

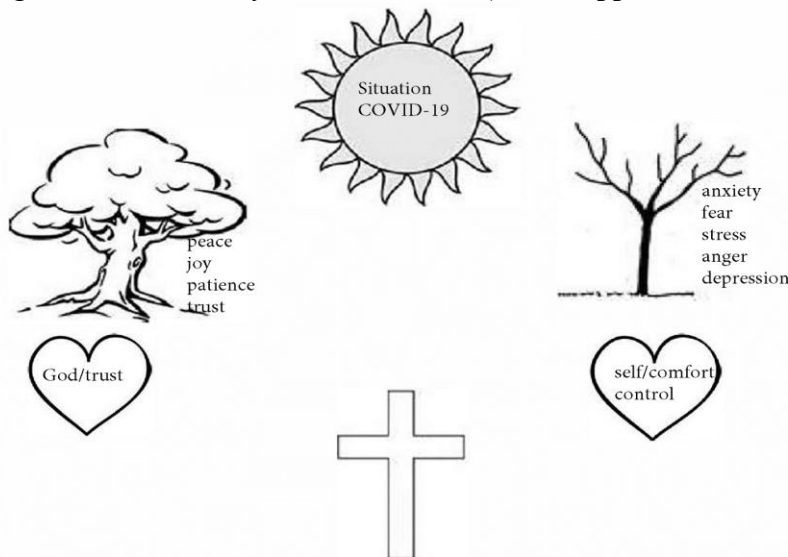
Helping People Overcome Anxiety and Fear pt. 2

1. Reviewing the Heart

a. It's really all about worship

- i. We were made to be worshipers of the true and living God.
- ii. Romans 11:36 (cf. also I Cor. 8:6; Col. 1:16)
For from Him and through Him and to Him are all things. To Him *be* the glory forever. Amen.
- iii. I Cor. 10:31
Whether, then, you eat or drink or whatever you do, do all to the glory of God.
- iv. 2 Cor. 5:9
Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him.
- v. We turn to other things (other “gods”). What are substitute gods called?
Romans 1:25

“An idol of the heart is *anything that rules me other than God* [his emphasis]. As worshiping beings, human beings always worship someone or something. This is not a situation where some people worship and some people don't. If God isn't ruling my heart, someone or something will. It is the way we were made” (Paul Tripp *Instruments in the Redeemer's Hands*).



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 someone or something dear	Money, health, job, people, things
Bodily harm	Safety, no pain, plenty of toilet paper

2. Questions to Ask Someone to Get to the Root of Our Anxiety and Fear

- a. What are you anxious or fearful about?
- b. Recall the last few times you were fearful. Explain the situation. How did you respond? What did you do or not do?
- c. What were the results of your anxiety or fear?
 - i. Matt 6:27
- d. How were you not trusting God during those moments?
- e. What kinds of things typically contribute to your anxiety or fear?
- f. Are you confident that you are in a right good standing with God because you are in Christ? On what do you base your confidence?
- g. Do you have any un-confessed sin in your life?
- h. What do you want that you are not getting? What are you getting that you do not want?

3. How Can We Change? (Ps 46:1-2; Mat 6:25-34; Phil 4:6-9)

- a. Be sure that your salvation is secure and repent of any known sin (Ps 46:1-2). Make sure that the Lord is your refuge and strong tower.

- b. Confess and repent of your sin of anxiety and sinful fear to God and others whom you may have affected (Ps 50:1-4; Matt 5:23-24). To repent means to turn from the sin and to turn to the Lord. Again, this goes back to worship and the issues of the heart. If we are to flee from our anxiety and sinful fear, then we need to turn to the Lord and place a faithful trust in him.

- c. Pray to God to work in this area of your life and help you to put forth full effort toward change (Phil 2:12-13; 4:6). I cannot emphasize this enough. Phil 4:6 tells us that we need to not be anxious but instead we need to pray. We cannot just tell someone to stop being anxious. But rather we need to help them put something on in its place.
 - i. Paul tells us that we are to pray.

 - ii. But we need to pray in times of fear and anxiety with thanksgiving. Thanking the Lord for the trial.

 - iii. Phil 2:12-13, “So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; ¹³ for it is God who is at work in you, both to will and to work for *His* good pleasure.” – while we do need to prayer, we also need to see that we need to work hard at praying, and we will need to work hard at putting off our sin and putting on righting thinking. God works in us through our obedience to him.

