

# Fending Off Fear and Anxiety

## Selected Scriptures

### Introduction

### 1A. Some Definitions

1B. Godly concern

2B. Ungodly concern (anxiety)

3B. Godly fear

4B. Ungodly fear

### 2A. Elements of Ungodly Fear

1B. Unrestrained thoughts

2B. Unwise focus on circumstances

3B. Unloving focus on self

4B. Unbiblical fear of others

5B. Ushering in more sin

6B. Uselessness

7B. Ultimately unsaved???

### **3A. Tools for Change**

#### 1B. Before fear strikes...

1C. Settle your salvation

2C. Confess your sin

3C. Ask God to work

4C. Memorize Scripture

5C. Create new thought patterns

6C. Study God's sovereignty

#### 2B. Facing fear...

1C. Seek the Lord

2C. Stop thinking wrong

3C. Start thinking right

4C. Start giving thanks

5C. Stand strong

#### 3B. If you fall...

1C. Deal with the sin

2C. Get back in the battle

### **Conclusion**