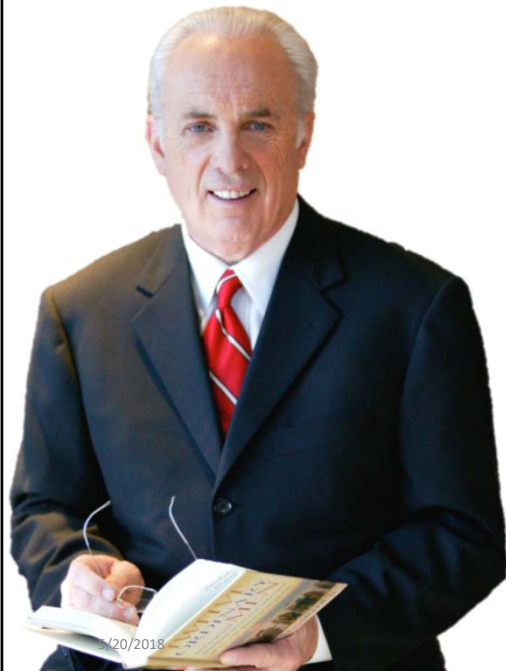


Mt 10:31 Do not fear therefore; you are of more value than many sparrows.

Lk 21:26 men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken.

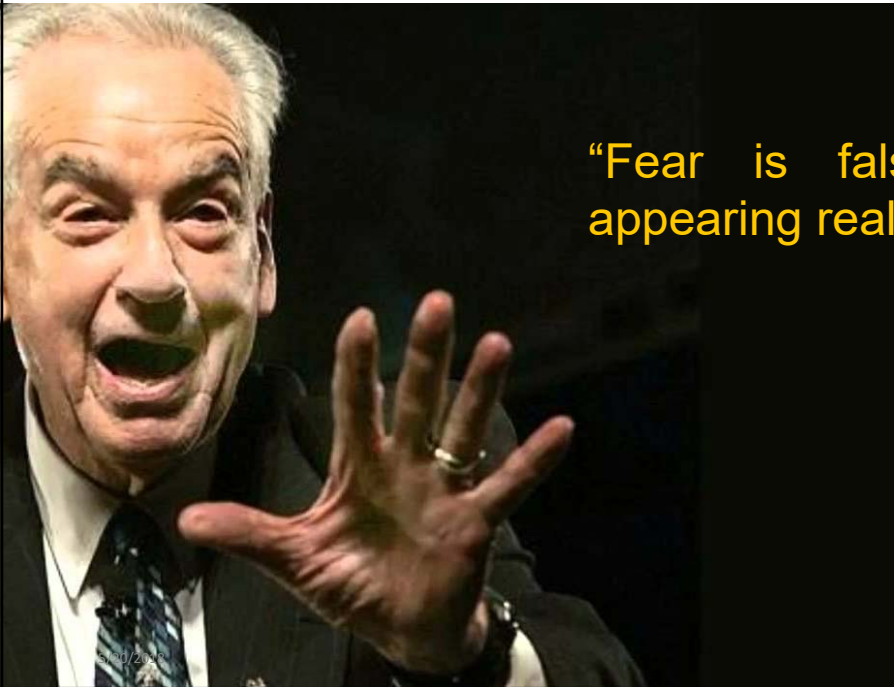
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“Anxiety is, at its core, an inappropriate response in light of the circumstances ... Stress and pressure, instead of being things to avoid, strengthen us to accomplish the challenges God sets before us in life.”

J. MacArthur, *Anxiety Attacked*

5/20/2018

A photograph of Zig Ziglar, an older man with white hair, wearing a dark suit, white shirt, and patterned tie. He is speaking with his mouth open and his right hand raised, palm facing forward, with fingers spread. The background is dark.

“Fear is false evidence appearing real.” Zig Ziglar

False  
Evidence  
Appearing  
Real

Mt 5:25-34 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? <sup>26</sup> Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> Which of you by worrying can add one cubit to his stature?”

<sup>28</sup> “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; <sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

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<sup>31</sup> “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God and His righteousness, and all these things shall be added to you. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

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## Phil 4:6 Be anxious for nothing ...

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### Destructive fears: (some 600)

- Acrophobia – fear of high places
- Claustrophobia – fear of closed places
- Agoraphobia – fear of open places
- Pathophobia – inordinate fear of disease
- Ergophobia – fear of work
- Phobophobia – fear of fear

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Prov 29:25 the fear of man brings a snare

Heb 2:15 and release those who through fear of death were all their lifetime subject to bondage.

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### Constructive fears:

- The electrician has a healthy fear of electricity
- The lion tamer has a healthy fear for lions
- The pilot has a healthy fear of gravity
- The fireman has a healthy fear of fire

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Ps 111:10 The fear of the Lord is the beginning of wisdom

Prov 19:23 The fear of Lord leads to life ...

Heb 11:7 By faith Noah, being divinely warned of things not yet seen, moved with godly fear, prepared an ark for the saving of his household ...

Mt 10:28 And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

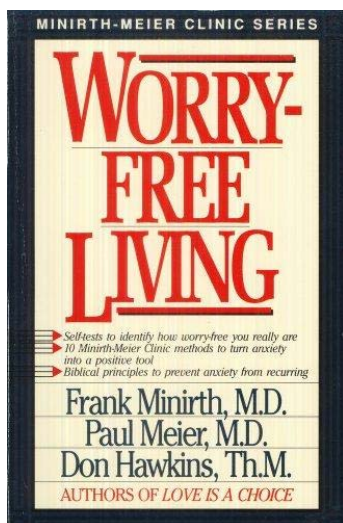
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Worry comes from the Old English term *wyrgan*, which means: “to choke” or “strangle.”

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# 1. Fear is a sin

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“We suggest setting aside fifteen minutes in the morning and another fifteen minutes in the evening for active worry. If concerns surface during other times of the day, the person should jot them down on a card and vow to deal with them during the designated period. Worry-free living involves confining the natural worry we all feel into a designated time slot of only 1 percent of a twelve-hour day.”



If you're going to sin, choose something more fun than worry.

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## 2. Fear is an insult to God

“God I know You mean well by what You say, but I'm not sure You can pull it off.”

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### 3. Fear is unproductive

Earl Nightingale, *Lead the Field*:

- 40% of worry is over things that never happen
- 30% of worry is over things past which can't be changed or corrected
- 12% of worry is over health
- 10% of worry is over petty, miscellaneous things
- 8% of worry is over real, legitimate things

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### 4. Fear is counter-productive

If you are worrying, quit; if you haven't started, don't.

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Ps 94:18-19 If I say, "My foot slips," <sup>19</sup>Your mercy, O Lord, will hold me up. In the multitude of my anxieties within me, Your comforts delight my soul.

Rom 8:15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

2 Tim 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

1 Jn 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

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Rom 8:31 What then shall we say to these things? If God is for us, who can be against us?

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