

23 Biblical Counseling Resources on Anxiety, Fear, Panic Attacks, & Worry

A Word from Bob: As I craft today's post, the United States and the world are in the midst of the COVID-19 virus pandemic. In addition to health and safety concerns, the world's financial markets have been in a freefall. Circumstances like these could cause anyone to struggle with anxiety, fear, panic, and worry. So, it seemed like a good time to collate biblical counseling resources that provide God's wisdom related to dealing with anxiety, fear, panic attacks, and worry. I've excerpted this post from [The Annual Guide to Biblical Counseling Resources: 2020 Edition](#). The guide provides 230 pages that collate 920 biblical counseling resources.

Anxiety: Booklets

Baker, Amy. [Social Anxiety: Being Comfortable in Your Own Skin](#)

"I'm just shy." You've worn the label for so long that it has become your identity. A counselor recently described it as social anxiety, but the new label does nothing to ease the pain. You wish you could feel "comfortable in your own skin," but instead, in social situations, you feel anxious and out of place. Where can you go for help? In *Social Anxiety*, Amy Baker explains that confidence in God, not self-confidence, is the answer to the problem of social anxiety. Trusting in God breaks the paralyzing grip of fear, freeing formerly "shy" people to enter fully into relationship with God and others.

De Courcy, Philip. [Help! I'm Anxious](#)

An increasing number of us are worrying ourselves sick—about the past, present, or the unknown future. Philip De Courcy distinguishes right concern from unhealthy anxiety, and using Jesus' words in the Sermon on the Mount shows us how we can have victory over anxiety by entrusting ourselves fully into the caring hands of our heavenly Father.

Kellemen, Bob. [Anxiety: Anatomy and Cure](#)

Anxiety, worry, and fear get the best of all of us sometimes. Since we live in a fallen world, we may not have full victory *over* anxiety until heaven. However, Bob Kellemen shows us how we can have victory *in* our anxiety—we can learn how to experience the peace of God from the God of peace even in the mist of stress and distress. In this practical, realistic, biblical study, he lays out a compassionate biblical understanding of anxiety. Along the way, he helps us to apply the gospel to our daily lives and reclaim anxiety for what it should be—*vigilance* to motivate us to do God's work in Christ's resurrection power.

Lowe, Julie. [Helping Your Anxious Child: What to Do When Worries Get Big](#)

When your child is anxious, it's easy to get anxious, too. You want to help your child regain a sense of peace, but how can you? Their world is big and scary and sometimes our worries get big, too. Julie Lowe, a skilled family counselor, guides parents in assessing their child's anxiety and gives practical ways to encourage and help worried children. She leads parents

away from quick fixes that contribute to dependencies and points them to Christ, the One who is always available, loving, and powerful.

Powlison, David. [*Overcoming Anxiety: Relief for Worried People*](#)

You know the feeling—your mind keeps spinning around and around with the same worries, problems, and fears. You feel like you can't breathe. Some days your anxiety is so overwhelming that it's hard for you to believe that anyone, even God, could help you. David Powlison helps you discover what your anxiety reveals about what is going on inside of you, and then shows you how to bring your anxious thoughts and worries to God, the only Person who can give you a life of peace.

Tautges, Paul. [*Anxiety: Knowing God's Peace*](#) (A 31-Day Devotional for Life)

Whether you experience nagging worry or debilitating panic, God's Word offers hope and help. In this 31-day devotional, pastor and biblical counselor, Paul Tautges, delves deeply but gently into the heart of fear and unbelief, using daily readings, reflection questions, and practical application to fuel the faith that strengthens inner security and peace.

Welch, Ed. [*A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust*](#)

A Small Book for the Anxious Heart is a small but powerful devotional to remind men and women of the encouraging, beautiful words in Scripture to anxious people. While many books on fear and anxiety exist—promising to help men and women manage their struggles with methods and formulas—this devotional reaches deeper into Scripture, making the Word of God more accessible. Don't put a Band-Aid on your fear and anxiety; rather, learn to bring your fear to Jesus, relying on his Word.

