

Fear, Worry and Anxiety – A Biblical Analysis and Prescription

WRPC - J Term – Taught by Pastor Dan Dodds – Winter 2018

CLASS 4 – HOW TO CONQUER FEAR (2)

TRUSTING GOD

I. Review

II. The Fear that Casts Out All Other fears

- a. *Psalm 34:1-12* I will bless the LORD at all times; His praise shall continually be in my mouth. ² My soul shall make its boast in the LORD; The humble shall hear of it and be glad. ³ Oh, magnify the LORD with me, And let us exalt His name together. ⁴ I sought the LORD, and He heard me, And delivered me from all my fears. ⁵ They looked to Him and were radiant, And their faces were not ashamed. ⁶ This poor man cried out, and the LORD heard him, And saved him out of all his troubles. ⁷ The angel of the LORD encamps all around those who fear Him, And delivers them. ⁸ Oh, taste and see that the LORD is good; Blessed is the man who trusts [seeks refuge] in Him! ⁹ Oh, fear [yare – fear, reverence] the LORD, you His saints! There is no want to those who fear Him. ¹⁰ The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing. ¹¹ Come, you children, listen to me; I will teach you the fear of the LORD. ¹² Who is the man who desires life, And loves many days, that he may see good?

III. Trusting God

- a. **The Omnipotence (sovereignty) of God**

- b. **The Omniscience of God**

- c. **The Love of God**

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d. The Omnipresence of God

IV. Focus Passage – Matthew 6.25-34

a. Passage

- i. 25 *"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"*
- ii. 26 *Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?*
- iii. 27 *Which of you by worrying can add one cubit to his stature?*
- iv. 28 *So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;*
- v. 29 *and yet I say to you that even Solomon in all his glory was not arrayed like one of these.*
- vi. 30 *Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?*
- vii. 31 *Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'*
- viii. 32 *For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.*
- ix. 33 *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*
- x. 34 *Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

b. We see it all in here

- i. **Omnipotence**
- ii. **Omnipresence**
- iii. **Omniscience**
- iv. **Love**
- v. **Fear of God**

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A Sampling of Verses on Fear and Trust

Nehemiah 5:15 ¹⁵ But the former governors who were before me laid burdens on the people, and took from them bread and wine, besides forty shekels of silver. Yes, even their servants bore rule over the people, but I did not do so, because of the fear of God.

Psalm 25:12-14 ¹² Who is the man that fears the LORD? Him shall He teach in the way He chooses. ¹³ He himself shall dwell in prosperity, And his descendants shall inherit the earth. ¹⁴ The secret of the LORD is with those who fear Him, And He will show them His covenant.

Psalm 86:11-13 ¹¹ Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name. ¹² I will praise You, O Lord my God, with all my heart, And I will glorify Your name forevermore. ¹³ For great is Your mercy toward me, And You have delivered my soul from the depths of Sheol.

Psalm 56:4 ⁴ In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

Proverbs 3:7 ⁷ Do not be wise in your own eyes; Fear the LORD and depart from evil.

Proverbs 23:17 ¹⁷ Do not let your heart envy sinners, But be zealous for the fear of the LORD all the day;

Isaiah 26:3-5 ³ You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. ⁴ Trust in the LORD forever, For in YAH, the LORD, is everlasting strength. ⁵ For He brings down those who dwell on high, The lofty city; He lays it low, He lays it low to the ground, He brings it down to the dust.

Jeremiah 5:23-25 ²³ But this people has a defiant and rebellious heart; They have revolted and departed. ²⁴ They do not say in their heart, "Let us now fear the LORD our God, Who gives rain, both the former and the latter, in its season. He reserves for us the appointed weeks of the harvest." ²⁵ Your iniquities have turned these things away, And your sins have withheld good from you.

John 14:27 ²⁷ "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Romans 8:15 ¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

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A Sampling of Verses on the Peace of God

Isaiah 26:3-4 ³ You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. ⁴ Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.

Colossians 3:15 ¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

Romans 15:33 ³³ Now the God of peace be with you all. Amen.

Romans 16:20 ²⁰ And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen.

Romans 15:13 ¹³ Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

John 14:27 ²⁷ "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 16:33 "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

Philippians 4:6-7 ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.