

Fear and Worry

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BCDASoCal

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- I. Introduction: Phobias
- II. Fear and Worry are Complex Issues
- III. The Basics Truths of Fear or Worry
 - A. The Bible's Solutions to Every Christian's Fear or Worry
 1. Hebrews 13.5-6: God Will Not Leave or Forsake You
 2. Galatians 1.10: Fearing God vs. Fearing Man
 3. John 16.33: Take Courage Because Christ has Overcome the World
 4. 1 John 4.18: Perfect Love Casts out Fear
 5. Hebrews 12.1-3: Fix Eyes on Jesus
 6. Hope from God's Word: 1 Corinthians 10.13, 1 Peter 1.6-9, Romans 8.28-29
 - B. The Four Components to Fear or Worry
 1. The Presenting Problems: Effects of the Decision to Fear or Worry
 - a. Panic Attacks
 - b. Anorexia/Bulimia
 - c. Multiple Personalities
 - d. Laziness
 - e. Obsessive-Compulsive
 - f. Lack of Intimacy with Spouse
 - g. Substance Induced Anxiety
 - h. Overeating
 - i. Lack of Sleep
 - j. Working too Much

2. The Underlying Fear
 - a. I must control my spouse so they do not hurt me again
 - b. I can't live happily if my friend rejects me
 - c. I am a victim of past sins against me
 - d. I will not achieve enough to think my life mattered
 - e. I will be embarrassed and that will be the end of all friendships
 - f. No Christian girl will ever want to marry me the way I am
 - g. I will not be thin enough to be liked by guys I would like to marry
 - h. This failure in marriage will be too overwhelming for me to go on normally
 - i. This illness will become too difficult to bear
 - j. I will not be strong enough to trust God
 - k. Dad will think I am a failure/ Mom will never love me

3. The Idol
 - a. Control
 - b. Being Loved
 - c. Peace
 - d. Being the Parent of Great Kids
 - e. Money (for safety, for pleasure, for achievement)
 - f. Revenge

4. Lies About the Idol
 - a. This is too Difficult...I Can't Do Right
 - b. God Wants Me to be Happy
 - c. I am All Alone and No One Can Help Me
 - d. Hard Times are Bad
 - e. It is Sin to Divorce, But Afterward I Will Repent and Then Marry a Better Spouse
 - f. They Sinned Against Me...They Deserve Retribution from Me

IV. Keys to Effectively Counseling People Who Fear or Worry

A. Be a Trustworthy Friend and Companion until Change is Complete

1. 1 John 3.16: Love, Lay Down Your Life for This Believer
2. Colossians 3.12: Consider the Difficult Life of Your Counselee and Offer Compassion, Kindness, Humility, Gentleness, and Patience

B. Become an Expert on This Person and Their Fear or Worry

1. Data Gathering Tools
 - a. God's Word (Hebrews 4.12-13)
 - b. Questions During Counseling Session
 - c. Journals with Scripture
 - d. Others: See Resources
2. Gather Data Effectively on Each Component of Fear or Worry
 - a. How do They Fear Man?
 - b. What is a Cause and What is an Effect?

C. Do the Hard Work of Assessing and Analyzing the Lies/Idol/Fear with Scripture

1. Lies About the Idol are the Least Rational When Compared to Scripture
2. Study Scripture Carefully to Develop Studies for Counseling Sessions and Homework to Refute the Five Most Prominent Lies About the Idol

D. Confidently Proclaim God's Solution to this Fear or Worry

1. 2 Timothy 4.1-2: Based on God's Judging of All People,
By His Appearing and His Kingdom,
Preach the Word: Be Ready
Preach the Word: Reprove, Rebuke, Exhort
Preach the Word: With Great Patience and Instruction
2. Colossians 3.23: Teach the Word for the Purpose of Pleasing God
3. 2 Corinthians 12.15a: Gladly Spend and Be Expended for Souls

E. Teach Heart Level Change Based on Scripture That Requires the Counselee to...

1. Develop the Habit of Refuting the Lies About the Idol with Scripture
2. Turn from the Idol to Honoring God
3. Live to please God, not Self or Other People
4. Live to Obey God Rather than Control People and circumstances
5. Take Biblical Courage
6. Fear God not Man
7. Trust God's Promises
8. Understand and Live in God's Love

Case Examples:

