



# Rethinking Anxiety by Faith Worksheet

This is a worksheet, so not every point or every verse will apply to you. You should, however, look up all the verses and give thought to them to gain maximum advantage from this study. The more severe the problem, the more effort it will take, but you can have **victory**. Through your salvation in Christ and the Word of God, you have the foundation, knowledge, and power necessary to triumph.

Work at changing your language. We listen to what we say and begin to believe it if we hear it often enough. Instead of speaking of a "panic attack" speak of having a "fear experience." "Panic" and "attack" leave us with the impression that we are helpless, hopeless victims. Fear does get out of control when we fail to apply God's principles. 1Cor 10:13 and Rom 8:37 promise that victory is possible! Make these verses your own. You can fight fear and you can win the victory over the panic of those fear experiences (Php 4:13)!

## 1. THINK ABOUT WHAT TRIGGERED THIS FEAR EXPERIENCE.

False concept/doctrine – "God has abandoned me." "I'm all alone"- Elijah "Everybody hates me." "I can't."

Reaction to an event – death, abuse, loss, disappointment, expectations unfulfilled

Guilt – run and hide like Adam & Eve - Pr 28:1; fear of punishment - Ps 51

Comments from others – accept others' view of me - fat, ugly, stupid; "You're no good/worthless/destined to fail." Change of health – actual diagnosis or fear of diagnosis

Change in a relationship – a wrong relationship caused anxiety; divorce; separation - Php 4:1-4

Feeling out of control – Failure to focus on God's sovereign control in the midst of my chaos - Ps 55:22

Stress/tiredness/illness – Elijah - 1Ki 19; David - Ps 42:5,11; 46; 49:15

Lose of temporal security – job, spouse - Ps 48:14; 50:15; 60:11-12

A thought – Fear of man - Ps 56:3,4; Fear of lost salvation - Ps 51:12; 74:12; Fear of circumstances - Ps 62:5-8

Other – List your fearful thoughts and/or sinful actions.

If you have sinned you need to repent. Unrepentant sin, even if it is in a seemingly unrelated area, can create an atmosphere ripe for fear. Guilt in one area of life can lead to irrational fears that are easily triggered in other areas. "The wicked flee when no one is pursuing..." - Pr 28:1

## 2. WHAT DID YOU THINK ABOUT DURING THE FEAR EXPERIENCE?

Did your thoughts run to a perceived punishment? - 1Jn 4:18

Did you think or say things such as...?

*I don't need this.* - Jas 1:2-4

*I can't handle this.* - 1Cor 10:13

*This will destroy me; I'll be ruined.*

*This will cause me to be late or ....*

*This will destroy my relationship or ....*

*This is the worst thing that could happen.*

Other:

*This is going to kill (ruin) me.* - Php 1:6

*I can't know God's joy until this is over.* - Jas 1:2-4

*Satan can touch me (demon oppression).* (cf. Job)

*God will not protect me.* - Ps 4:8

*I cannot control this.* - Ps 37:23; 48:14

*God is punishing me.* - Heb 12:5-14

Did you worry about a possible event or loss you don't believe you could handle? - 1Pet 5:7

Evaluate your thoughts. Identify Satan's lies and begin to replace them with God's truths. - Jn 8:32

### Satan's lies:

*This person will destroy me.*

*This event will destroy me.*

*I can't handle this.*

### God's truths:

*Ps 56:3,4*

*Ps 62:5-8*

*Php 4:13*



### 3. WHAT DID YOU DO BEFORE, DURING AND AFTER THE FEAR EXPERIENCE?

*Got angry at work and cried, then became fearful, panicky, ran home, cried more and trashed my house.*

*Withdrew, hid (before, during or after?)*

*Clammed up, blew up, blame shifted, attacked another person*

*Lost control (in what specific ways?)*

*Complained instead of addressing the problem*

*Other:*

How did your response complicate and worsen the problem?

What could you have done instead that would have expressed love to God and others?

### 4. WHAT DESIRES DOMINATED YOUR THOUGHTS?

I must / need to / have a right to / want to....

*Never have this happen (again).*

*Tell the person off, or get even.*

*Control the situation (or other people.)*

*Keep peace at any costs.*

*Feel good, be happy.*

*Have a hassle free life.*

*Be affirmed and praised by others.*

*Get well, stay well, have a "perfect" body.*

*Be respected.*

*Get out of here.*

*Other:*

Wrong desires lead to a self-focus, the opposite of what God wants. - Mt 22:36-40

Wrong desires often lead to stress and anger that lead away from a godly solution, causing more problems, furthering the sense of being out of control. - Jas 3:13-4:12

When you desire something strongly, you may develop a severe fear of not getting it. - Pr 10:24

Evaluate how your desires contributed to your fears.

### 5. DO YOU HAVE A WRONG VIEW OF YOUR TRIAL?

Did you say things like...?

*This is going to destroy me.*

*I should not have to go through this.*

*I'll never get it right.*

*This doesn't happen to other people.*

*God must hate me.*

*Other:*

How would God have you view this trial? Memorize these verses!

James 1:2-4 – *Trials are opportunities to grow! Rejoice when God allows them!*

Rom. 8:28,29 – *God will use everything in our lives to conform us into the image of Christ.*

Compare what you said about your trial to what God says. What needs to change?