Anxiety: Books

Fitzpatrick, Elyse. [*Overcoming Fear, Worry, and Anxiety: Becoming a Women of Faith and Confidence*](#)

Elyse Fitzpatrick offers practical advice for conquering the paralyzing emotions many women encounter as they battle difficult, often overwhelming concerns about rebellious children, problems in the workplace or home, health issues, financial difficulties, and more. In the Bible, God gives guidance and offers the true solution to our anxieties and fears. *Overcoming Fear, Worry, and Anxiety* accesses this information to help women: identify the source of fear, worry, and anxiety, transform fearful thoughts into peaceful confidence, and discover specific strategies for overcoming anxiety.

MacArthur, John. [*Anxiety Attacked: Applying Scripture to the Cares of the Soul*](#)

Christians are not immune to the troubles of life, and when troubles *do* come we're urged to rise above them and experience "peace that passes understanding." But how, in day-to-day life, does that really happen? *Anxiety Attacked* goes beyond pop psychology's

temporary cures by returning us to our only true source of comfort and victory—Scripture. John MacArthur compassionately demonstrates from such passages as Matthew 6:25-34, Philippians 4:6-9, and 1 Peter 5:5-7 God's concern about our anxious situations, and helps us appropriate His resources for dealing with them calmly, yet effectively.

MacArthur, John. [*Anxious for Nothing: God's Cure for the Cares of Your Soul*](#)

John MacArthur believes that peace is not only possible, it's a divine mandate. Drawing from a rich legacy of teaching and ministry, MacArthur puts aside cultural cures to uncover the source of our anxiety and stress. Based on solid biblical insights, *Anxious for Nothing* shares how we can overcome uncertainty, defeat doubt, and be truly worry-free.

Thompson, Jessica. [*How to Help Your Anxious Teen: Discovering the Surprising Sources of Their Worries and Fears*](#)

If your son or daughter is suffering from anxiety, you probably have more questions than answers: What is causing the anxiety? Is this normal teenage angst or something more serious? What can I do to help? Jessica Thompson, the mother of three teens, has seen kids struggle with anxiousness. She wants you to understand the issues surrounding teenage anxiety and how our culture, the church, and perhaps even you may be contributing to the problem. But there is help and hope for you and your teenager. When you equip yourself with truth from God's Word, you can help your child to cope with anxiety, and your family can experience greater freedom and peace.

Wallace, Sara. [*Created to Care: Truth for Anxious Moms*](#)

If you struggle with anxiety as a mom, Sara Wallace wants you to know you're not alone. What's more, God's Word has specific, practical comfort that will help you to embrace this season with peace and confidence. Sara shows how we can learn to have peace in ten critical areas—from our personal insecurities to the spiritual well-being of our children—and provides practical tips from moms.

Fear: Booklets

Adams, Jay. [*What Do You Do When Fear Overcomes You?*](#)

In this pamphlet, Dr. Jay Adams explains from Scripture a process for breaking the cycle of fear in your life.

Priolo, Lou. [*Fear: Breaking Its Grip*](#)

Lou Priolo solves a problem that, for the chronically fearful, seems to have no solution. Proving that fear is an emotion to be controlled, not a force that controls you, he shows that the fears that cripple us are caused by selfishness. He provides insight into fear by listing ways to determine when your fear has become sinful, and offers guidelines for conquering fear by drawing our courage from God's sovereignty and the comfort in His Word.

Welch, Ed. [*When I Am Afraid: A Step by Step Guide Away from Fear and Anxiety*](#)

You know how anxiety and fear feels—your stomach drops, your neck tightens, your whole body tenses—but do you know what to do when anxiety fills your days and troubles your nights? You’ve probably already tried a few strategies, like denial or working harder, and noticed that they aren’t a permanent solution. If you are tired of dealing with anxiety and worry on your own, then *When I Am Afraid* is for you. As you go through each set of meditations by Ed Welch, anxiety will gradually yield to hope, peace, and rest. Of course, this is a lifelong process, but going through this devotional guide, either on your own or with a small group, will kick-start the process and begin lifelong change.

