

Fear and Worry

Here is some of what God's Word says pertaining to fear and worry.

- (1 John 4:18-19) –
- (Psalm 23:4) –
- (Phil 4:6-7) –
- (Matt 6:25-34) –

Homework

- What is at the root of fear and worry? What influence does this understanding have on the solution to overcoming fear and worry?
- Make a list of situations that you know tempt you to fear and worry.
- Whenever you find yourself tempted to worry and fear, overcome it by God's grace and subjecting your thinking to the truth of God's word. See back side of this sheet.

Biblical Plan for Dealing with Temptation

I. When you are tempted to sin in your area of weakness, ask the Lord for His grace to help you be obedient to Him. Draw near to Him so that you may receive His mercy and grace.

- A. *(Heb 4:15-16) - For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.*

II. Review memorized Scripture that pertains to your area of weakness

“Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, make your requests known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” (Phil 4:6-7)

III. Remind yourself of the consequences of giving into this temptation:

- A. It grieves the Holy Spirit. (Eph 4:30) C. It severs your communion with the Lord (Ps 66:18)
- B. It brings about bondage. (John 8:34) D. It leads to discipline by the Lord (Heb 11:7-11)

IV. Review God’s perspective on this situation:

- A. Regardless of your feelings or circumstances, view this situation as an opportunity for further spiritual maturity.
- (James 1:2-4) - Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing.*
- B. Remind yourself that God will use this situation for good in your life.
- (Romans 8:28) - And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*
- C. Remind yourself that you can do all things through Christ who gives you strength.
- (Philippians 4:12-13) - I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.*
- D. Remind yourself that by the Lord’s strength, you are adequate to overcome this temptation.
- (2 Corinthians 3:5) - Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God.*
- E. Praise and glorify the Lord that His grace is sufficient to overcome your weakness.
- (2 Cor 12:9) - And (the Lord) has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me.*
- F. Humble yourself before the Lord and continue dwelling in His presence, reminding yourself that the Lord promises grace to those who do these things. God’s grace is the key to being strengthened to obey His Word.
- (Hebrews 4:16) - Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.*
- (1 Peter 5:5b) - God is opposed to the proud, but gives grace to the humble.*