

# Fear, Worry and Anxiety – A Biblical Analysis and Prescription

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

## CLASS 1 – A BIBLICAL DESCRIPTION

### I. Introduction

### II. Outline

- a. Week 1 – Description – Definition, Bible terms, overview
- b. Week 2 – Description – Types of fear
- c. Week 3 – Prescription – How to Biblically deal with fears
- d. Week 4 – Prescription – Fearing and trusting God

### III. Resources

- a. The Bible (of course)
- b. Mack – Fear Factor
- c. Priolo – Fear, Breaking Its Grip
- d. Fitzpatrick – Overcoming Fear, Worry and Anxiety
- e. Flavel – Treatise on Fear
- f. Welch – When I Am Afraid (or, When Man is Big and God is Small)
- g. MacArthur – Anxiety Attacked
- h. Bridges – Trusting God
- i. Articles and seminars
  - i. When Panic Attacks Me – Tautges
  - ii. Helping the Anxious, Stressed, and Troubled to Meditate on God – Bryant
  - iii. Good Reasons Not to Worry – Tiffe
  - iv. On Anxiety – John Piper (daily blog)

### IV. Definition of fear

- a. Felt \_\_\_\_\_ to a perceived \_\_\_\_\_ - Fitzpatrick
- b. Dictionary(ish): an unpleasant \_\_\_\_\_ caused by the belief that someone or something you cannot control may bring trouble, embarrassment, pain, or death.
- c. Emotion (Ken Sande): \_\_\_\_\_ (physical) experiences that involve measurable neural, muscular, respiratory, hormonal, and cardiovascular changes that impact our thoughts and move us to action. (Ken Sande) Ex. 32.19; 2 Sam 18.33; Mark 1.41

### V. Picture

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## VI. Complications

### a. Anthropology

### b. Fears tend to grow if not addressed

- i. By acting out your fears you can \_\_\_\_\_ what you feared
- ii. By fixating on what \_\_\_\_\_ the fear
- iii. By the present \_\_\_\_\_ of \_\_\_\_\_ events
- iv. By over-focus on the \_\_\_\_\_ of \_\_\_\_\_ events
- v. By \_\_\_\_\_ the size of the \_\_\_\_\_ problem
- vi. By \_\_\_\_\_ the fear \_\_\_\_\_ back

### c. Personality differences

## VII. Biblical terms

- a. Hebrew
- b. Greek

## VIII. Fear/don't fear Paradigm

- a. **Exodus 20:20** *And Moses said to the people, "Do not fear; for God has come to test you, and that His fear may be before you, so that you may not sin."*
- b. **Matthew 10:28** *"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."*
- c. **Mark 4:38-41** <sup>38</sup> *But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?"* <sup>39</sup> *Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm.* <sup>40</sup> *But He said to them, "Why are you so fearful? How is it that you have no faith?"* <sup>41</sup> *And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!"*
- d. **2 Kings 6:16-17** <sup>16</sup> *So he answered, "Do not fear, for those who are with us are more than those who are with them."*