



Part 2: “Gripped by fear”

“Some people assume worry is the result of too much thinking. Actually, it’s the result of too little thinking in the right direction. Christians who worry believe God can redeem them, break the shackles of Satan, take them from hell to heaven, put them into His kingdom, and give them eternal life, but just don’t think He can get them through the next couple of days.” John MacArthur, *Anxiety Attacked*

Fear is: **F**alse
Evidence
Appearing
Real

Worry comes from the Old English term *wyrgan*, which means:
_____ or _____.

“Where faith begins, anxiety ends; where anxiety begins, faith ends.”
George Muller

Breaking fear’s grip comes down to answering two questions:

Question 1:

“They didn’t expect Jesus to come to them this way. Neither do we. We expect him to come in the form of peaceful hymns on Easter Sundays or quiet retreats. We expect to find Jesus in morning devotionals and meditations. We never expect to see him in a divorce or a foreclosure. We never expect to see him in a storm. But it’s in a storm that he does his finest work, for it is in storms that he has our keenest attention.” Max Lucado

Question 2:

Quick facts on peace:

- It is _____
- It is a _____
- It is always _____
- It is not subject to _____

“The real challenge of Christian living is not to eliminate every uncomfortable circumstance from our lives, but to trust our sovereign, wise, good, and powerful God in the midst of every situation. If you have any question about the future, look at the past.” John MacArthur, *Anxiety Attacked*