1

The Presenting Problem	Suspected of corporate theft at the office
The Underlying Fear	I'll lose my job and go to prison
The Idol	Work and esteem of my co-workers are my life
Lies About the Idol	My life will be worthless if this happens They probably already think I'm a loser Shame will follow me for the rest of my life

2

The Presenting Problem	Anorexia
The Underlying Fear	No one will ever love me
The Idol	Being loved by my parents
Lies About the Idol	Getting all this positive attention makes life complete If I gain any weight back, I will lose all this great attention Attention from boys is more important than loving God

3

The Presenting Problem	Panic Attacks
The Underlying Fear	I may not be saved because of sin long ago
The Idol	To know that I am in God's Will
Lies About the Idol	I left the one path of God's Will 12 years ago The fact that my husband criticizes me is God's judgment I have an undiscovered disease and will die a painful death

Resources

Books

The Fear Factor, Wayne Mack

Trusting God, Jerry Bridges

The Pursuit of Holiness, Jerry Bridges

When People are Big and God is Small, Ed Welch

Will Medicine Stop the Pain?, Elyse Fitzpatrick and Laura Hendrickson

Love to Eat, Hate to Eat, Elyse Fitzpatrick

A Homework Manual for Biblical Living, volume 1, Wayne Mack: Data Gathering, Fear

A Christian Growth and Discipleship Manual, Wayne Mack and Wayne Johnston: Anxiety and Peace Evaluation Journal; Worry Inventory #1; Worry Inventory #2; Section Two: Hope; Fear: a Biblical Perspective on Fear; Fearing Man Versus Fearing God; Dealing with the Giant of Worry

Counseling Homework Studies for Counselees Who Fear or Worry

Worshipping God vs. Worshipping Self

Aliza Johnston

How to Handle Fear in a Godly Way

Aliza Johnston

Obeying God versus Obeying Feelings [Study and Journal]

Wayne Johnston

Fear [Study and Journal]

Wayne Johnston

See more resources at

www.livetheword.squarespace.com

www.valleybible.net

Master/Lord God

Truth:

*I cannot be tempted beyond what I am able and God will provide a way of escape (1 Corinthians 10:13)

*If I choose to do what is right I will feel better (Genesis 4:3-8)

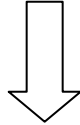
*Discipline (trials) from God are evidence of His love for me as His child (Hebrews 12:3-11)

*God is the keeper of my soul, my stronghold, salvation, protector, rock, fortress, redeemer, etc. and His lovingkindness is never ending (Psalms)

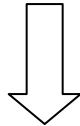
*God will cause all things to work together for good, which means I will have a chance to be more Christlike (Romans 8:28-29)

***Worshipping
God***

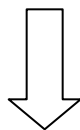
Pressure / Trial



Choice



Feelings



Outcome

**master/lord:
Comfort, Control**

Lies:

*This is too hard, I cannot do right

*I need to seek comfort and control right now to feel better

*If God loved me this wouldn't be happening

*I am all alone in this and no one understands or is able to fully help me

*What is happening right now isn't for my good

Worshipping Self

How to Handle Fear in a Godly Way:

1. Rejoice in the Lord – (4:4)
*Emphasized by repetition

2. Resolve to be gentle/patient – (4:5)

3. Remember the Lord is near – (4:5)

4. Refuse to be fearful about anything – (4:6)

5. Rely on Prayer – (4:6-7)
*You must pray in every circumstance

*You must pray specifically

*You must pray with thanksgiving

*And God promises peace

6. Rest your mind on whatever is excellent or praiseworthy – (4:8)

7. Reach out and practice what is good – (4:9)
*You must practice what is good to feel good

Philippians 4:4-9 Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Obeying God vs. Obeying Feelings

Is obedience to God the habit-pattern of your life?

If yes, I rejoice with you. By His grace you are loving God and bearing fruit that is evidence of your salvation. Good work.

If no, what do you obey rather than God? For many, their emotions rule their actions rather than the Lord.

Do you skip your time in the Word on days you feel down? Do you often refrain from loving others because you feel sad or uncared for? Do you eat or drink excessively when discouraged? When you feel blue, do you run away from God rather than to Him? Do you desire contentment more than submitting your will to God?

In John 12:27-28, Jesus said His soul was troubled. But rather than following those feelings and seeking to avoid what was ahead, He obeyed the Father. He maintained one objective: "Father, Glorify your Name." He was obedient to the point of death on that cross (Philippians 2:8). We are told to have the same attitude (Philippians 2:5).

