

I. Fear

A. Understanding fear

1. Fear is not necessarily _____.
 - a. We are to fear God.
 - i. Proverbs 1:7
 - ii. Psalm 90:11
 - b. Fear is a reasonable and helpful response to danger or difficulty.
 - i. Spiritually
 - ii. Physically
2. _____ fear
 - a. Fear of man instead of God.
 - i. Galatians 1:10
 - ii. Luke 12:4
 - iii. John 12:42-43
 - b. Fear of our environment and circumstances (Psalm 91:5-6).
 - c. Fear of things we cannot _____ (Proverbs 3:25).

B. Explanation of sinful fear

1. Ungodly fears are directly related to what we are wanting and thinking.
 - a. Genesis 12:11-13
 - b. 1 Samuel 19:10
2. When sinfully fearful, we are focused on the _____ rather than on God.
 - a. Deuteronomy 1:32
 - b. Matthew 25:25
3. When we are sinfully fearful we are focused on _____.
4. When we are engaged in ungodly fear we are fearing something else more than we fear God:

Things we may fear more than God:	Things we may want or love more than God:
Man	Man's approval
Unwanted circumstances	Life of ease/comfort with no pain
Losing something or someone dear	Money, health, a person, things
Bodily harm	Safety, no pain

5. Ungodly fear will most likely _____ us to commit other sins.
 - a. 1 Samuel 15:24
 - b. Galatians 2:12
6. Fear is sinful when it is so paralyzing that it keeps us from fulfilling our biblical responsibilities of loving God and loving others. (Matthew 25:14-30)

C. Data gathering/interpretation

1. What is the counselee afraid of?

2. Why is the counselee afraid?

3. What is the counselee's view of God?

D. Keys to overcoming fear

1. That which is to be most feared, God's wrath, has been removed by Christ.

2. The Lord is your Shepherd (Psalm 23).

3. The righteous are characterized by _____, not fear (Proverbs 28:1).

4. When facing fears the crucial question is: What does God want you to do?

5. For those who fear imperfection, your perfection is in Christ.

6. Only God possesses certainty and control. You must trust Him (Romans 8:28).

E. Dealing with sinful fear

1. Replace sinful fear with the fear of the Lord

a. Psalm 118:5-6

b. Proverbs 3:25-26

2. Identify the lust or idol that lies beneath the fear (James 1:14-15).

3. Replace sinful fear with _____.

- a. 2 Timothy 1:7
- b. 1 John 4:18a

FEAR	LOVE
Self-protecting	Self-giving (John 3:16)
What will I lose?	What can I give?
What could/will happen to me?	How can I serve others in this?
Worries about the danger (real or perceived)	Thinks the best (1 Corinthians 13)
Moves away from the problem	Moves toward the problem
Secludes itself	Risks itself
Draws away from responsibilities	Fulfills biblical responsibilities
Highly suspicious	Believes all things (1 Corinthians 13:7)
Hesitates	Moves forward—tackles the problem
Sinful fear not from God (2 Timothy 1:7)	Given to us by God (2 Timothy 1:7)

- 4. Deal with sinful fear biblically (Proverbs 28:1; 1 John 1:9)
- 5. View fearful situations as opportunities to grow in trusting God for His glory and your good (Romans 8:28-29, 2 Corinthians 5:9)
- 6. Meditate on helpful Scriptures
- 7. Contrast the faithfulness of God with that of your dearest and most faithful friend (Proverbs 18:24)

F. Key Bible Texts for Counseling

What is it that you fear?	
That which I fear...	...is in God's control
Your Enemies	Psalm 23:5 "You prepare a table before me in the presence of my enemies."
Your Authorities	Proverbs 21:1 "The king's heart is like channels of water in the hand of the LORD; He turns it wherever He wishes."
Trouble and Affliction	Psalm 34:19 "Many are the afflictions of the righteous, But the LORD delivers him out of them all."
Trials and Temptations	1 Corinthians 10:13 "No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."

