

book of the month

Answering Anxiety – Richard Caldwell

Some reports show that about 43% of adults in America take some type of mood-altering drug. No small portion of this is due to anxiety-related disorders. That's a huge number! Fear, worry, and anxiety are common human issues, yet few people understand how to properly diagnose and deal with them. In this helpful little book, which was taken from his sermon on First Peter 5:5-11, Richard Caldwell offers Scripture's "pathology" of anxiety. Caldwell's writing is straightforward, clear, and thoroughly biblical. This will be a welcomed resource to anyone looking for answers to this common but also subtle and difficult human problem.

The close of each chapter includes a "reflection and application" section that will help solidify the instruction for the reader. During the current COVID-19 pandemic, this book will be a great blessing to those hungering for truth, stability, and a peace that surpasses all understanding that will guard their hearts and minds in Christ Jesus.

— Omri Miles, Pastor/Elder Intern and Deacon of the booktable

Suggested One-Month Reading Plan:
(about 2 pages per day)

Week 1: April 6th – 12th

Forward
Introduction

Week 2: April 13th - 19th

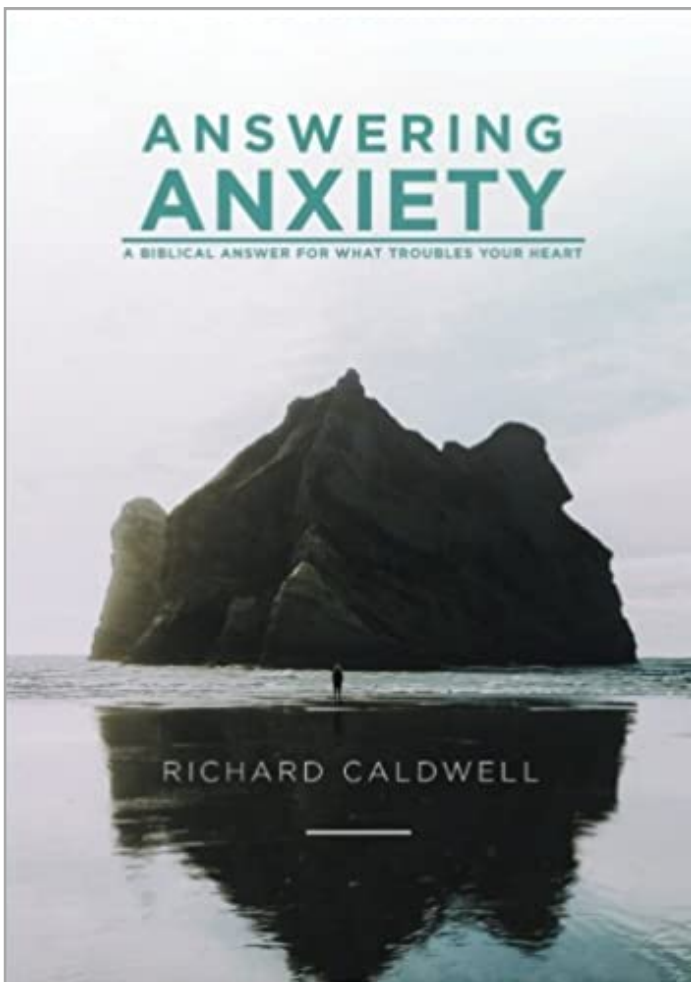
Chapter 1
Chapter 2

Week 3: April 20th - 26th

Chapter 3

Week 4: April 27th - May 3rd

Chapter 4



 GRACE BIBLE CHURCH

OTHER RESOURCES ON ANXIETY

SERMONS

[Richard Caldwell - The Answer for Anxiety](#)

[Matt Dodd - "God's Command to Be Humble in the Face of Trials"](#)

[Jacob Hantla - "The Only Way to True Peace Free From Anxiety"](#)

PODCASTS

[Courageous Churchmen - "10. Answers for Anxious Heart During COVID-19"](#)

[Truth in Love - "Fear in Pandemics"](#)

BLOG POSTS

[Jacob Hantla - "A Christian Response to COVID-19: Shepherding My Heart to Trust God"](#)

[Jacob Hantla - "A Christian Response to COVID-19: Thanksgiving-Filled Prayer During the COVID-19 Storm"](#)

[Omri Miles - "Comfort from Psalm 46 for Turbulent Times"](#)

[Omri Miles - "Mysterious Virus an Occasion for Awe"](#)

booktable