

Transforming Life 2

Biblical counseling services of Nashville

Week Three: Fear & Worry

INTRO

One of the greatest plagues that tends to diminish the testimony of the Church is _____ and _____ within its members.

Isa 35:4

The expression "Do not fear" is used _____ in the OT alone.

Matt 14:27; Phil 4:6

I. FEAR FACTORS

1. Fear is primarily an _____.
2. Fear in man affects him _____.
3. _____ has emotions.
4. God created man with emotions and called His creation "_____."
5. Emotions in general are _____ that let us know something is wrong.
6. Emotions are generated when we perceive things with our _____.
7. Emotions are generated when we think certain thoughts in our _____.
8. Not all fears are _____; but some are.
9. Essentially, fear is an issue of God's _____.

If I do not really believe that God is both closely _____ in and in full _____ over ALL things that occur in my life; if I lose sight of the fact that ALL occurrences are in fact His divine appointments for my life, I have no hope of losing my fear.

10. One _____ fear: Luke 12:4-5

11. Fear can be the result of _____.

Prov. 1:7, "The fear of the Lord is the beginning of knowledge."

12. Fear is a type of _____.

Jn. 8:32; Rom 8:15

13. Fear results from an unbiblical response to _____.

- Loss of a _____.
- Loss of a _____.
- Loss of _____.
- Loss of _____.
- Loss of a _____.
- Loss of _____.

14. _____ casts out all fear; 1 Jn 4:18

Fear is most concerned about what I might _____.

Love is most concerned about what I might _____.

II. WORRY

Worry is a mild form of _____ that remains, lingering, brewing under the surface. It is a steady, _____ spirit that appears anxious, bothered by some life circumstance; some thing or someone.

Worry literally means, having 'a _____ mind.'

1. Worry exposes _____ in the heart.

A steadfast _____ to God alone must direct my life and consume my heart; regardless of outcomes.

A _____ is allowing anyone or any thing to replace or exceed Jesus Christ as the Master passion of my life.

It is called a 'functional idol' because it has consumed you to the point of having a _____ influence on your life.

2. How to Overcome Worry

Mt. 6:19-34

1) Worry is _____.

2) Worry is an indication that you are following someone or some thing instead of _____ yourself to a God who provides.

Ps 73:25-26; Ps 37:4

3) _____ that God alone is powerful enough, good enough and wise enough to keep you, guide you and provide for you.

4) _____ of the worry over earthly things that had become idolatrous.

5) _____ your place in His family; that you are His chosen adopted and deeply loved children.

6) _____ your doubtful thoughts, fears and the idols of your heart with love for God alone; knowing that "He cares for you" (1 Pe. 5:7).

7) _____ steadfast in Him.

Ps 42:5

Recommended Resources for Further Study:

- Overcoming Fear, Worry & Anxiety; Elyse Fitzpatrick
- When People Are Big and God is Small; Ed Welch
- Trusting God; Jerry Bridges