	2 Peter 2:9 “The Lord knows how to rescue the godly from temptation.”
Poverty	Psalm 34:9-10 “O fear the LORD, you His saints; For to those who fear Him there is no want. The young lions do lack and suffer hunger; But they who seek the LORD shall not be in want of any good thing.”
Physical Harm (people with phobias) God is able to protect us from both <i>physical</i> and <i>spiritual</i> harm.	Psalm 91:5-7, 10-12 “You will not be afraid of the terror by night, or of the arrow that flies by day; of the pestilence that stalks in darkness, or of the destruction that lays waste at noon. A thousand may fall at your side and ten thousand at your right hand, but it shall not approach you... No evil will befall you, nor will any plague come near your tent. For he will give his angels charge concerning you, to guard you in all your ways. They will bear you up in their hands, that you do not strike your foot against a stone.”
Loss of a Loved One (or the effects of one’s own death on a loved one)	2 Corinthians 1:8-10 “For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead; who delivered us from so great a peril of death, and will deliver us, He on whom we have set our hope. And He will yet deliver us.”

II. Worry/Anxiety

A. Understanding Worry/Anxiety

1. Expected as a result of living in a sin-cursed world
2. DSM diagnoses rooted in worry and anxiety include:
 - a.
 - b.
 - c.
 - d.
 - e.

B. _____ Concern

1. Christians should care for one another

C. Ungodly concern: Worry/Anxiety

1. Definition:

- a. Worry is an over-anxious concern regarding the future or things that keeps a person from fulfilling current responsibilities.¹
- b. A sin of continual dwelling on and preoccupation with some fear, usually associated with the future (Matthew 6:25).

2. What worry is not:

- a. 2 Corinthians 11:28
- b. James 4:13ff

3. General truths about worry:

- a.
- b.
- c.
- d.
- e.

4. Worry is sinful.

- a. Jesus commands us not to worry—“For this reason I say to you, do not be worried...” Matthew 6:25
- b. Paul commanded against worry—“Be anxious for nothing...” (Philippians 4:6).

¹ ACBC definition

c. It is unbecoming of believers

d. It is essentially _____

e. Worry is idolatry.

D. Getting Rid of Worry

1. Wrong ways:

a.

b.

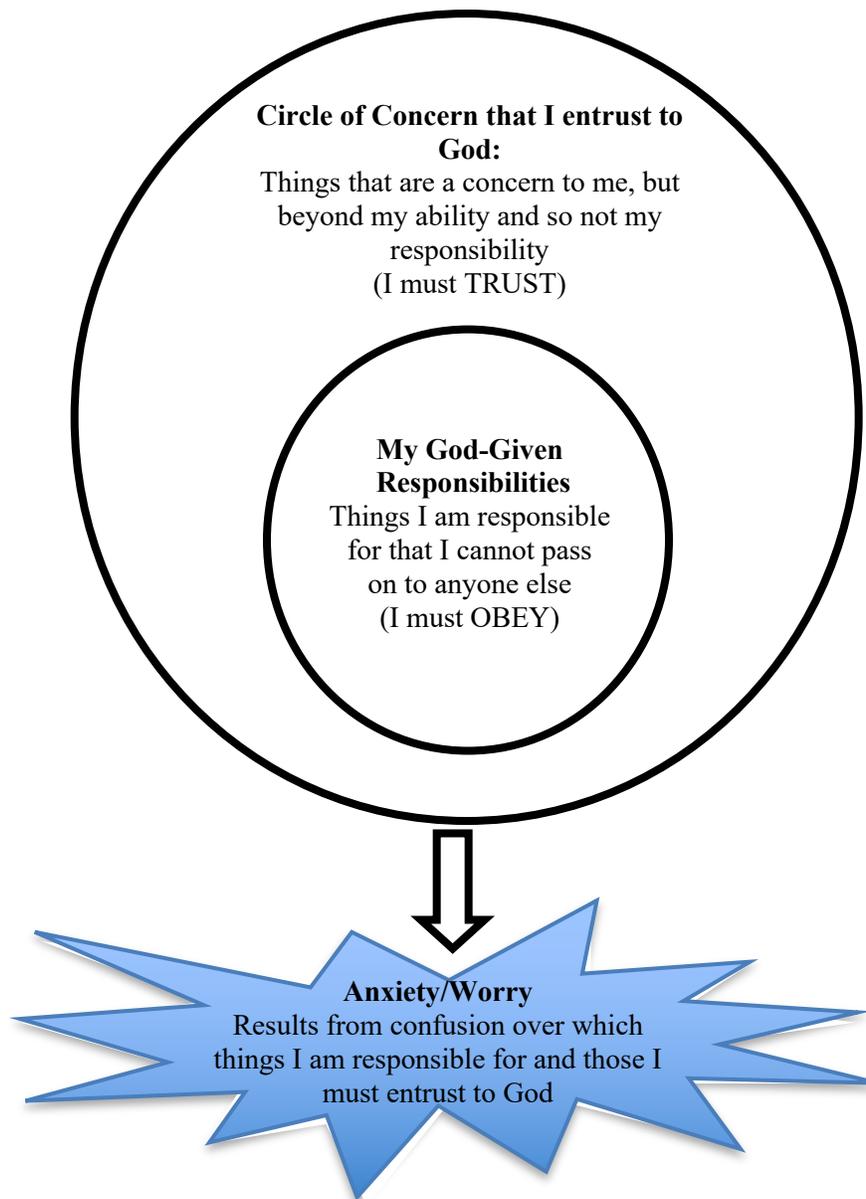
c.