- d. Renew your thoughts to be thankful, hopeful, trusting, and loving. Put your new thoughts into prayer (Ps 119:59-60)
 - i. Phil 4:8 – thoughts that are true, honorable, right, pure, lovely, whatever is of good repute, any excellence and worthy of praise

 - ii. Dwell on these things. To dwell means to mediate on, to chew on. It is more than just a mere thought, but a focused attention on something. When we are anxious we are dwelling on the issues and the fears. But we need to be dwelling on God, on Christ, on his Word.

- iii. Remember God’s Sovereignty (Is 46:9-11; Gen 50:20; Rom 8:28).

- iv. Remember God’s sufficient grace in the times of trouble (Heb 4:16; 2 Cor 12:9; Is 41:10). The Lord cares for and comforts you in times of trial.

- v. Increase your fear of and trust in God. Study, pray, and commit to love God with all your heart (Deut 10:12; Ps 119:2).
 - 1. “If you really want to fight fear, learn to fear Someone who captures your attention in such a way that your other fears suddenly seem pedestrian and unimportant.”¹

 - 2. “The fear of the Lord results from knowing that I always live coram deo— I live before the face of the Holy God... The great blessing in the fear of the Lord is that it gives us a heart to flee from sin and run toward obedience.”²

- e. Memorize some helpful verses to help renew your mind.
 - i. Ps 119:50 “This is my comfort in my affliction, that your word has revived me.”
 - ii. “When trials of life seem to drain every bit of spiritual, physical, and emotional energy from you, God’s Word will be your strength. It ministers to your deepest agonies, and helps you gain eternal perspective, even perspective on the here and now.” Paul Tautges
 - iii. Ps 18:1-3
 - iv. Ps 46:1-2
 - v. Ps 62:5-8
 - vi. Matt 6:25-34
 - vii. 2 Cor 12:9
 - viii. Phil 4:4-9
 - ix. Heb 4:14-16
 - x. 1 Peter 5:6-7

- f. Make yourself dwell on right thoughts and appropriate verses (Eph 4:23)
 - i. Stay in the present – Matt 6:34 – tomorrow has enough worry for itself. God gives new grace daily to deal with the challenge of today.

¹ Edward Welch, *Running Scared: Fear, Worry, and the God of Rest*, (Greensboro, NC: New Growth Press), 192, Kindle.

² Edward Welch, *Running Scared: Fear, Worry, and the God of Rest*, (Greensboro, NC: New Growth Press), 197, Kindle.

- ii. Think about eternal things and things that God is concerned with
 - iii. Think on true thoughts
 - iv. Think profitable thoughts
 - v. Ask yourself, “how can I do what is right?”
 - vi. What is the responsible think to do right now?
 - vii. What is a loving thing I can do right now?
 - viii. What constructive thing would God want me to do about this problem?
- g. Do not only seek to be removed from the trial of anxiety and fear. Understand that God may be using this to transform you and grow you into a great image of Christ. Rom 8:28-29; James 1:2-4
- i. Increases your faith/belief in God (Is 41:10, Ps 23; 27:1; 56:3; John 14:1, 27).
 - ii. Growing your dependence on the Lord by seeking the Lord and His help (Ps 34:4; 46:1-3).
 - iii. Be willing to endure the temptation to fear and anxiety if you must in order to please God and others (2 Tim 2:3-4).
- h. Be alert, ready to use self-control and do battle with your thoughts (1 Peter 1:13).
- i. Ask yourself. “What am I fearing more than God” – the heart questions
 - ii. Ask yourself “Are my thoughts headed in the wrong direction? Are they:
 - on the future? - On untrue things?
 - on temporal things? - focused on me?
 - void or deficient of God and His truth?
 - iii. If so, dwell on the things we discussed above.
4. Other Helps to Change
- a. Make a list of all the things that you are anxious or afraid of and why you are anxious or afraid of those things.
 - b. Keep a journal of all the times you become anxious or fearful. List time of day, the place, the occasion, if you are alone or with others, what you do about, and how you are feeling when you become fearful. (Note any similarities among the list). – the may help the person or the counselor see patterns of when they are anxious, maybe its only at night, or when they are in a certain situation, with certain people, etc. gets the heart as well.
 - c. Memorize and read/meditate on the verses listed above.
 - d. Read *Trusting God* by Jerry Bridges.
 - e. Read *Answering Anxiety* by Richard Caldwell.
 - f. Read *Anxiety: Knowing God’s Peace* by Paul Taugtes.

