

# Bible Helps

# Anxiety

## **What is anxiety?**

John Henderson described anxiety as “*the prolonged sensation of fear in response to a perceived threat against oneself.*”

Elyse Fitzpatrick provides a similar, but shorter definition when she describes anxiety as “*a felt reaction to a perceived fear.*”

## **What are some passages in the Bible that speak to anxiety?**

Old Testament: Psalms 3, 27, 46, 55, 56; Isaiah 41:9-11.

New Testament: Matthew 6:25-34; Philippians 4:5-7; 1 Peter 5:6-7.

## **What are some marks of an anxious person?**

1. Lives in the future rather than in the here and now.
2. Projects false prophecies about a perceived threat.
3. Tends to be numb to reason.

## **What message does anxiety send?**

1. I am in danger!
2. I am vulnerable!
3. I may lose something valuable!

## **What can someone do to have victory in anxiety?**

1. Recognize that anxiety is the absence of faith. Jesus made this point a few different times in Matthew 6:25-34.
2. Acknowledge that anxiety is not a state of mind that God desires His people to live in. It came into this world as a result of the fall.
3. Consider the character of God. He loves and cares for His people. He also provides everything His people need for life and godliness.
4. Cast your anxiety on the Lord and run to Him in prayer. Don't feel like your struggle is too little or too big for God. He invites His people to do this in 1 Peter 5:6-7.
5. Consider Jesus. He experienced great agony just before His crucifixion. In your suffering Jesus draws near to you. See Hebrews 4:14-16.

## **What are some resources that might be of help to the anxious soul?**

*Overcoming Fear, Worry, and Anxiety* by Elyse Fitzpatrick

*Real Peace* by Andy Farmer

*Running Scared* by Edward Welch