Fear: Books

Mack, Wayne, and Joshua Mack. [*Courage: Fighting Fear with Fear*](#)

From Genesis to Revelation, the Bible tells us to fear God, but our lives show where our true fears lie. Sinful, controlling fear cripples us spiritually: we’re afraid to obey or trust God, and we worry more about what others think of us than what God thinks. Throw off the covers and embrace the fear that is good for you—the fear of God that will give you true courage in every situation. This book can be used for individual growth and development, for group study, or for homework assignments for those in counseling.

Welch, Ed. [*Running Scared: Fear, Worry, and the God of Rest*](#)

In *Running Scared*, Ed Welch investigates the roots of fear in the human soul and the ramifications of living in the grips of anxiety, worry, and dread. Welch encourages readers to discover for themselves that the Bible is full of beautiful words of comfort for fearful people. Within the framework of thirty topical meditations, Welch offers sound biblical theology and moment-by-moment, thoughtful encouragement for life-saving rescue in the midst of the heart and mind battlefield of rampant panic-stricken responses.

Panic Attacks: Booklets

Moll, Lucy Ann. [*Help! I Get Panic Attacks*](#)

Panic attacks are terrifying, as author Lucy Ann Moll knows well. But she has found hope for overcoming panic, and she longs to help others find the peace of God which comes through the Prince of Peace who conquers fear. Here she looks at the origin of our fears, why we suffer panic attacks, and how we can, with the help God provides, overcome the cycle of fear.

Wallace, Jocelyn. [*Anxiety and Panic Attacks: Trusting God When You’re Afraid*](#)

Suffering from anxiety and panic attacks can feel incapacitating. One minute you feel fine, and the next your heart is pounding, your mind is racing, and your stomach is clenching.

Sometimes it even feels like you might be having a heart attack. The Bible says, be anxious for nothing, but that feels impossible when you're even becoming afraid of being afraid! Thankfully, you have a God who does not leave you alone in your fear and instead uses it to reveal His great love for you. With helpful, practical guidance, experienced counselor Jocelyn Wallace helps you understand the roots of your anxiety and see how Christ meets you in your struggle and provides everything you need to begin to address it.

Worry: Booklets

Jones, Robert. [*Why Worry?: Getting to the Heart of Your Anxiety*](#)

There is hope for even a chronic worrier. Robert Jones takes readers to the heart of worry, helping them understand the cause before they look for a solution. He explains that the root of worry grows when people give themselves to a person, goal, ideal, or object rather than Jesus—thus shifting trust to a shaky foundation. Jones then points readers to the resources they have in God's Word and Spirit to overcome worry and live for Christ.

Powlison, David. [*Worry: Pursuing a Better Path to Peace*](#)

Do I have any real friends? Will I ever find a spouse? If I do find one, will he or she be faithful? Will we be able to have kids? What about my health? There's always something to worry about. David Powlison recognizes that we have good reason to worry about things. But he assures us that we have much better reasons not to worry. Anxiety is a universal human experience, and we need to approach it with a plan. What do you do when anxieties take over your life? Powlison describes a six-point game plan.

Worry: Books

Lane, Tim. [*Living Without Worry: How to Replace Anxiety with Peace*](#)

Worry is an extremely common yet unchallenged problem, and many people don't know how to practically stop worrying, even if they know they need to. This warm and pastoral book by Tim Lane helps readers to see when godly concern turns into sinful worry, and how Scripture can be used to cast our concerns upon the Lord. Christians will discover how to replace anxiety with peace, freeing them to live life to the full.

Witmer, Timothy. [*Mindscape: What to Think About Instead of Worrying*](#)

Each day, we struggle to pull our thoughts away from our worries, fears, frustrations, and desires. When we get stuck, it's not exactly easy to fixate on whatever is true, noble, right and pure. We are profoundly aware that our worries have negative consequences for our bodies, minds, and relationships. But like most real people with real problems, our thoughts keep swirling around the same old issues. *Mindscape* builds a practical action plan for changing your mental landscape and your life based on Paul's rich exhortation in Philippians 4:8. Author Tim Witmer draws from thirty years of experience in helping

worried people apply Scripture to their lives to present a clear, biblical, and deeply pastoral guide to replacing worry with a new way of thinking.

Join the Conversation

What additional biblical counseling resources would you recommend for anxiety, fear, panic attacks, and worry?