SHADES MOUNTAIN COMMUNITY CHURCH

BIBLICAL COUNSELING

Fundamentals Course Session 7 2026-2027: Biblical response to Fear, Worry and Anxiety.

Ephesians 1:3-14; Psalm 56; Joshua 1:9; Hebrews 13:5b;
Proverbs 18:10; Psalm 112:1, 7, 8a

Right and wrong fears.

Fears that are right:

Fear of GOD (Ecclesiastes 12:13-14, 2 Corinthians. 5:10, Proverbs 1:7)
For He is the only one who can destroy both soul and body (Matthew 10:28-31).

Proverbs 1:7; Psalm 111:10; Ecclesiastes 12:13

Hebrews 12:28-29
Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; 29 for our God is a consuming fire.

Reverence and Awe: POSITIVE FEAR

Hebrews 10:31
It is a terrifying thing to fall into the hands of the living God.

To be afraid, to shudder, to hide: NEGATIVE FEAR

Both describe a right fear of God

Fear of God in Reverence and Awe - 1 Peter 2:17; Revelation 14:7

Understanding Fear in the Bible -

Fear God (Ps. 111:10; Prov. 1:7; Eccl. 12:13)

Don't fear man (Jer. 17:5-7; Heb. 13:5)

Fear not, or don't be afraid (Luke 2:10)

Be very afraid! (Heb. 10:31)

Results of Obedient and Faithful Fear of God –

We receive wisdom and knowledge

We are obedient and faithful – it is right and proper!

Humility and submission to the Lord

Proper and appropriate worship

Fears that are right (cont.):

Fear of DANGER (Job 41, Genesis 4:14, 1 Corinthians. 6:19-20).

Fear due to GUILT (Prov. 28:1; Matthew 14: 1-2; Leviticus 26:17-18, 36.

Fears that are wrong:

Fear of man, not GOD (John 12:42-43, Jeremiah 17:5-8)

Fear of things that are TEMPORAL rather than ETERNAL (Luke 12:4-5, 1 Cor. 4:5; 2 Corinthians 5:9-10)

Fear of things that could happen, but have not….."Paralysis".

Fear of things we cannot control (Proverbs 3:25-26)

Counseling/Discipleship Question: What are you really afraid of?

What makes you so afraid of it?
Can you articulate it?
Have you prayed about it?
What have you done about it or doing about it?
How have you sought help with it?
Are you willing to overcome it? How much?
Have you done Psalm 56:3-4?
Do you believe Proverbs 3:25-26?

II. Definition of Worry/Anxiety (Matthew 6:19-34).

Worry or anxiety may be sinful idolatry that things must go as I desire and an unbelief or doubt that God is sovereign and good.

Matthew 6:32-34

34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

33 But seek first His kingdom and His righteousness, and all these things will be added to you.

Definition of Worry/Anxiety –

Worry/Anxiety is the opposite of TRUST in God. There is no such thing as "OK" or "right" worry.

Calling sin "sin" gives hope for change. Worry must be put off, gratitude and trust in God must be put on (Ephesians 4:23-25; 2 Corinthians 7:10)

Worry/Anxiety –

"*Anxiety is real. Life gets tough, trials hit, pressure mounts, and our flesh takes over. Before we know it, we're overwhelmed with worry. In fact, that is exactly how the dictionary would define anxiety.*

Thankfully, for those of us who trust in Jesus, we don't have to wander aimlessly when it comes to anxiety. If you struggle with anxiety and worry, you are not doomed to a life without answers. God's Word holds the key to your anxious heart."

Kyle Swanson

Anxiety - Considerations

Are you tempted to place your TRUST in anything outside of the resurrected Lord Jesus Christ?

What do you currently think will bring you joy and satisfaction?

How have things in your life shown to disappoint you when you've placed your hope in them?

How has Christ shown Himself to be an object of hope?

Anxiety -

The word anxious is the idea of being deeply concerned, worried, completely occupied with, or showing OBSESSIVE INTEREST in that which is weighing heavily on our hearts.

All of us struggle at times with discouragement, with concerns that might build to worry or anxiety.

Despair and hopelessness are not uncommon even among us, the people of God. In those seasons of struggle, our hope seems to be quite inadequate and meager.

