

Faith Women's Foundation Class – Managing Emotions Biblically
Worry and Fear
STUDENT NOTES

I. Understand God's Definitions

A. _____

Many of us to view worry and fear as “_____ sins” or at least something that at best can be “simply managed”.

1. Literally, a “divided mind”

2. Repeatedly _____ in God's Word. *Matthew 6:25, Matthew 6:31, Matthew 6:34, Philippians 4:6*

3. Worry is an over-anxious concern regarding the future and things that keeps a person from _____ current biblical responsibilities.

B. _____

1. A powerful and often habitual focus on a _____ danger or loss that prevents us from properly loving God and others

2. Has a source other than our _____ *2 Timothy 1:7*

3. Can take many _____ from the world's perspective

Acrophobia – fear of heights

Claustrophobia – fear of tight spaces

Arachnophobia – fear of spiders

Ablutophobia – fear of washing/taking a bath

Alektorophobia – fear of chickens

Coulrophobia - Fear of Clowns

4. _____ around several key themes in Scripture

a. Fear of _____ *Proverbs 29:25, John 12:42-43*

b. Fear of _____ temporal things *Luke 12:4-5, I Corinthians 4:5*

c.

d. Fear of _____ that cannot change *Proverbs 3:25, Genesis 4:14*

C. What is not _____ in these definitions

1. _____ care and concern *Matthew 23:37-38*
2. Proper planning that _____ God's sovereignty *Proverbs 6:6-8, James 4:15-16, Proverbs 16:9*
3. Fear of _____ *Proverbs 1:7, Ecclesiastes 12:13-14*
4. _____ for danger *Job 41:33, I Corinthians 6:19-20*

II. Believe God Cares When We Struggle in These Ways

A. His messengers frequently sought to _____ the fears of people. *2 Kings 1:15, Luke 1:30*

B. One of the purposes of the incarnation of Christ was to _____ us from fear. *Hebrews 2:14-15*

C. Jesus wants His followers to experience _____ from fear and worry. *John 14:27*

III. Allow Occasions of Fear and Worry to Reveal the True Nature of Your Heart

A. Your view of _____

1. Do you really believe He can be _____?
2. Do you really believe He _____ you?
3. Do you really believe He has a specific plan for you?
4. Do you really believe He is _____?
5. Do you really believe He is _____?
6. Do you really believe He is a good King?
7. What does your fear and worry say about your working theology?

B. Your view of _____

1. Do you view yourself as one of God's _____ children?
2. Do you believe nothing can separate you from His love?
3. Are you glad to be one of His _____?
4. Is your life about God furthering your plan or you furthering His?
5. Are you willing to endure _____ if that is the means God wishes to use to conform you to the image of His Son and glorify Himself?
6. What does your fear and worry say about your view of self?

C. Your view of _____ people

1. What are you afraid of people _____ for/to you?
2. What are you afraid of people not doing for/to you?
3. What does your fear and worry say about your view of other people?

IV. Take Steps to Overcome Worry and Fear Biblically.

“Jesus has no interest in simply talking about what’s wrong with us. He’s always going somewhere good. He does make reference to our temptation and failures, but he’s more concerned with giving you solid reason not to worry. Yes, you have reason to worry because things are uncertain. But you have many, much better reasons not to worry!” (David Powlison, *Worry – Pursing a Better Path to Peace*, 13)

A. _____ between right concern/appropriate fear and sinful worry/fear.

B. Carefully list your feelings, thoughts, desires, words, and actions that fit under these categories and begin to _____ them in light of God’s Word.

C. _____ and _____ of any/all habits of unbelief, doubt, and idolatry.

D. Acknowledge the _____ nature of many of our fears and worries. *Matthew 6:25*

E. Reflect on the _____ of God in providing for all His creation. *Matthew 6:26, Matthew 6:28-29, Matthew 6:32*

F. _____ in your identity in Christ. *Matthew 6:26, Matthew 6:30-31*

G. Learn to draw _____ to our sympathetic Savior to find grace and help. *Hebrews 4:14-16*

H. Recognize the _____ nature of fear and worry. *Matthew 6:27*

I. _____ a faithful prayer life which includes thanksgiving for all that God has already provided. *Matthew 17:20, Philippians 4:6*

J. Focus on _____ today’s responsibilities in the power of Christ. *Matthew 6:33-34*

K. Practice _____ God and others instead of focusing on what you might lose. 1
John 4:18, Philippians 2:3-4

V. Application Questions

VI. Questions

VII. Recommended Resources

Fitzpatrick, Elyse. *Overcoming Fear, Worry, and Anxiety*. Eugene, OR: Harvest House Publishers, 2001.

Powlison, David. *Worry: Pursuing A Better Path to Peace*. Phillipsburg, NJ: P&R Publishing, 2004.

Priolo, Lou. *Fear: Breaking Its Grip* Phillipsburg, NJ: P&R Publishing, 2009.

Welch, Edward T. *Learning the Fear of the Lord: A Case Study*. *The Journal of Biblical Counseling*, volume 16, number 1, 1997, 25-27.

Welch, Edward T. *When People are Big and God is Small*. Phillipsburg, NJ: P&R Publishing, 1997.