

# ANXIOUS

*Fighting Anxiety with the Word of God by Scarlet Hiltibidal*

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## FOR MOMS

Hey Mom! We are so excited that you have decided to complete this study with your daughter!

Scarlet Hiltibidal's study about anxiety will not only allow you to discover how to fight anxiety with the power of God's Word, but it will help you discover the victory Jesus has already won over every scary/lonely/hard/broken situation.

### YOU WILL NEED:

- *Anxious: Women's Bible Study Book* for yourself
- *Anxious: Teen Girl Bible Study Book* for your daughter(s)
- *Anxious: Teen Girl Video Sessions* (purchase or rent)

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## How To Utilize Your Materials Together

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### WATCH

- Watch the weekly video with your daughter.
- Utilize the questions found under Discuss of each week's Group Time section located in the teen girl Bible study book.

*A note about the video content:* When studying together, you are welcome to watch the teen girls' or women's videos. Please note that in the women's version of the videos there will occasionally be a reference to women and moms that would not be found in the teen girl version of the videos. The only potential issue of concern might be found in the Session 6 of the women's video when Scarlet discusses her ectopic pregnancy.

### STUDY

As you both work through your individual Bible study books, you will discover that the teen girls' version might be slightly different as we altered some language and content to be appropriate for teen girls. However, there are very few differences in the studies and we encourage you to discuss what the Lord is teaching you individually.



## CONNECT WITH HER

- Plan days to work on personal study together to keep each other accountable.
- Be open with your daughter throughout the week about things you learn or have questions about. Provide a safe place for her to do the same.
- Don't stress! Some weeks will be easier than others to accomplish the personal study days. Just keep pressing forward and making it a priority to meet together each week regardless of how much personal study work was actually done.

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## Questions

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**Q:** How old does my teen need to be for this study?

**A:** This study is recommended for girls ages 11 and up.

**Q:** Do I have to purchase the women's videos, or can I use the teen girls' videos to watch with my daughter?

**A:** You can watch either the women's or teen girls' videos with your daughter. It's up to you! The teen girls' videos have been slightly edited with the teen audience in mind.

**Q:** Are there other studies I can do with my teen after this study is over?

**A:** Yes! Many of our studies have both women's and girls' materials available. Check it out at [lifeway.com/girls](http://lifeway.com/girls).