Anxiety –

We miss the mark when we expend our mental energies and emotions on being anxious.

Deep down, our worry and anxiety are rooted in a lack of TRUST.
When we allow our hearts to do this, we are essentially telling the Lord, "I don't trust you fully, you can't handle my situation, and I don't genuinely think you are powerful enough to carry this burden!"

Worry and anxiety can even be rooted in our SELFISH motives as we think, "what if God doesn't work this out the way I want or give me what I want?"

III. Concern.

There are GENUINE CONCERNS for which we must give diligent, careful thought and priority.

Concern: (Cambridge Dictionary)
- something that is important to you, or the fact of being important;
- to be important to someone or to involve someone directly;
- to become involved with something, or worried about something;

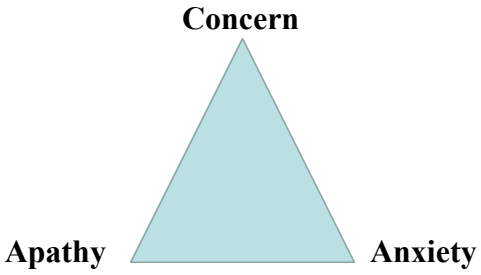
It is right and proper to have concern for those people and things we love and care for and have responsibility for.

God is concerned for us (Psalm 91:11) - *For He will give His angels charge concerning you, To guard you in all your ways.*

Paul was concerned for the Corinthians (1Cor. 1:4) - *I thank my God always concerning you for the grace of God which was given you in Christ Jesus,*

2 Cor. 11:28 - *Apart from such external things, there is the daily pressure on me of concern for all the churches.*

We are to be concerned for one another (Phil. 4:10) - But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked opportunity.



Concern or Anxiety - How do I know if it's a biblical concern or unbiblical anxiety? Jesus answers that in Matthew 6.

1. Jesus says that SELF-CONCERN as being your PRIMARY interest is wrong (vv. 25-26). Your life and body are not the biggest concerns you have, or at least they shouldn't be.

2. Jesus speaks of anxiety as being functionally GOD-LESS. That's why Jesus shows us the character of God: God feeds, God clothes, and God knows (vv. 26, 30, 32).

3. Jesus identifies anxiety as being SELF-TERMINATING: "Which of you by being anxious adds a single hour to his span of life?" (v. 27). Anxieties are us trying to fix it, but we can't fix it.

IV. Anxiety – There is currently PLENTY with which to be concerned but NOTHING over which to be anxious.

We can't minimize cares or concerns in this life, but we neither dare to be anxious. God knows. God provides. God is good. So we take our concerns to Him, knowing He is a good God who truly does care for us (Luke 12:32).

Where do you need to pause and identify concerns to which you must be more faithful?

What are the areas of sinful anxiety where you need to trust in the Lord?

How can you practically be faithful to your concerns while entrusting anxieties to the Lord? (Philippians 4: 4-7; 1 Peter 5: 6-7)

V. **Generalized Anxiety Disorder according to DSM-V**

A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance). B. The individual finds it difficult to control the worry.

C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months):

Note: Only one item required in children.

1. Restlessness, feeling keyed up or on edge.
2. Being easily fatigued.
3. Difficulty concentrating or mind going blank.
4. Irritability.
5. Muscle tension.
6. Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).

D. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).

F. The disturbance is not better explained by another medical disorder

VI. Anxiety - What do we do about it? (Colossians 3:1-3; 1 Cor. 10:13)

When we are encompassed and surrounded by pressure-filled circumstances, our temptation is to put our hope in changing the situation. We tell ourselves, "If only x were to happen, then life would be better."

Instead of focusing on our circumstances, we need to turn our eyes to the resurrected Christ. We find resurrected life in our resurrected Lord.

Instead of trying harder and "pushing through," we must put our hope in Christ. That is what brings us living hope.

There's no situation so torturous, impossible, agonizing, and depleting of vitality that the risen Lord cannot share His resurrection life with us and see us through it, and if He so wills, even deliver us out of that situation. If not, He will be with us to help us endure it!