- g. Read *Anxious for Nothing* by John MacArthur.
 - i. NOTE: when reading these books, do more than just read. Chew on what is being said. Highlight, underline, the phrases that stand out to you. make notations in the back of helpful statements that you can easily go back to. For each chapter seek to apply one principle or statement.
- h. When you are becoming fearful, pray to your Father who is in heaven. Resting in God during a time of trial is one of the best things we can do. Journal several of these prayers and record any significant change they have seen in the way you react to their fear.

Appendix #1

“DISCOVERING WONDERFUL THINGS” Psalm 119:18
Before you begin to study...Pray for understanding! (Proverbs 1:23)
PASSAGE Philippians 4:6 DATE: 3/30/20

<p style="text-align: center;">OBSERVATION</p> <p>What does this passage say? Write out the text. Read the text out loud slowly. Memorize it.</p>	<p style="text-align: center;">INTERPRETATION</p> <p>What does this passage mean? (Define words - see cross-references.) Write out the interpretation. Is there a doctrine (teaching) to know? Is there a reproof (a sin to avoid)? Is there a correction (command to obey)? Is there instruction in righteousness (practical steps in how to put off the old nature and put on the new nature, Eph. 4:17-32)? II Tim. 3:16.</p>	<p style="text-align: center;">APPLICATION</p> <p>What does this passage apply to me? How should this change my life? What specific things can I do to apply this truth to my life? Write down what you are going to do, with whom and for whom and when you will start.</p>	<p style="text-align: center;">PRAYER</p> <p>Write out a personal prayer asking God to accomplish in your life what the passage demands.</p>
<p>Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (NASB)</p>	<p>Define words like: Anxious – to be apprehensive, to care/be concerned about</p> <p>Prayer – to petition</p> <p>Supplication – urgently request to meet a need; exclusively addressed to God</p> <p>Thanksgiving – quality of being grateful with implication of appropriate attitude</p> <p>Requests – to request, to ask</p>	<p>Instead of focusing on my difficult circumstances, I need to pray. Therefore, I will:</p> <ul style="list-style-type: none"> - write down the things I am anxious about. Ask myself why I am anxious about those things. - Pray to God asking him to help me trust him, rely on him, focus on him and his word. - Dwell on and pray with thanksgiving. Thinking about all the ways God is using this to grow me. - Make a list of all the things I have to be thankful for. - Make a list of all the attributes of God and write out how those can help me to trust him over my circumstances. - Pray every time I become anxious and fearful. - Spend an hour each day reading God’s Word and praying to gain a more biblical understanding of who he is, which will help to become more trusting and thankful. 	<p>Father, help me to not become anxious over the things I cannot control or the things I can. Help me to trust in you. Grant me humility to come before with a heart of thankfulness and gratitude for all the ways you have blessed me. May I come before you asking for your help every time I am anxious.</p> <p style="text-align: center;">RESULTS</p> <p>What happened in my life because I applied this truth?</p>

Appendix #2

God's Grace

Introduction

This study is designed to help you understand, appreciate and appropriate more fully the grace of God. Studying, pondering, investigating, analyzing and applying the Bible's teaching about God's grace can have a dynamite effect on your life.

Instructions

Take your Bible and look up the verses listed in this study. As you study each passage, try to answer the questions below. Some of the passages may not have an answer to each question. Answer as many questions as you can from each passage and then do on to the next passage. Some passages will include the word "grace" and others will illustrate it.

