



Study Guide, Episode 112–How to Cope w Anxiety using The Doctrine of Christ

2 Nephi 31-33; Jacob 1-4

00:00-08:59	"QOTW: How can I cope with anxiety? How does The Doctrine of Christ help?"
09:00-19:17	"Anxiety plus <i>faith</i> leads to understanding, answers, help"
19:18-31:08	"The Doctrine of Christ is simple, beautiful, a model, an ongoing pattern"
31:09-39:57	"The model & cycle of: Faith, repentance, baptism, receive the Holy Ghost..."
39:58-END	"...Endure (well) to the end, using the cycle of Christ's Doctrine"

- 1) Have you ever struggled with anxiety (fear, doubt, worry, stress, tension)? In what ways? What does it feel like? Ponder & write about this in your journal.
- 2) List the tools the world offers to help overcome anxiety, and what has/has not helped you. Then, ponder what tools the Savior offers, through His gospel, to deal with anxiety/stress/fear. List these, and then write about which combination of tools has helped you in the past the most. Which might help most in days to come?
- 3) Read Jacob 1:5 & 4:18. Ponder the idea of coupling your anxiety with faith. What does that look/feel like for you? How are you already doing this? How might you more fully turn to the Lord in faith & bring Him your anxiety, struggles, etc? Discuss this with your family or a close friend this week.
- 4) The "Doctrine of Christ" is simple and beautiful. But sometimes, we make His Gospel more complicated than it needs to be. How have you felt/experienced/done this? How might getting back to the simple "Doctrine of Christ" help you reduce stress, anxiety, fear, worry, struggles?
- 5) Recall a time in your life when you've had to 100% rely upon the grace of Jesus Christ. When have you had to put *all* your faith in Him? This is the first step in The Doctrine of Christ. How does faith help you through your struggles? Build your testimony and relationship with Him?
- 6) Consider The Doctrine of Christ as a cycle: Faith, Repentance, Baptism, The Gift of the Holy Ghost, & Enduring to the End. Ponder how you might use this cycle daily to help you cope, deal, grow & become more like The Savior. Write about, discuss with your family, and set a goal to use this cycle daily, this week.

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)