## 6. DO YOU HAVE A WRONG FOCUS THAT CONTRIBUTES TO FEAR EXPERIENCES?

Past experiences that define you- *abused; divorced; abandoned; rejected; failed; unloved; victim mentality* - Eph 1  
Self – *Love of self; self protection; self-gratification, etc.* - 2Tim 3:1-5; Mt 22:36-40  
Health–*Inordinate focus of preserving good health; debilitating fear of poor health, etc.*- Jas 5:13-16; Jer 33:6; Ps 3:5  
Thoughts of fear – *Fear of fear* - Ps 112:1,7,8; *fear of death* - Heb 3:16-19; 2:14; *fear of failure* - Jos 1:8  
My reputation/esteem – *Worry over what people will think rather than following Christ's example* -Php 2:5-9  
My feelings – *Focus on how I feel rather than on my responsibility; subjective concern over me* -1Cor 10:24; 13:5  
Defending myself – *I don't need to defend myself, I only need to defend God's glory and let Him defend me* - Ps 31  
What I may lose – *things like control, esteem, possessions, love, power, etc.* - Php 2:4; Lk 9:23-25  
Dying – *God gives life and takes it; I must live my life for Him however long He lets me stay* - Php 1:20-24  
Possible consequences of the situation – *Give this situation to Him and learn from it* -Rom 8:28,29; Mt 6:25-34  
Mistreatment of you by others - *Believers need not fear others* - Ps 118:6-7; Mt 5:10-12; 10:19-31; Pr 29:25  
Having an "attack" – *Fear promotes fear, is counterproductive, makes the situation worse* - Pr 10:24; 28:1  
My typical bodily responses when fearful, such as increased heart rate and sweating - Ps 38, 32, 56  
Other:

### On what would God have you focus?

Write out how focusing on and applying it can help you overcome the fear when it begins to grow. Be specific. (cf. Php 4:8, Ps 73:21-28) Train yourself to think on these things when you are afraid.

## 7. DEVELOP A BIBLICAL THEOLOGY OF GOD AND FOCUS ON HIM.

Knowing God's character (attributes) can help you counter and prevent fear experiences.

Rom 8:31-39 – <i>Loving</i>	Rom 11:33 – <i>Wise</i>
Rom 8:28 – <i>Sovereign</i>	Ps 31:19 – <i>Good</i>
Mt 10:28-31 – <i>All knowing</i>	1Pet 2:23 – <i>Just</i>
Jer 32:17 – <i>All powerful</i>	Ex 34:6,7 – <i>Long-suffering</i>
Nu 23:19 – <i>Unchanging &amp; truthful</i>	Lam 2:22,23 – <i>Merciful</i>
Ps 139:7-12 – <i>Ever present</i>	

Knowing God's promises can help you counter and prevent fear experiences. (Make verse cards.)

1Jn 4:18 – *Maturing love focuses on God and drives out tormenting fear.*  
Isa 41:10 – *God will strengthen us and help us.*  
1Pe 5:6-7 – *God cares for us and will exalt us in due time when we trust Him.*  
Heb 13:5-6 – *God will never leave or forsake us.*  
Ps 121 – *God is our helper and will preserve us from all evil forever. He is our keeper.*  
Pro 3:1-26 – *Meditate on the many promises in this passage.*

Knowing biblical doctrines can help you counter and prevent fear experiences.

Rom 8:33 – *Justification*  
2Pet 1:3-10 – *Progressive sanctification*  
Jn 10:27-29; Php 1:6 – *Perseverance of the saints*  
Eph 5:30-32 – *Union with Christ*  
Ps 103; 1 Jn 1:7-9, 2:12 – *Forgiveness*

Knowing biblical history can encourage you in times of fear.

Ex 14:10-31 – *Israel panics at the Red Sea but God saves Israel and destroys Pharaoh's army.*

1Sam 17:1-51 – *Israel fears the Philistines, but David kills Goliath.*

1Kings 18:20-19:8 – *Elijah challenges and defeats 400 prophets of Baal, but runs in fear of Jezebel!*

## **8. GAIN INSIGHTS AND HOPE FROM THE STORIES OF OTHERS.**

Journal encouraging testimonies of friends who have overcome fear. - 2Cor 1:3-4, 1Cor 10:13

Read biographies such as *Hinds' Feet on High Places* by Hannah Hurnard; *A Chance to Die - The Life and Legacy of Amy Carmichael* or *Gates of Splendor - about Jim Elliot*, both by Elisabeth Elliot, or any faith-building books.

Fellowship regularly with other believers in your local church to gain encouragement, exhortation, and teaching. - Heb 10:24,25

## **9. REPLACE SINFUL ATTITUDES THAT MAY BE CONTRIBUTING TO YOUR FEAR. LIST WAYS YOU WILL FOCUS ON HONORING GOD RATHER THAN SELF.**

Grumbling – *Stop complaining about the housework or my boss or the kids, etc.* - Php 2:14,15

Anger – *Choose to forgive the person at whom I am angry rather than blow up at him.* - Eph 4:31,32

Hopelessness – *Trust God to help me in this trial, focusing on His faithfulness rather than my weakness.* - Php 1:6, 1Cor 10:13

Revenge – *Do a good deed rather than get even.* - Rom 12:18-21

Worry and Anxiety – *Determine today's responsibilities rather than focusing on tomorrow's cares.* - Mt 6:19-34

## **10. DEVELOP A SERVANTS ATTITUDE. (Php 2:1-11)**

List several people to whom you will begin ministering and note specifically how you will serve each of them.

Examples:

1. (Aunt Susie – *help her clean her house weekly rather than gossiping about her dirty house.*)
2. (Husband – *pick up his dirty socks rather than making a big deal about it daily; focus on his good qualities.*)
3. (Boss – *do the little tasks joyfully, showing initiative, doing things even before he asks.*)
4. (Class bully – *offer to help with a particularly difficult assignment or project; reach out in love to meet needs, such as to share your lunch; smile and say hello consistently—Rom 12:21.*)

Now make your own list:

- 1.
- 2.
- 3.
- 4.