

The Woman's Fear: Overcoming Anxiety

What kinds of things does a wife (or any woman) typically worry about?

Bible Principles concerning Fear

1. Fear may motivate us to sin in other ways (Genesis 26:7; 1 Samuel 15:24; Matt.26:69-70)
2. Fear might be of other people (Proverbs 29:25; Hebrews 13:6; 1 Peter 3:5-6)
3. It is not fear to fulfill our God-given roles as wife and mother, though we could fulfill our roles with a sinful fear (1 Peter 3:5-6)

SOLUTIONS TO FEAR –Match the solution from God's word to the summary statement

1. We can trust God to help us and to keep His Word, even when we can't trust man
2. There is a blessing in fearing the Lord
3. The key to overcoming fear is to put on biblical love for God or others
4. It is more important what God thinks of me than what people think of me

Bible Solutions found in

Galatians 2:12

Psalms 112:1

Psalms 56:4

1 John 4:18

MORE SOLUTIONS TO FEAR –Match the solution from God's word to its summary

5. People who make wise decisions are more likely to sleep well at night
6. I can have a great peace from God if I will memorize and meditate on God's promises that apply to me
7. Talk to the Lord when you are afraid and He will talk back to you through His Word
8. Reminding yourself of God's power to help you (if you are a Christian) should be greatly comforting to you when you are afraid
9. God will give a humble Christian the grace not to be afraid as they die

Bible Solutions found in

Psalms 119:52, 114, 143, 165

Proverbs 3:21-26

2 Timothy 1:7

Psalms 23:4

Psalms 34:4