

## Worry Machines

### *Help With Anxiety & Fear*

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#### Foundational Truths about Worry

##### **What Is It?**

- Thoughts are focused on changing the future (Mt 6:25)
- Thoughts are unproductive
- It controls you instead of you controlling it
- It causes you to neglect other responsibilities and relationships
- It damages your body
- You lose hope instead of finding answers.

##### **Why Are Anxiety/Fear/Worry Wrong? (Mt 6:25-34)**

- They Are Unproductive (6:27, 34).

*Anxiety is the belief that I can or should control the future.*

- They Are Unnecessary (6:28-30)

##### **The Link Between Anxiety, Worry and Pride (1 Peter 5:6-7)**

- Worry is the belief that God can't take care of it so I must do it myself—God is impotent.
- Worry is the belief that God won't take care of it at all—God is apathetic.
- Worry is the belief that God won't take care of it my way—God is unkind.

- They Are Unbecoming (6:25, 32)

*Look at your worries and ask which ones will be important in 1000 years? Very few make the cut.*

#### Why Do We Fear?

- Christians Fear Because their Circumstances Seem Bigger than Jesus (Mark 4:35-37).
- Christians Fear Because Jesus' Presence Isn't Enough (4:38).
- Christians Fear Because they Believe It's Too Late for Jesus to Work (4:39).
- Christians Fear Because they Don't Know Jesus (4:41).

*The answer to fear is to have a greater fear—a reverence and awe of Jesus.*

## Help for the Worried Christian

### **#1 Believe that God Is Present**

Gen 26:24; Dt 31:6; Ps 23:4; Isa 41:9–10; 49:14–16; Mt 28:20; Phil 4:5–6; 4:9; Heb 13:5b–6

#### Projects:

- Memorize the above verses. Pick one that becomes a go-to verse.
- Read the Psalms until you find one that resonates with your fear. Meditate on that Psalm.
- Remember the gospel; it's the reason you can have confidence that God wants you near.
- Take time to pray each morning and especially before situations leading to fear a quick prayer acknowledging that God is near and cares for you.
- Read one short chapter a day in *A Small Book for the Anxious Heart* by Ed Welch.

### **#2 Grow in Faith**

God Is Good and Does Good (Psalm 119:68; Luke 18:18-19)

- Conforming Us to the Image of Christ (Rom 8:28-29)
- Completing Our Character (Jam 1:2-4)
- Bringing God Glory (1 Peter 1:6-7)

God Is in Control—He Is Powerful (Ps 115:3; Rom 9:20-21)

God's Ways Are Beyond Our Understanding—He Is Wise (Is. 55:8-9; Rom. 11:33-35)

#### Projects:

- Read Mt 6:25-34 and find 5 reasons Jesus gives to counteract your fear.
- Journal your fears. (When, What triggered it?, What were you thinking? What did you want?)
- Read 5 Psalms and give 10 reasons you can trust God. Review your list.
- Pray together—with your spouse or another believer—about the next day.

*Worry is attacked in relationship; not in solitary.*

## Suggested Resources

### Books:

Welch, Edward. *A Small Book for the Anxious Heart*. Greensboro, NC: New Growth Press, 2019.

\_\_\_\_\_. *Running Scared: Fear, Worry, and the God of Rest*. Greensboro, NC: New Growth Press, 2007.

### Booklets:

Kellemen, Robert W. *Anxiety: Anatomy and Cure*. Phillipsburg, NJ: P&R Publishing, 2012.

Powlison, David. *Worry: Pursuing a Better Path to Peace*. Phillipsburg, NJ: P&R Publishing, 2004.

Wallace, Jocelyn. *Anxiety and Panic Attacks: Trusting God When You're Afraid*. Greensboro, NC: New Growth Press, 2013.

### Article:

Welch, Edward. "Bible Basics for the Fearful and Anxious." *Journal of Biblical Counseling*. 34:3 (2020), 69-79.