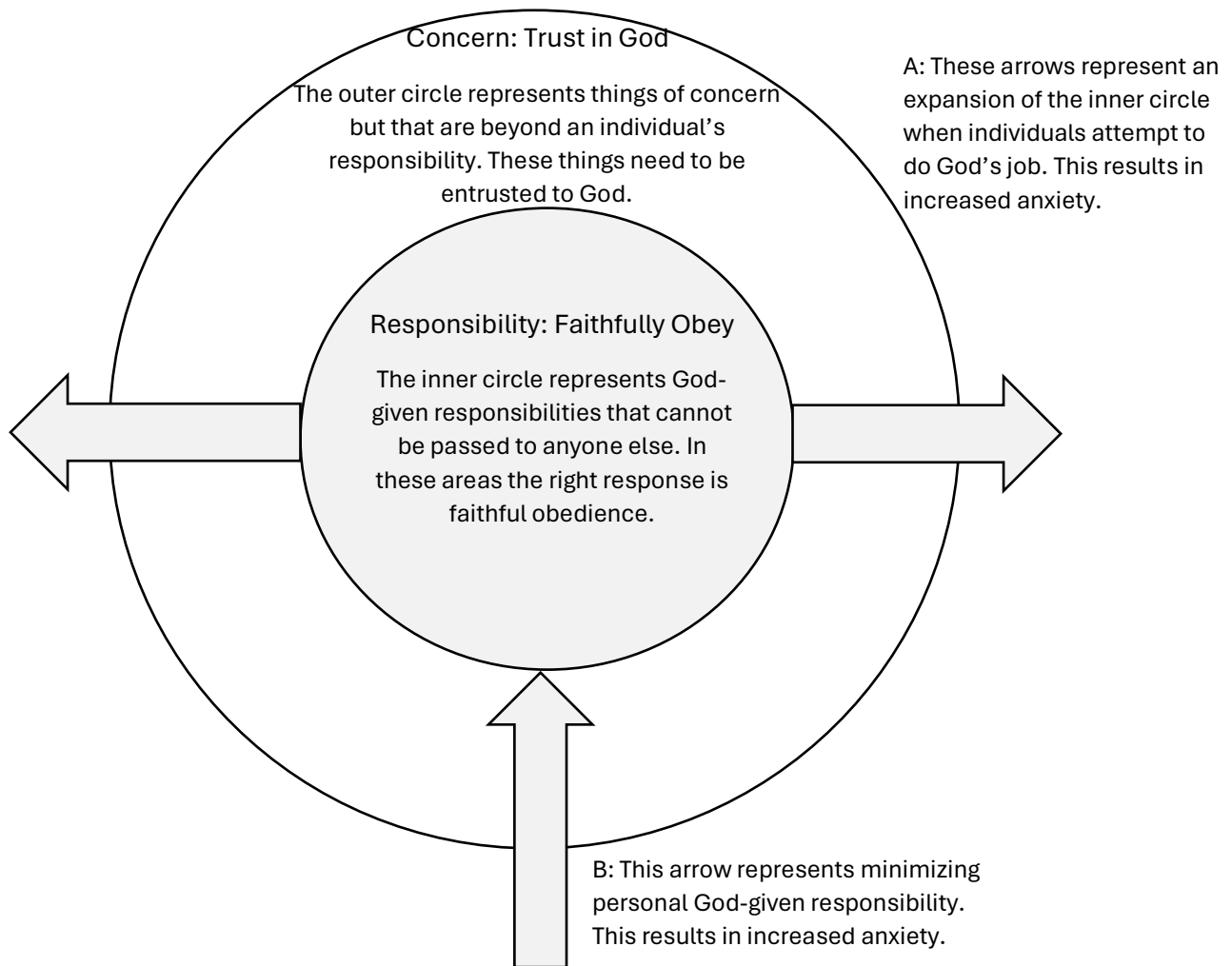


## Diagram: Circle of Responsibility and Concern

One of the keys to dealing with anxiety is knowing how to trust and obey God. There are areas in life in which God has clearly communicated a person's responsibility. For example, a man needs to understand and obey what God has commanded him regarding being a husband, father, provider, neighbor, and servant within the church. The right response is to faithfully obey God in these areas. There are other areas in life where individuals can have a Godly concern and thus need to trust God. A man has a responsibility to be a Godly father, but he does not have the responsibility for the salvation of his children. This is a Godly concern where he needs to fully trust God through faith and prayer. Confusing the areas of concern and responsibility will often result in anxiety.



