

Chapters 11-12
Feelings and Faith
Brian Borgman

“When we fail to believe that God is for us, will take care of us, has our future in His hands, and is with us right now, we cave in to fear, worry, or anxiety.”

Warm Up:

1. **Memory Verse:** “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God” (Phil. 4:6, NASB).

2. According to the author, what are some differences between worry, anxiety, and fear (p. 124)? Can you remember a time when your thoughts went from worry, to anxiety, to full blown fear? Make a time line of the event(s) and how your thoughts led you there.

Prepare and Discuss:

3. What do you learn in Scripture about worry, anxiety, and fear?
 - a. Anxiousness and worry.... (See p. 125 and Lk. 12:25-31).

 - b. Anxiety and worry are crippling emotions because... (p. 126 and Prov. 12:25a).

 - c. Fear, anxiety, and worry can lead to other sins such as... (See p. 126 and Ps. 37:8b; Is. 57:11).

4. The Bible clearly forbids sinful anxiety, worry, and fear in a believer’s life. In light of who we are in Christ, how might we choose to respond to trying circumstances for the glory of God?

- a. We need not be anxious, fearful, or worry because God...(p. 126-127 and Is. 41:10, 13-14; Heb. 13:5b-6).
 - b. We can rejoice in the Lord because... (p. 127 and Phil. 4:4-7).
5. In an effort to repent of sinful anxiety, worry, and fear, we must get to the source of it. Go back to your scenario in your warm-up (Question 2):
- a. When you were worried, fearful, or anxious, what were you valuing in that moment?
 - b. When you were worried, fearful, or anxious, what were you not believing about God?
6. Depression can often be an effect of those who give into sinful fear, anxiety, and worry. Give a summary of the language of depression according to the Scriptures below (p. 133-135).

Deuteronomy 28:65-67 -

Psalm 42:3, 5-6 -

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Psalm 77:7-9 -

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7. Aside from depression being an effect of sinful fear, anxiety, and worry, what other issues tempt us toward depression (p. 136-138)?

Application:

8. The Psalmist says, “when my anxious thoughts multiply within me, Your consolations delight my soul” (Ps. 94:19). In other words, the psalmist overcomes his anxiety by focusing on God’s promises from His Word. On the next page, are some helpful truths to assist you in putting off your anxiety, worry, fear, and depression, renewing your mind, and putting on an ongoing trust in the Lord.
 - a. Draw near to God by remembering who God is. What does the prophet Jeremiah *remember* about God as he faced the worst of circumstances (Lam 3:19-26)? What stood out to you to remember? How does this help you to trust God more?
 - ❖ Psalm 16:1-2, 7-9, 11
 - ❖ Psalm 46:1-3
 - ❖ Psalm 42:5, 11
 - b. Draw near to God by seeking refuge in Him and what He says. What does the Psalmist *believe* about God thereby *motivating* him to move toward God? How does this help you to trust God more?
 - ❖ 2 Corinthians 12:7-10
 - c. Draw near to God and recognize God’s redemptive purposes. What did Paul believe God was doing with his trial? How does this help you to trust God more?
 - ❖ 2 Corinthians 12:7-10
9. What were some foundational perspectives in the reading that you plan to apply so that you can move forward in your spiritual and emotional growth?