

# Fear & Worry

## *(Anxiety)*

Page 1



*The fear of the LORD is the beginning of wisdom,  
and the knowledge of the Holy One is  
understanding.*

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*Wisdom begins where reverence for God begins.*



*It's all relative.*

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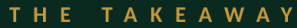


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## What if we changed the wording?

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And it's just as important to think here about what those Cambodian doctors and the World Health Organization are not saying. They did not say to this farmer, *"Hey, buddy, you need to pull yourself together. It's your job to figure out and fix this problem on your own."* On the contrary, what we should say, ***"We're here as a church body to pull together with you, so together, we can figure out and help you with your problem."***

[illegible]

*The love of Christ, shown by His people.*

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CASE STUDIES · THROUGHOUT SCRIPTURE

# Biblical Examples of Fear and Worry

|                                                                                                                                 |                                                                                                                                  |                                                                                                                               |                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <p><b>01</b></p> <p>—</p>  <p><b>David</b></p> | <p><b>02</b></p> <p>—</p>  <p><b>Elijah</b></p> | <p><b>03</b></p> <p>—</p>  <p><b>Job</b></p> | <p><b>04</b></p> <p>—</p>  <p><b>Jonah</b></p> |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|

*Even the heroes of the faith wrestled with fear, and God met them in it.*

[illegible]

**1** No caffeine, and drink lots of water. Can't stress this enough.

**2** Get adequate sleep. I got a weighted blanket. It helps a lot.

**3** When I'm having an episode, I will write about it. What time does it start? What triggered it? What I'm thinking? Then I write out bible verses or a prayer. Usually ends in 10 min or so.

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**4** Dr Criswell has a website. I read a sermon or two before I go to sleep.

**5** Ephesians 6. The full armor of God. I read that daily.

**6** Go for a walk/workout. Do what you can.

[illegible]

**7** Make sure you're eating.

**8** You're not alone.

**9** I used to think it was because I didn't trust God enough (not true). Sometimes we go through struggles. Life isn't perfect.

**10** I call them episodes for a reason. An attack is something that you win or lose. An episode is something that will pass.

[illegible]

## Addressing Physical Manifestations First

## Tackling the Spiritual Causes

*Once the physical symptoms are managed, anxiety's spiritual roots can be addressed. This is where the real work begins, and it means aligning the heart and mind with God's truth.*

[illegible]

## Use the Bible

## Specific Bible Passages

*Texts from Psalms and Genesis, and above all Jesus' words in Matthew 6:25-34, can be a real comfort. The Bible reminds us not to worry about daily needs and to seek God's kingdom first, knowing He cares for us.*

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*"And why do you worry about clothes? Observe how the lilies of the field grow; they don't toil or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't He do much more for you—you of little faith?"*

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*Our bodies are temples of the Holy Spirit, and anxiety corrodes what we were told to care for.*

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THE SINFULNESS OF WORRY • LOU PRIOLO

## Worry Consumes Precious Time

## A thief of a God-given resource

EPHESIANS 5:15-16

Worry eats up time, and time is a precious resource God has entrusted to us. Ephesians 5:15-16 admonishes, “Pay careful attention, then, to how you live—not as unwise people but as wise—making the most of the time, because the days are evil.”

# 04

## WORRY CONSUMES PRECIOUS TIME

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*False prophecies of disaster undermine faith. Anchor expectations in biblical hope.*

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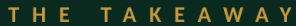


*God has given us a spirit of power and love, and of sound judgment.*

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*Biblical praying is the first step in overcoming anxiety.*

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## Supplication

## Requests

These get specific. You name the thing and bring it to the Father.

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***Thanksgiving is what shapes the prayer.***

[illegible]



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## Take direct steps

## Engage and redirect

*This involves two types of actions, prevention and redirection.*

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**And the peace of God,**  
*which surpasses all understanding,*  
*will guard your hearts and minds in Christ Jesus.*

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