VII Three initial steps to take if you struggle with anxiety:

1. RECOGNIZE THE ONSET

Mark the moment when circumstances overwhelm you or when you begin to doubt God's sovereign power.
Recognize it and acknowledge it.
This may be the hardest step in the process, but it is where victory over anxiety begins.

Psalm 56:3-4 "When I am afraid, I put my trust in you. In God, whose Word I praise, in God I trust; I will not be afraid. What can flesh do to me?"

David recognized his heart's desire to be anxious, and he fought against it. He ran to the Lord in prayer and He trusted God.

2. RUN TO THE FATHER IN PRAYER

Like David, when we recognize our heart falling into the snare of anxiety, we must run to the Father in prayer.

Prayer is the natural and immediate response to our worry because we are called to place our faith in God—our full and complete trust.

When we worry and embrace our natural emotional response to be overly concerned with our circumstances, then we are by nature denying the complete and perfect trust that we should have in God. To rob God of our trust in Him is to tell Him that He is unworthy to be our God.

Philippians 4:7 - The promised result in verse 7 is: "and the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus." This peace will guard our hearts against falling into fear for those who love the Lord Jesus Christ and trust in Him for our salvation.

3. RELY ON GOD'S FAMILY FOR STRENGTH

We must run to each other for support, fellowship, the building up of the body, and safety in faithful numbers.

Galatians 6:2 says, "Bear one another's burdens, and so fulfill the law of Christ."

We are all designed to function in God's family to the benefit of one another, so when we see a brother or sister in Christ fall into anxiety, then it is the responsibility of the rest of us to build that individual up in love, strengthening their faith with the truth about God from the Word of God!

VIII. Anxiety - A Biblical Response

1. Recognize that UNCONFESSED anxiety is SIN and something to REPENT of—Jesus strictly condemns anxiety, and so does Paul (Matt. 6:25; Phil. 4:6).

2. When we're anxious, we must remember the nature and character of God (Matt. 6:26-32). Our anxieties are like viewing God through a drinking straw: it's a small and incomplete view. If we truly understood God's character, our anxieties would seem silly.

3. We must take our concerns to God. 1 Peter 5:7a reminds us to take our concerns to the Lord. We take our potentially anxious moments to the God who cares for us (1 Pet. 5:7b). Paul says we do this by prayer (Phil. 4:6).

4. Respond by being faithful to our concerns. Ps. 131:1b-2 says, "I do not occupy myself with things too great and too marvelous for me." We don't respond to our anxieties by shirking our concerns in life! Rather, we respond by being faithful to what God has called us to do—planning for the future, working hard, going to the grocery store, washing our hands —and trusting Him with the rest.

IX. Keys to overcoming sinful fear and worry.

Find biblical SOLUTIONS to problem
Put off anxiety and fear, and establish realistic goals and plans, putting on working hard.
Define problem
Prioritize list of what TO DO
Watch for perfectionism
Make a list of items to praise God and be thankful for (listing 10 things per day)
Confess sinful fear and worry (1 John 1:9).
Think right, do right, feel right (John 13:17; James 1:25).
Think as a saved person, dead to sin (Romans 6:11, 8:28-29)
Focus on God's grace (2 Corinthians 9:8)

X. Path to Peace (Psalm 37:1-9)

3 *Trust in the Lord and do good; Dwell in the land and cultivate faithfulness.*

4 Delight yourself in the Lord; And He will give you the desires of your heart.

4 *Commit your way to the Lord, Trust also in Him, and He will do it.*
5 *He will bring forth your righteousness as the light And your judgment as the noonday.*

6 *Rest in the Lord and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who carries out wicked schemes.*

7 *Cease from anger and forsake wrath; Do not fret; it leads only to evildoing.*

8 For evildoers will be cut off, But those who wait for the Lord, they will inherit the land.

XI. Philippians 4:4-9 – Pattern of Peace

4 *Rejoice in the Lord always; again I will say, rejoice!* (Praise/Rejoice)

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Do not be anxious, but pray with thanksgiving)

7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Peace of God)

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. (Possess your mind – think right)

9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. (Practice the pattern) (God of Peace)

XII. Heart Work

Path to Peace Ps. 37:1-9
Philippians 4 Model and Worksheet
Fear and Anxiety Evaluator
Heart Journal
Jeremiah 17: 7-8