

# overcoming fear & anxiety

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## Understanding \_\_\_\_\_

1. The nature of fear
  - It began in Eden with sin (Gen 3:8; Matt 25:25)
  - It is a lack of fearing God (Ps 112:1, 7-8)
  - It is the absence of God's love maturing us – the focus of fear is my hurt or my loss
2. Fear is not always wrong
  - It is good to have a healthy respect for danger (Job 41:1, 33; Ps 64:1)
    - As a protection device, it is good
    - As a preoccupation (“might get hurt; might get hurt”) is it sin – a lack of trust
  - It is good when it is a fear of God
    - Found 160 times in the Bible
    - Refers to “awesome respect” of God (Ps 5:7, 89:7; Ecc 12:13; Prov 1:7; 9:10)
3. When fear is wrong
  - Man is feared instead of God
    - Refusing to stand for Christ and His principles (John 12:42, 43; Luke 22:54-62; 12:4-5; Isaiah 51:12-13)
    - Isolating ourselves because of fear (Prov 29:25; Luke 12:4)
  - Temporal things are feared more than eternal things (Luke 12:4-5; Gen 26:7)
  - Fearing things we cannot change keeps us from taking care of things we can change (Prov 3:25, 22:13; Isaiah 8:12-13; Gen 4:14; Lev 26:36)
  - It hinders us from seeking God's goals (John 19:38; Luke 19:20-21)
  - We use fear to manipulate people
  - One of the greatest fears is the fear of death and judgment (Heb 2:14-15; 1 John 4:18; Phil 3:11)

## Understanding \_\_\_\_\_

1. What anxiety or worry is NOT:
  - Anxiety is not proper care and concern that causes you to attend to business in a responsible way (2 Cor 11:28; Phil 2:20; Gal 4:19)
  - Anxiety is not right planning (Prov 24:27; James 4:13-15; Luke 14:28; Eph 5:16; Ps 90:12)
2. What anxiety IS:
  - Anxiety is over-zealous concern about the future and things (Matt 6:25)
  - The Greek word intimates the idea of your heart being monopolized by a particular care
  - It is derived from a word that means “to divide, part, rip, tear apart, be anxious, distract your attention” (Matt 12:25; Mark 6:41; Mark 4:19)
3. Legitimate care becomes anxiety and therefore can become sin when:
  - Thoughts are focused on changing the future
  - Thoughts are unproductive
  - It controls you instead of you controlling it
  - It causes you to neglect other responsibilities and relationships
  - You lose hope instead of finding answers

## Understanding why \_\_\_\_\_ is \_\_\_\_\_

1. It is unbecoming (Matt 6:25)
  - It is likened to unbelievers
  - Worry is being consumed and preoccupied with the wrong kingdom (Matt 6:24)
  - It is exorbitant concern for the servant’s kingdom not the king’s kingdom (Matt 6:33)
  - As a faithful servant God’s kingdom must have priority in our heart (Matt 6:21-24; cf. 2 Tim 2:4)
  - Anxiety focuses on what we don’t have (Matt 6:31)
  - Worry is idolatry (Matt 6:24)
2. It is unnecessary (Matt 6:26)
  - God is able and trustworthy (Matt 6:28-30)

- God is concerned about us (Matt 6:26, 10:28-31)
  - Worry is unbelief (Matt 6:30)
3. It is unproductive (Matt 6:27)
- Accomplishes nothing
  - It is a thief of time (Matt 6:34)
  - It controls your mind
  - It blurs your vision (Matt 6:22-23)
  - Wastes your energy
  - Can damages your body
  - It usually stops you from functioning properly
  - Anxiety and fear breed laziness (Matt 25:14-30)
4. It is unfaithful
- We focus on tomorrow and what is temporal
    - The heart of anger looks back and identifies what didn't go my way
    - The heart of anxiety looks ahead and fears that things won't go my way
    - The heart cries "me, me, me"
  - Our focus is not on the things above (Col 3:1-2)

## Overcoming \_\_\_\_\_ & \_\_\_\_\_

1. Put on hope
  - God has not given us a spirit of fear (2 Tim 1:7)
  - God promises to provide all the necessities of life as you seek to please Him (Phil 4:19)
  - God is always available to help you (Ps 46:1)
  - God is firmly in control of every aspect of your life (Ps 139:1-18; Rom 8:28-29)
2. Have a proper fear of God
3. Put on love regardless of how fearful you are
  - Identify areas of responsibilities toward God and others that you are not fulfilling because of fear

- God's love is stronger than our fears

<b>FEAR (Unbelief)</b>	<b>LOVING TRUST</b>
Focus on self	Focus on others
Self-protecting (What will happen to me?)	Self-giving (How can I love and serve others)
What will I lose?	What can I give to God and others?
Moves away from the problem	Moves toward the problem (tackles it for resolution)
Secludes self	Sacrifices self, reaches out
Hesitates	Starts
Highly suspicious	Believes all things and thinks no evil (1 Cor 13)
I won't try	Acts obediently and is all the while totally dependent on God's grace
Might fail	Even if fails, continues to reach out
Trust in self and man	Trust in God

4. Prioritize God's kingdom concerns and purposes (Matt 6:33)
5. Develop right praying (Phil 4:6-7; Matt 6:5-13; 1 Pet 5:7)
  - Recognize and confess worry as sin
  - Thank God for His goal in trials and problems
  - Pray according to Scripture
  - Pray for what God wants
  - Cast your cares on Him, knowing He knows what we need better than we do
6. Develop right thinking (Phil 4:8; 2 Cor 10:5)
  - Dwell on God's generous provision
  - Dwell on God's grace and mercy
  - Think about problems to solutions
  - Dwell only on what you know to be true
7. Develop right actions (Phil 4:9; 1 Cor 10:13)
  - Do what needs to be done regardless of how you feel
  - Care for temporal things with a concern for eternal things