

1. How would you define fear?
2. How would you define anxiety?
3. What are somethings that cause you fear and anxiety?
4. Read Isaiah 41:10. What are some ways God shows you he is with you and taking care of you?
5. Read Psalm 56:3-4, 10-11, 13. What do you do when you are afraid? What should you do when you fear?
6. Read Philippians 4:6-7. We are commanded not to worry about anything. Why do you think that is?
7. Read 1st Peter 5:6-7. Why should we cast our cares on God? What does that say about God?
8. Read Matthew 6:31-33. In what ways do you worry about tomorrow? How do we start to seek God and his righteousness first?
9. Read Romans 8:38-39. What can separate us from God's love? Think about the answer to that question. What do we think can separate us from God?
10. Spend some time in prayer thanking God that nothing can separate us from his love.

Answers to fill in the blanks:
 Page 1: Fear Defined: Distressing emotion, anxious Anxiety Defined: extreme. The Bible on Fear: Command 1: God is with you, Command 2: God is our God, God will strengthen us, God will hold on to us.
 Page 2: The Bible on Fear: Psalm 56:3-4, 10-11, 13 Response: God. Condition: Afraid. Response: Rescued me.
 The Bible on Anxiety: Philippians 4:6-7: Response: Pray & Petition. Condition: Guard our hearts.
 Page 3 1st Peter 5:6-7: Response: all cares. Matthew 6:31-33: Response: Kingdom and righteousness



1ST Things 1ST

Matthew 6:33

Fear Defined

- A _____ aroused by impending danger, evil, pain, whether the threat is real or imagined;
- _____ Concern

Anxiety Defined

- Characterized by _____ uneasiness of mind or brooding fear

The Bible on Fear

Isaiah 41:10

- Command 1
 - Do not Fear. Why? _____
- Command 2
 - Do not be Afraid. Why? _____

The Bible on Fear Continued

Psalm 56:3-4

- Condition
 - When I am afraid
- Response
 - I will trust in _____

Psalm 56:10-11

- Response
 - In God I will Trust
- Condition
 - I will not be _____

Psalm 56:13

- Response
 - God has _____

The Bible on Anxiety

Philippians 4:6-7

- Command
 - Do not worry(anxious)
- Response
 - In everything _____
- Condition
 - God's peace will _____

The Bible on Anxiety Continued

1st Peter 5:6-7

- Command
 - Humble yourselves
- Condition
 - God will exalt you
- Response
 - Casting _____

Matthew 6:31-33

- Command
 - Don't worry
- Response
 - Seek first God's _____
- Condition
 - All these will be added

The Cure for Fear & Anxiety:
A “shift” in focus off ourselves on to God

(see Matthew 6:33)

WHY?

“Nothing” will ever separate us from God.

(See Romans 8:38-39)