(Adapted from Tripp, 2002, p. 250)

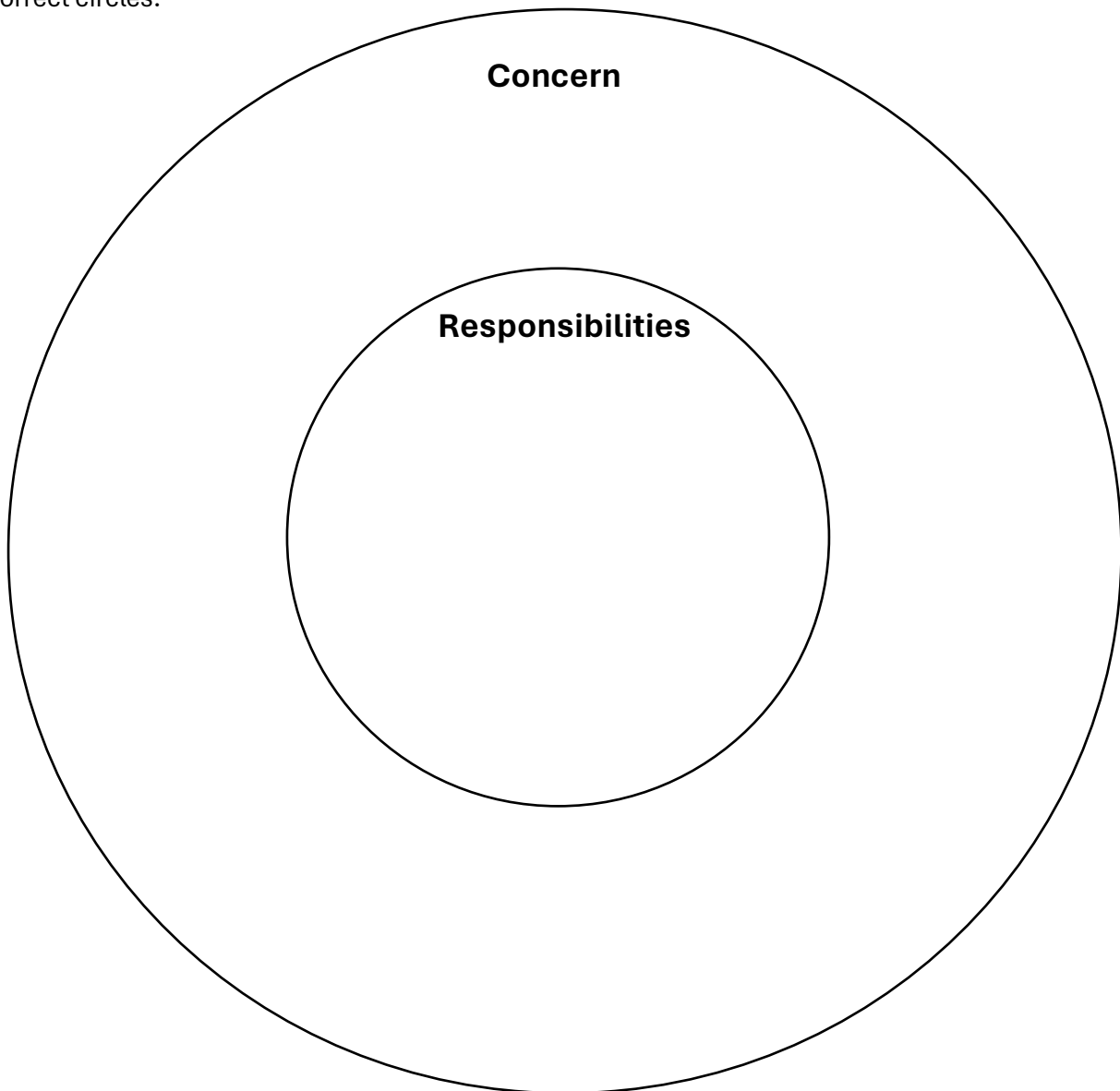
Why am I anxious or what am I afraid might happen?

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Think through the problem/issue/decision and write down your responsibilities and concerns in the correct circles:



What do I really love or value in this situation? (Psalm 139:23-24)

What truth applies to my thinking?

What action should I take? (Philippians 4:6-7, 1 Peter 5:7)