d.

e.

2. Right ways:

a. Examine the source of ungodly anxiety²



² Tripp, Paul. Instruments in the Redeemer's Hands, pg. 250.

b. Data Gathering/Interpretation:

- i. Is there anything you are presently anxious about?
- ii. Recall the last five times you were anxious. What was the situation?
- iii. What was your thinking for those situations?

- iv. How did the thinking lead to a sinfully anxious response (if you had one?)
 - v. What kinds of things typically contribute to your anxiety?
 - vi. What sins tend to accompany your anxiety (lying, disobedience, irresponsibility, selfishness, anger, etc.)?
 - vii. What sinfully anxious responses do you need to confess and repent of?
- c. Worry needs to be replaced with righteousness (Philippians 4:5b-9).
- i. Replace worry with prayer and thanks (Philippians 4:6).

 - ii. Replace worry with thinking on things that are true (Philippians 4:8).

 - iii. Replace worry with righteous behavior (Philippians 4:8-9).

E. Additional Resources:

1. *Trusting God* by Jerry Bridges
2. *Overcoming Fear, Worry and Anxiety* by Elyse Fitzpatrick
3. *When People are Big and God is Small* by Ed Welch
4. *Courage, Fighting Fear with Fear* by Wayne Mack
5. *Anxious for Nothing* by John MacArthur
6. *Fear: Breaking Its Grip* by Lou Priolo

7. *Worry: Pursuing a Better Path to Peace* by David Powlison
8. *Anger, Anxiety and Fear* by Stuart Scott

Anxiety-Worry Homework

1. What does worry accomplish?

2. When we worry we reveal areas that are lacking in our spiritual lives. What areas are we neglecting if we are worrying?
Prov. 3:5-6 _____

Matt. 6:32 _____

3. What are the consequences of worry?
Matt. 13:22 _____

Matt. 13:22; Mk. 4:19; Lu. 8:14 _____

Lu. 21:34 _____

Matt. 6:30 _____

4. What does God want us not to worry about?
Matt. 6:25-28 _____

Lu. 10:41 _____

Ps. 56:4 _____

5. How did Christ respond to anxious experiences?
Mk. 4:38 _____

Lu. 10:40 _____

6. Based on the above passages, what is worry?

7. The Bible shares principles to help combat anxiety and worry. In the following passages describe the principle and how it can apply to one's personal life.

Matt. 6:26-30 _____

Matt. 6:32 _____

Matt. 6:34 _____

Josh. 1:9 _____

Isa. 41:10 _____

Matt. 28:20 _____

Ps. 4:8, 37:5 _____

Prov. 3:5-6 _____

Isa. 26:3-4 _____

Ps. 55:22 _____

Phil. 4:6-7 _____

I Pet. 5:7 _____

Ps.27:14 _____

Isa. 40:31 _____

**HEART JOURNAL
(Fear/Anxiety)**

1. What happened to provoke me to fear?
(What were the circumstances that led to my becoming fearful?)

2. What did I say to myself (in my heart) when I became fearful?
(What did I want, desire, or long for, when I became fearful?)

3. What does the Bible say about what I said to myself when I became fearful?
(What does the Bible say about what I wanted when I became fearful?)

4. What should I have said to myself when I became fearful?
(What should I have wanted more than my selfish/idolatrous desire?)

5. What have I done about my thoughts, desires and actions that were not pleasing to God?
(Acknowledge, confess and repent)

6. What will I do (practice) to implement my new thought into action (be specific and concrete)

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