The Bible teaches that obeying feelings rather than God is wrong. Judas felt remorse for betraying Jesus, but didn't obey God by repenting of sin. His sorrow resulted in taking his own life (Matthew 27:3-5). Cain was counseled by God when he was angry and his countenance had fallen: "If you do well, will not your countenance be lifted up?" In other words, if he chose to obey God his emotions would be positive. Then God warned Him: "And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it" (Genesis 4:6-7). The Lord explained the danger of obeying His feelings. Cain chose to obey His feelings rather than God. He fell in serious sin.

Many in our culture wrongly teach that to obey one's feelings is right. That idea is based on unbiblical views of man: man is good, truth is within and people should believe in themselves. There is no God in that belief system. Nor is there need for forgiveness through Jesus' blood. Redemption and the need for new life in Christ are foreign ideas in a belief system that exalts man.

Do you desire to obey God rather than emotions and feelings?

If so, this study will benefit you greatly.

What To Do

- 1) Review one section of the Scripture on Obeying God vs. Obeying Feelings each day.
- 2) Make copies of the journal. Complete one each day, near the end of your day.

Continue doing these things until obeying God instead of obeying your feelings is normal.

Obeying God vs. Obeying Feelings Scripture

(1)

- Genesis 4:6-7 Then the LORD said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.”
- Philippians 1:21 For to me, to live is Christ and to die is gain.
- 1 Timothy 4:12,15 Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe. Take pains with these things; be *absorbed* in them, so that your progress will be evident to all.
- 1 Thessalonians 5:18 In everything give thanks; for this is God’s will for you in Christ Jesus.

(2)

- Romans 6:10-14 For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts,

and do not go on presenting the members of your body to sin *as* instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members *as* instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace.
- John 9:20-22 His parents answered them and said, “We know that this is our son, and that he was born blind; but how he now sees, we do not know; or who opened his eyes, we do not know. Ask him; he is of age, he will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that if anyone confessed Him to be Christ, he was to be put out of the synagogue.
- Luke 6:31-32 Treat others the same way you want them to treat you. If you love those who love you, what credit is *that* to you? For even sinners love those who love them.

(3)

Philemon 1:21 Having confidence in your obedience, I write to you, since I know that you will do even more than what I say.

Philippians 2:12-13 So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for *His* good pleasure.

Matthew 27:3-5 Then when Judas, who had betrayed Him, saw that He had been condemned, he felt remorse and returned the thirty pieces of silver to the chief priests and elders, saying, "I have sinned by betraying innocent blood." But they said, "What is that to us? See *to that* yourself!" And he threw the pieces of silver into the temple sanctuary and departed; and he went away and hanged himself.

John 16:33 These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

(4)

Galatians 5:17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

Luke 18:22-23 When Jesus heard *this*, He said to him, "One thing you still lack; sell all that you possess and distribute it to the poor, and you shall have treasure in heaven; and come, follow Me." But when he had heard these things, he became very sad, for he was extremely rich.

John 12:27-28 "Now My soul has become troubled; and what shall I say, 'Father, save Me from this hour'? But for this purpose I came to this hour. Father, glorify Your name."

(5)

2 Corinthians 1:8-9 For we do not want you to be unaware, brethren, of our affliction which came *to us* in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead.

Philippians 4:8-9

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

2 Corinthians 12:9-10

And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

(6)

1 Timothy 6:8-10

If we have food and covering, with these we shall be content. But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.

John 15:8-11

My Father is glorified by this, that you bear much fruit, and *so* prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and *that* your joy may be made full.

Galatians 6:9

Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.

(7)

2 Timothy 2:22

Now flee from youthful lusts and pursue righteousness, faith, love *and* peace, with those who call on the Lord from a pure heart.

Luke 9:23-24

And He was saying to *them* all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it."

Titus 2:11-14

For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.

(8)

John 14:21

He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.

Matthew 7:24-27

Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall.

Obeying God vs. Obeying Feelings Journal

Day:
Date:

Genesis 4:7

If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.

John 15:8-11

My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and that your joy may be made full.

*In the most crucial choice to obey God or to obey feelings
The circumstances were*

My feelings were

What I thought

If my priority was to obey God, I would have

If I followed my feelings, I would have

What I did and why

What Scriptures describe my motive and my actions

Prayer

Confess sin and repent (1 John 1.9)

Or

Rejoice in having obeyed God (John 15.8)

Fear

Do you fear man?

