

Fear, Worry and Anxiety – A Biblical Analysis and Prescription

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

CLASS 3 – HOW TO CONQUER FEAR (1)

I. Review

II. Mortification

- a. **Matthew 18:8-9** ⁸ "If your hand or foot causes you to sin, cut it off and cast it from you. It is better for you to enter into life lame or maimed, rather than having two hands or two feet, to be cast into the everlasting fire. ⁹ "And if your eye causes you to sin, pluck it out and cast it from you. It is better for you to enter into life with one eye, rather than having two eyes, to be cast into hell fire.

III. Obliquity

a. Put off – Put on

- i. **Ephesians 4:22-24** ²² that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, ²³ and be renewed in the spirit of your mind, ²⁴ and that you put on the new man which was created according to God, in true righteousness and holiness.

b. Examples

- i. Matt 6.25-34
- ii. Phil 4.6-9

IV. Biblical Realities

a. Manna principle

b. Long term perspective

V. Body/Soul issue

- a. The use of medications

VI. Secular Options

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VII. Putting on Normal

VIII. Biblical Practices

a. Discipline

- i. **1 Timothy 4:7-8** ⁷ But reject profane and old wives' fables, and exercise yourself toward godliness. ⁸ For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

b. Love others

- i. **1 John 4:18** ¹⁸ There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

c. Memorization/Meditation

- i. **Philippians 4:8** ⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy -- meditate on these things.

d. Prayer

- i. John 17; Mark 14

e. Claim the Promises

- i. Jacob – Gen 32.11-12

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Promises

When I am anxious about my ministry being useless and empty, I fight unbelief with the promise of *Isaiah 55:11*. *“So shall my word be which goes forth from my mouth; it shall not return to me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it.”*

When I am anxious about being too weak to do my work, I battle unbelief with the promise of Christ, *“My grace is sufficient for you, for power is perfected in weakness” (2 Corinthians 12:9)*.

When I am anxious about decisions I have to make about the future, I battle unbelief with the promise, *“I will instruct you and teach you in the way which you should go; I will counsel you with my eye upon you” (Psalm 32:8)*.

When I am anxious about facing opponents, I battle unbelief with the promise, *“If God is for us, who is against us!” (Romans 8:31)*.

When I am anxious about the welfare of those I love, I battle unbelief with the promise that if I, being evil, know how to give good things to my children, how much more will the *“Father who is in heaven give what is good to those who ask him!” (Matthew 7:11)*.

And I fight to maintain my spiritual equilibrium with the reminder that everyone who has left house or brothers or sisters or mother or father or children or farms, for Christ’s sake *“shall receive a hundred times as much now in the present age, houses and brothers and sisters and mothers and children and farms, along with persecutions; and in the age to come, eternal life” (Mark 10:29–30)*.

When I am anxious about being sick, I battle unbelief with the promise, *“Many are the afflictions of the righteous but the Lord delivers him out of them all” (Psalm 34:19)*.

And I take the promise with trembling: *“Tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us” (Romans 5:3–5)*.

(from a talk by John Piper)

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Passages

Genesis 26:24 *And the LORD appeared to him the same night and said, "I am the God of your father Abraham; do not fear, for I am with you. I will bless you and multiply your descendants for My servant Abraham's sake."*

Deuteronomy 31:6 ⁶ *"Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you."*

Joshua 1:6 *"Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them."*

Psalms 34:4 *I sought the LORD, and He heard me, And delivered me from all my fears.*

Psalms 56:3-4 ³ *Whenever I am afraid, I will trust in You.* 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?*

Psalms 84:11 *For the LORD God is a sun and shield; The LORD will give grace and glory; No good thing will He withhold From those who walk uprightly.*

Psalms 118:6 ⁶ *The LORD is on my side; I will not fear. What can man do to me?*

Isaiah 26:3-5 ³ *You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.*

Isaiah 35:4 ⁴ *Say to those who are fearful-hearted, "Be strong, do not fear! Behold, your God will come with vengeance, With the recompense of God; He will come and save you."*

Isaiah 41:10 ¹⁰ *Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'*

Matthew 6:25 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?... **Matthew 6:33** ³³ "But seek first the kingdom of God and His righteousness, and all these things shall be added to you... **Matthew 6:34** ³⁴ "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*

Matthew 10:28 ²⁸ *"And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell."*

Luke 10:41-42 ⁴¹ *And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. ⁴² "But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."*

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."*

Colossians 3:14-15 ¹⁴ *But above all these things put on love, which is the bond of perfection. ¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.*

2 Timothy 1:7 ⁷ *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

Hebrews 13:6 ⁶ *So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?"*

1 Peter 5:6-7 ⁶ *Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.*