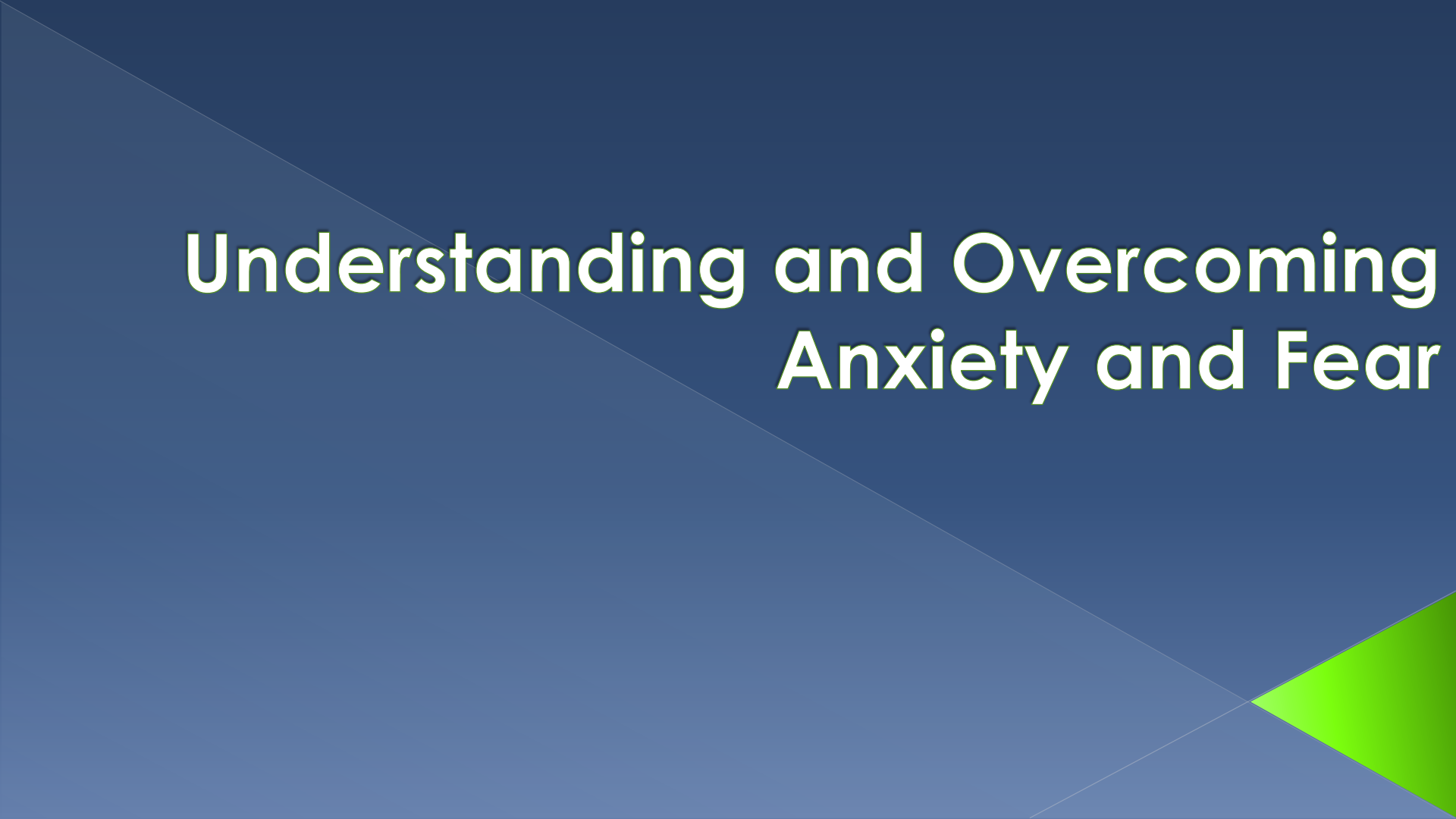




**Church on Mill**

**1<sup>st</sup> Wednesday**

# Understanding and Overcoming Anxiety and Fear



# Anxiety:

Starts in the mind when we perceive something to be worth fearing

The root cause of anxiety is fear.  
Fear produces anxiety.

# Genesis 3:8-10

And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. <sup>9</sup> But the LORD God called to the man and said to him, “Where are you?”

# Genesis 3:8-10

<sup>10</sup> And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.”

## Matthew 6:25-34

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

# Matthew 6:25-34

<sup>26</sup>“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life?”



## Matthew 6:25-34

<sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these.

## Matthew 6:25-34

<sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

# Matthew 6:25-34

<sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.

# Matthew 6:25-34

<sup>34</sup> “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

# Proverbs 12:25

Anxiety in a man's heart weighs him  
down

## Philippians 4:6-7

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

# Anxiety:

Starts in the mind when we perceive something to be worth fearing

## Luke 22:41-44

And he withdrew from them about a stone's throw, and knelt down and prayed, <sup>42</sup> saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done."



## Luke 22:41-44

<sup>43</sup> And there appeared to him an angel from heaven, strengthening him. <sup>44</sup> And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

## **1 Peter 5:7**

casting all your anxieties on him,  
because he cares for you.

## **Psalms 34:4**

I sought the LORD, and he answered me and  
delivered me from all my fears.

## **Hebrews 13:6**

So we can confidently say, “The Lord is my  
helper; I will not fear; what can man do to me?”

# Fear of People

The Fear of people → Needing the Approval of  
people → Unhealthy Dependency on People →  
People in God's Place in our Lives

# Fear of People

- a. We fear that people will hurt us physically or emotionally
  - i. Gospel Response: Recognition of Christ's Death on the Cross

b. Fear that people will reject us

i. The fear of rejection causes us to project ourselves towards others in acceptable ways

ii. Gospel Response: Recognition that Jesus was rejected by men. Isaiah 53:3 “He was despised and rejected by men, a man of sorrows, and acquainted with grief. Like one from whom men hide their faces he was despised, and we esteemed him not.”

We are accepted by God.

# Fear of People

- c. Fear that people will expose us
  - i. Genesis 2:25 And the man and his wife were both naked and were not ashamed. Genesis 3:7 Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

# Fear of People

- c. Fear that people will expose us
  - ii. Gospel Response: Pray and confess your desire to escape. Talk with a fellow believer. Remember that there is nothing that we can hide from God.

Remember that there is nothing that we can hide from God.

# Fear of Stuff

- a. Source: Fear of Losing Control
- b. Gospel Response: Recognition that God is Sovereign. He alone is in control.



# Matthew 6:26

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

# Matthew 6:28-30

And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,<sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these.<sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

# Antidotes to Anxiety and Fear

- a. Recognize that we are created to fear God and nothing else
- b. Psalm 33:8 Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of him!

## Isaiah 6:3-5

And one called to another and said: “Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory!”<sup>4</sup> And the foundations of the thresholds shook at the voice of him who called, and the house was filled with smoke.<sup>5</sup> And I said: “Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the LORD of hosts!”

# Antidotes to Anxiety and Fear

- a. Recognize that we are created to fear God and nothing else
  - i. Psalm 33:8 Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of him!
- b. Be in community

# Antidotes to Anxiety and Fear

- c. Meditate on the gospel
- d. Study the character of God
- e. Repent of pride
  - i. Proverbs 3:7 Be not wise in your own eyes; fear the LORD, and turn away from evil.

**Q&A**