



# Fear and Anxiety

BARRIERS TO INTIMACY WITH GOD

# Barriers to Intimacy

- ▶ Unforgiveness
- ▶ Mistaken Identity
- ▶ Heart Wounds
- ▶ Habitual Sin
- ▶ **Fear and Anxiety**

# Fear and Anxiety



Matthew 13:7 Other seeds fell among thorns, and the thorns grew up and choked them.

Matthew 13:22 As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.

# Fear and Anxiety

What we fear reveals what we value most.  
What we fear reveals where we trust God  
the least. Craig Groeschel - *Soul Detox*

What are you afraid of?

What makes you anxious?

# Our Choice

When fears or anxiety come do I...

1. FOCUS on the fear?
2. FOCUS on God and learn to trust him.

“We can fix our eyes on our problems, or on Jesus. But not both. Peace is a by-product of a fixation on Jesus.” –Rob Reimer

## Phil 4:4-7

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

# Choose to Rejoice



<sup>4</sup> Rejoice in the Lord always;  
again I will say, rejoice.

To rejoice, be glad, enjoy a state of  
happiness and well-being.

# Choose to Respond w Gentleness

<sup>5</sup> Let your reasonableness be known to everyone.

Reasonableness – Gentleness

Being gracious and forbearing (patient & restrained).

How do you act toward others when you are anxious?



# Remember His Presence

The Lord is at hand.

The Lord is near. (NIV)

Choose to cultivate His Presence.

Be careful of going to “comfort sins.”

*(fantasy, lust, over-eating, abuse of alcohol, or drugs)*

# Choose to Trust

The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

## **2 COMMANDS**

Do Not Be Anxious

and Let Your Requests Be Made Known

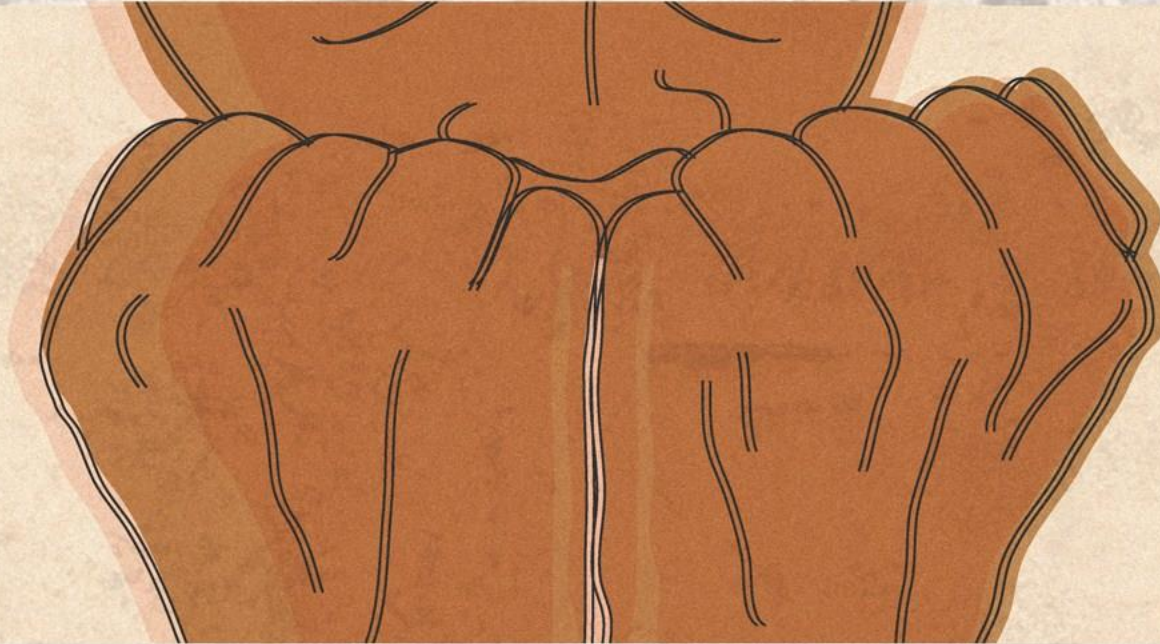
# The Promise

<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.



**...DO NOT BE ANXIOUS ABOUT ANYTHING,**



**BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING  
LET YOUR REQUESTS BE MADE KNOWN TO GOD.**

**PHILIPPIANS 4:6**