



## FEAR, WORRY & ANXIETY

Memory Verse:

***2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind."***

Fear is a natural response to a dangerous situation. If we weren't afraid to be burned we might put our hands into a fire; an inappropriate response would be that you are fearful your hands would freeze off. In light of the circumstances that fear is imagined and not real. This imagined and inappropriate fear is the one we will address in this homework. Anxiety unchecked causes worry, when left unaddressed leads to depression. Worry comes from the Old English term *wyrgan*, which means to "choke" or "strangle". This accurately describes what it feels like when you worry. Anxiety, left unresolved, can debilitate one's mind and body- and even lead to panic attacks. What started as a feeling now translates to physical affects in our body. We are told not to walk by how we feel but by faith in God. As a believer we are commanded not to fear.

In **John 14:1** Jesus says "**Let not your heart be troubled; you believe in God believe also in Me**". In Verse 27 it says "**Peace I leave with you, My peace I give to you. Let not your heart be troubled neither let it be afraid.**"

### **DAY ONE: Causes of Fear**

As finite human beings we are limited to time and space. We cannot see the future or control our circumstances. Because of this we tend to worry about what will happen or is happening to us and how we will deal with it. This causes fear in us. It has been said that there are over 365 exhortations in the Bible about not fearing or being anxious-that is one for everyday. This would suggest that we- as weak and frail humans- have a tendency to fear. Though it may be natural to fear it isn't what God wants from us. As Christians our Lord tells us that when we fear we aren't trusting in His care and provision and shows a lack of faith in His ability and concern for our lives.

**1. Look up the following verses and record the cause of fear.**

Genesis 21:16-17

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Psalm 46:2-3

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Proverbs 1:33

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Matthew 10:28

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Mark 4:35-41

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1 John 4:18-19

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**2. From the above scriptures what causes you to fear or have anxiety?**

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**DAY TWO: Consequences of Continual Fear**

Have you allowed your heart to be FILLED and preoccupied with the cares or fears of this world? If you have, the sad truth is that nothing else can then take up residency or occupancy your heart including Jesus, His word or His promises. For many of us, our hearts are too overcrowded and now there's no room for the One who can release us from this bondage. It's time for the spring cleaning of our heart!

When you allow the sin of worry, fear or anxiety to live in you, the "if's, maybes, I should have, I shouldn't have, why did I and the why didn't I's...etc" become the primary focus and god of your life. Soon these end up controlling your attitude and actions. People who live in fear, worry or anxiety often feel debilitated and even experience sleeplessness, panic attacks, high blood pressure, digestive problems and much more.

**1. In the following verses, what consequences do you see from allowing fear, worry or anxiety to live unchecked in your life?**

Genesis 26:7-9

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Luke 21:34

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2 Timothy 2:4

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John 9:22

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Numbers 13:30-32

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**2. What consequences have you/are you experiencing from fear, worry or anxiety?**

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### **DAY THREE Exchanging Fear For Faith**

If you have been in the HABIT of “giving-in” or “caving-in” to fear, worry or anxiety; you will have a difficult time believing that you will be able to overcome this mountain in your life. Many run to the Doctor for pills that will “cure them” but in reality all that does is numb the problem not cure it.

Faith is key in overcoming your fear, worry and anxieties. According to the Bible, in-order to grow our faith, you need to water it with the Word of God.

**Romans 10:17 - Faith comes by hearing and hearing by the Word of God**

**1. Look up the scriptures below and describe what you learn about faith.**

2 Corinthians 5:7

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Hebrews 11:6

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Galatians 2:20

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1 John 5:4

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1 Corinthians 16:13

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**2. Write out a personal prayer to God, asking Him to increase your faith as you start to dwell on the Word of God.**

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## **DAY FOUR Confronting our Fear**

It has been said that you cannot think of two things at the same time. Do an experiment and try to think of a favorite verse and a favorite food at the same time. You can't, you have to switch back and forth between the two! That is why Paul says in the epistle to the Corinthians to **“take every thought captive to the obedience of Christ” (2 Corinthians 10:5)**. The Bible tells us as a man thinks in his heart so is he (**Proverbs 23:7a**). We have seen what causes us to fear. Now how do we deal with fear and anxiety.

The first step is to acknowledge your fear. Next confess it as sin and decide in your mind to turn from it (repent), giving it to Jesus to change (**1 John 1:9**). Finally (since we cannot keep two thoughts in our minds at the same time) we meditate on scripture and choose to be obedient to God

### **1. Look up the following scriptures and write what you learned**

Philippians 4:6-8

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Deuteronomy 31:6 & 8

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Psalms 46:1-3

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Psalms 94:17-19

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Isaiah 41:10 & 13

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**2. Name the causes of your fear from day one and pick one of the verses above and memorize it as the beginnings of your arsenal against fear.**

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**DAY FIVE Count Your Blessings in the midst of Fear**

Today we're going to focus on how great and good our God is! Even in the midst of your current situation, you need to think back and reflect on all that God has done for you. If He has ALREADY; died for you, forgiven your sins, given you the Holy Spirit, defeated your enemy and promised you eternal life. Will He not ALSO; supply your needs, guide your steps, guard your way and quiet your fears? God is great and He has been good to you!

It has been said "When your view of God is small, your fears will be big but when your view of God is big, your fears will be small"

**1. Read the following verses and write down what you learn about who God is and what He promises to do**

Psalm 18:2, 16-19 & 28

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Romans 8:31-32

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Psalm 85:8-9

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John 11:40

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Revelation 15:3

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Psalm 27:1, 5

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**2. Which scripture was the most helpful to you and why?**

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## **Day Six Contentment and Calm**

Our God can give us contentment and peace in all things. Even though your situation maybe be over your head, it will always be under His feet. Just as Jesus was able to bring peace to the raging storm that the disciples were in, He can bring supernatural peace to your troubled heart.

### **1. Read 2 Thessalonians 3:16**

How often can we have peace? \_\_\_\_\_

Who gives us that peace? \_\_\_\_\_

What do the words “grant us” mean? \_\_\_\_\_

### **2. Read Philippians 4:11-13**

What is the promise that Paul clings unto?

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### **3. Read Habakkuk 3:16-19 how can you apply this to your circumstances today?**

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### **4. Read 1 Peter 5:10**

Look up the words **perfect, establish, strengthen and settle**

How can God change you in your present circumstances according to the definition of these words?

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Which ones do you need the most change?

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**Every tomorrow has two handles. We can take hold of it by the handle of anxiety, or by the handle of faith. —Henry Ward Beecher**

**Anxiety is the natural result when our hopes are centered in anything short of God and His will for us. —Billy Graham**