- Do you change what you do depending on what someone will say about it?
- Are critical words from your parents or boss your biggest fear?
- Is the love or acceptance of one certain person what you want most of all?
- Is your silence about the Gospel the result of fear of personal rejection?

The Bible has the answers to the fear of man.

Do you fear other things?

- Is your fear of the darkness overwhelming?
- Does fear of death dominate your thinking?
- Do you despair when you think a physical ailment may not end?
- Are you primarily motivated by a fear of failure?

Do you fear God?

- Have you forgotten that He is Almighty, Eternal and the Creator of all things?
- Do you regularly offer worship and praise to Him?
- When you fear His discipline do you turn from sin?
- Do you view today based on the fact that one day you will see God face to face?

A right view of God reduces other fears.

Do you trust God?

- Do you take courage because Jesus overcame the world?
- Are you confident He won't allow you to be tempted beyond your ability?
- Is His grace enough help for you today?
- Do you fear He won't bring you safely to heaven?

Do you love God?

- Do you seek the approval of men rather than striving only to please God?
- Is your heart focused on what Jesus did on the cross for you?
- Are you thankful for hard times because in them you can best prove your faith?
- Do you work hard to give love back to God, who has loved you so much?

Do you underestimate His love for you?

- Do you believe that He will cause all things to work together for your good?
- Have you forgotten that He knows your thoughts and desires and still chooses to strengthen and protect you?
- Do you ask confidently for His mercy and grace to help in the storms of life?

Perfect love casts out fear.

What To Do

- 1) Study one section of this collection of Bible verses each day. As you do, answer the first question in the fear journal.
- 2) At the end of the day complete the balance of the journal. Continue this daily process until your fears are reduced.

Your biggest fears can be replaced by fearing God, knowing His love, and trusting Him.

Overcoming Fear With Scripture

(1)

- Hebrews 13:5-6 He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "The Lord is my helper, I will not be afraid. WHAT WILL MAN DO TO ME?"
- Luke 12:4 - 5 I say to you, My friends, do not be afraid of those who kill the body and after that have no more that they can do. But I will warn you whom to fear: fear the One who, after He has killed, has authority to cast into hell; yes, I tell you, fear Him!
- 1 John 4:8 The one who does not love does not know God, for God is love.

(2)

- Philippians 2:12 So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling.
- Hebrews 7:25 Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.
- Galatians 1:10 For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

(3)

- John 16:33 These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.
- Psalms 139:1-2 O Lord, You have searched me and known *me*.
You know when I sit down and when I rise up;
You understand my thought from afar.
- 1 Corinthians 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

(4)

Revelation 2:4-5

But I have *this* against you, that you have left your first love. Therefore remember from where you have fallen, and repent and do the deeds you did at first.

James 1:25

But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.

1 Peter 2:17

Honor all people, love the brotherhood, fear God, honor the king.

(5)

1 John 4:18

There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.

Hebrews 11:24-27

By faith Moses, when he had grown up, refused to be called the son of Pharaoh's daughter, choosing rather to endure ill-treatment with the people of God than to enjoy the passing pleasures of sin, considering the reproach of Christ greater riches than the treasures of Egypt; for he was looking to the reward. By faith he left Egypt, not fearing the wrath of the king; for he endured, as seeing Him who is unseen.

Genesis 50:20

As for you, you meant evil against me, *but* God meant it for good.

(6)

John 15:18-19

If the world hates you, you know that it has hated Me before *it hated* you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, because of this the world hates you.

1 Peter 1:6-7

In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ.

1 Peter 3:6

Just as Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear.

(7)

Galatians 2:20 I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Romans 5:1-2 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.

(8)

1 Peter 1:17 And if you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay *on earth*.

Philippians 1:28-29 (Be) in no way alarmed by *your* opponents—which is a sign of destruction for them, but of salvation for you, and that *too*, from God. For to you it has been granted for Christ's sake, not only to believe in Him, but also to suffer for His sake.

Fear Journal

Day:

Date:

John 16:33 These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

Hebrews 13:5-6 He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?"

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.

How the Scriptures in the Overcoming Fear study address issues in my life

Today's primary occasion when I was tempted to fear

What truths about God answer my fear?

What specific Bible verses address that matter?

What I chose to think about God and about my fear

The feelings that resulted from my decision

Prayer

Give thanks for specific aspects of God's love repent if you choose to fear today (Proverb 28.13)
Request God's help for tomorrow (Hebrew 4.15-16)