

## **A Biblical Response to Anxiety**

### **A Biblical Understanding of the Root Problem**

When does godly concern become sinful fear and anxiety?

Find the desires that underlie our anxiety.

### **A Biblical Solution**

We are duplex beings: the mind and body affect each other.

Confession and repentance

Cultivate a deeper, holy fear of God.

Replace sinful desires with biblical ones.

All while prayerfully relying on the Holy Spirit for change...

### **Practical Steps**

Three questions to help us identify idols.

- What do I think I need in this situation?
- What or who controls me?
- Where do I put my trust?

### For Further Study

1. Make a list of all the things that you are afraid of or worried about right now.
  - a. Choose one item from your list that is troubling you the most right now. Identify what you are specifically afraid of by answering the question “so what?” For example, fear: my husband might have cancer. So what? He might die. So what? I will miss him, I will be all alone, I will have no income and can’t pay the bills, I’ll lose my house, people will feel sorry for me, etc.
  - b. For each of your “so what’s,” write a biblical response: what is the biblical truth that should replace this fearful thought? For example, if my husband dies and I’m left with no income, God will provide for me. He has always been faithful and always will be (Lk. 12:22-31).
  - c. Find at least three Scripture references that support your biblical responses. Meditate on these Scriptures and pray that God would help you fill your mind with these truths whenever you are tempted to be afraid or worry. For example, Lk. 12:4-7, 22-31, Jer. 31:2-3.
  - d. Is there sinful thinking that you need to confess? Pray about that now and ask God for forgiveness and his help to change your thinking.
2. Read Luke 12:22-34. It has been suggested that Jesus gives seven reasons not to worry in this passage. Can you list them all?
  - a. Even though Jesus gives us good reasons not to worry, we often worry because we have worldly priorities. What does this passage reveal about what you are valuing in this world more than God?
  - b. Confess the worldly priority that has been dominating your thinking and ask God for forgiveness and help to change this thinking.
  - c. Choose a verse from this passage that coincides with your biblical replacement to meditate on and memorize.
3. Read Job 38-41 to gain a perspective on the bigness of God and the smallness of people and our worries. List 1-2 verses that you find most comforting right now and explain why they are a comfort to you.
4. Read John 14:1-4. Right before this passage, Jesus had told his disciples some disturbing news—that Judas would betray him and Peter would deny him. Yet, his command is “do not let your hearts be troubled.”
  - a. Jesus wasn’t telling them to ignore the heartache they were feeling. Read John 12:27 to find out what Jesus did when his heart was troubled. How did he handle his heartache in this verse?
  - b. God never commands us to do something without giving us the resources to do it. Read 1 Cor. 10:13. Why is it comforting to know that other people have faced trials and temptations similar to what you are facing now?
  - c. Returning to John 14:1-4, what two things is Jesus telling his disciples to do or not do?
  - d. Meditate on verses 2-4. How are these promises comforting when you are tempted towards sinful fear and anxiety?

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