Passages

Luke 2:39, 40; John 1:14-18; Acts 4:33-35; 11:19-24; Romans 3:31-36; 4:1-8; 5:1-2, 17-21; 6:14-15; 11:5-6; 12:3,6; 15:10; 2 Corinthians 1:12; 4:15-18; 8:1-5, 9; 9:8,14; 12:7-10; Galatians 1:15; Ephesians 1:2-8; 2:4-10; 3:1, 2, 7-8; 4:7; 2 Thessalonians 2:16, 17; 1 Timothy 1:12-14; 2 Timothy 2:1; Titus 2:11-13; Hebrews 4:14-16; 13:9; James 4:6; 2 Peter 1:2; 3:18; 1 Peter 1:13; 5:5, 10-12; Psalms 78:38, 39; 85:2-3; 86:5, 13, 15; 103:3, 9-14; 111:4-6

Questions and Answers

1. What is grace? What does the word mean?
2. How is grace described in this passage? For example, Acts 4:33 speaks of "great grace" or "abundant grace." God's grace, therefore, is abundant of great.
3. What does God's grace do? How is God's grace manifested or demonstrated? In what practical ways does God's grace display itself in people? What happened when people understand and experience God's grace?

Appendix #3

Psalm 18: 1-3

WHO OR WHAT IS GOD IN MY LIFE?

Read the verses and read the explanations give below for each of the metaphors used to describe God. The New American Standard Bible was used as the basis of the metaphors. The purpose of this study is twofold – to help you develop the same type testimony David has and to reveal to you who or what is taking the place of God in your life now.

Verse One: "strength"--means, "to bind fast"(for example with nails); "support", like a retaining wall or buttress. Used over 30 times in Nehemiah for the rebuilding/repairing of the walls of Jerusalem.

David describes God as his strength. In other words, God is his support, his buttress.

What is my support? What is it that I rely upon to make me strong? What gives me strength to get through life? What do I lean upon when life is tough? Who do I turn to?

Answers. _____

Verse Two: "Rock"-also translated by a "cliff", a "place to hide" (a cleft in the rock)

David says that the LORD is his place to hide. What do I hide in? What do I find shelter in and derive comfort from?

"Fortress"- "stronghold", a castle on a mountain (for example, Herod's famous Masada near the Dead Sea)

David flees to the LORD as his fortress; he takes refuge from the pressures of life in Him.

Who or what do I typically flee to in the storms of life? What is my refuge? Who do I run to for help? _____

"Deliverer"-the One who helps me escape or rescues me (used of survivors from battle). Who or what am I turning to for help in escaping the pressures of life, the battles of life? What are my escapes? Who is my rescuer?

"rock"-different word than above meaning boulder. In Psalm 62:1-3 (also 6-7) it is used of the person who is confident because their faith/trust is in the LORD. Their trust is in Him so therefore they will not be "greatly shaken." Who or what is my confidence that leads me to believe that I will not be greatly shaken?

"shield"-small, maneuverable shield (see also verses 30 and 35 and Psalm 28:7). What are my shields in life? What am I hiding behind? Who or what am I trusting in to protect me? What are my defense-mechanisms?

"horn of my salvation"-Horn, representing strength (Used of the horns of the altar representing the power and presence of the LORD; also of horns in battle). What do I cling to when I'm attacked? What trumpet do I start blowing? What would victory be to me? What would win the battle for me so that I could have peace? What is my salvation that makes life livable? What do I turn to as a weapon to win peace in my life? What power do I use to deal with enemies/pressures?

"stronghold"- "fort on high ground"(Psalm 46:7 is the next place where it is used). What walls do I hide behind? What do I bury myself in? What do you immerse yourself in when the pressure is on? What do I count on to have an advantage over others?

Verse three: "And I am saved from my enemies." What is causing pressure? What are my enemies? Am I doing what David did under pressure? What are the giants or enemies in my life (people, emotions, habits)?

The following questions are designed to help you change

David says that God is all these things to him. Is God these things to me? What is taking God's rightful place? Do I give more devotion, zeal, energy or passion to these than my relationship with the LORD? What can I do to put the LORD in His rightful place? What thinking do I need to change? What verses should I memorize to help with my thinking? Who can hold me accountable?

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Appendix #4

EIGHT ANALYTICAL QUESTIONS TO PROBE THE HEART

(Questions developed by Dr. David Powlison)

1. *What is your situation?*
2. *How are you reacting? (Behavior? Thought? Emotions?)*
3. *What do you expect, demand, crave, or believe? (Motives?)*
4. *What are the consequences?*
5. *What does God reveal relevant to you and your situation?*
6. *What beliefs and desires should rule you? Turn to God and His Word for help! (Inverse of question #3)*
7. *What should you do now in this situation? Now do it! (Inverse of question #2)*
8. *What are the consequences?*