



FIGHTING FEAR & ANXIETY

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THIS READING PLAN IS FOR YOU

Our world is full of things that appear worthy of fear—things far outside our control that often lead us into anxiety. If you are struggling with anxiety right now, please know that you are loved and you are not alone. The purpose of this study is to glorify God by taking steps towards freedom from our fears through the power of the gospel. The most frequent command in the Bible is, “Do not be afraid”—repeated over 200 times to remind us of our need to obey it. If God is for us, what does it matter who is against us? If He did not spare His own Son for us, how will He not also graciously give us freedom from all our fears? If the Spirit who raised Jesus from the dead dwells in us, then how would He not have the power to free us from anxiety? If you are in Christ, then there is nothing in all creation that can separate you from God’s love. If you are in Christ, then God is your Father, Christ is your intercessor, the Spirit is your Helper, and you are no longer enslaved to your fears. These truths are not spiritual hyperbole; they are the power of God unto salvation. Cling to these truths. Do not let your feelings be enslaved to circumstance. Call these things to mind, and the power of God’s Word will change what you feel. We pray this study helps you grow in preaching the gospel to yourself and encourages your heart to fear His name alone. This week, let us fight and conquer fear and anxiety through the truth of God’s word.

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THE FORMAT OF THE READING PLAN WILL BE AS FOLLOWS—

READ—

When we read the Bible, we are not just reading man’s thoughts about God. Neither are we merely reading what God said (a few thousand years ago). Rather what we are reading is what God says in the present tense (Hebrews 3:7). For the Word of God is living and active, and when we read it God Himself is speaking to us (Hebrews 4:12). Therefore, read each passage slowly, carefully, and attentively to every word acting as if the most important being in the universe is speaking to you, because He is.

REFLECT—

Simply reading the Word is like briskly walking by a warm fire on a cold night. But meditation is like sitting by the warm fire so that it lights up your face and warms your bones. (Don Whitney, *Spiritual Disciplines for the Christian Life*). Therefore, pick a verse from each section to meditate on. What does it mean? What does it say about God? What does it say about you? You can pick any verse. But we will suggest a verse each time in case you have trouble picking one.

RESPOND—

We do not want to just be passive readers of the Word and allow what God says to go “in one ear and out the other.” Rather we want to be like the blessed man from psalm one who delights in God’s word and meditates/chews on/murmurs to himself/thinks over what God has said day and night (Psalm 1:3). These discussion questions are designed to help us think over what the Lord has said, and as we think and discuss the Lord will give us understanding (2 Timothy 2:7).

PRAY—

Pray to your Father that the Holy Spirit would empower the Word of Christ to become true in your hearts, your lives, this church, and this world as it is in heaven. Pray the Word back to God. For he always answers us when we pray according to his will (1 John 5:14). And the best way to pray according to his will is to pray His Word!

DAY 01

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**STUDY ON
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READ—

Luke 12:22-34

REFLECT—

“Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.” — Luke 12:22

RESPOND—

How does the Creator care for his creation? How does your Father care for you? How can you use these truths of God’s character as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY—

Dear Father, You are the Creator of the heavens and the earth, the one who placed every star in the universe and who knows the very count of hairs on my head. The One who feeds the raven and clothes the lilies of the field. You know every minute detail of Your creation. You are so great and so vast, and yet so close, intimate, and personal. Thank You for Your providing, protecting, and pursuing love. Forgive us for our little faith. Forgive us for doubting that You care and disbelieving that You can. Be gracious to us. Help us to fear Your Name, Amen.

DAY 02

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**STUDY ON
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READ—

Psalm 56

REFLECT—

“In God, whose word I praise, in the Lord, whose word I praise, in God I trust; I shall not be afraid. What can man do to me?”

— Psalm 56:10-11

RESPOND—

What despairing circumstances and fear was David facing? What characteristics of the LORD does he contemplate in the midst of these? What are your troubling circumstances and sources of fear and anxiety? How does the character of the LORD respond to you?

PRAY—

Thank you, Father, that You are not a hard man or a harsh father that responds to my fear by coldly telling me to suck up my tears, pick myself up, and move on, but rather You keep count of my tossings, keep my tears in Your bottle, and record them in Your book. Father, thank You for caring. Thank You for seeing me and drawing near to me in my dark hour. I declare with David, when I am afraid, I put my trust in You. Help me to praise Your Word and walk before You in the light of life.

DAY 03

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**STUDY ON
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READ—

Isaiah 51:1-16

REFLECT—

“I, I am he who comforts you; who are you that you are afraid of man who dies, of the son of man who is made like grass, and have forgotten the Lord, your Maker, who stretched out the heavens and laid the foundations of the earth.”

— Isaiah 51:12-13a

RESPOND—

How has God displayed his goodness and proven his faithfulness to you, both throughout the Bible and your life personally? How does that build faith to overcome fear and anxiety today?

PRAY—

Dear Father, thank You for your never-failing faithfulness. Time and time again, all throughout the Scriptures, You have spoken and delivered. You have been, and will be, faithful to every promise You have made. Thank You for delivering the Israelites from their bondage to slavery into their Promised Land, making them a prosperous nation, just as You had promised to Abraham. Thank You for sending your Son to deliver us from our slavery to sin, that we might become a kingdom of priests, a holy nation, a people of your possession. Thank You for being our God and for allowing us to be Your children. Would You keep these truths ever before me that I might not lose sight of the gospel, Your power unto salvation. Amen.

DAY 04

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**STUDY ON
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READ—

Romans 8:12-39

REFLECT—

“For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” — Romans 8:15

RESPOND—

How is dwelling in fear and anxiety living according to the flesh? How do we live according to the Spirit instead? How does the gospel enable us to trust God with our fears and anxieties today?

PRAY—

Dear Father, if You are for us, then who can be against us? Thank You for not sparing Your own Son but rather giving Him up for us all. We are so grateful that Christ Jesus, who not only died but was raised to life, is now seated at Your right hand, interceding for us now. What shall separate us from the love of Christ? Shall tribulation, distress, persecution, famine, nakedness, danger, or sword? No, in all these things, God, You have made us more than conquerors. Nothing, neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from Your love in Christ Jesus our Lord. Amen.

DAY 05

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**STUDY ON
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READ—

Psalm 86

REFLECT—

“Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.” — Psalm 86:11

RESPOND—

What is God worthy to be praised for today? Who is he and what has he done to deserve all glory and honor?

PRAY—

Dear Father, there is none like You. You are great and do wondrous things. You alone are God. O God, please incline our hearts to You more and more. Unite our hearts to fear your name, for You are great and worthy to be praised. Would our thoughts, affections, praise, worship, and honor be a pleasing aroma to You. And would they drive out any fear or anxiety that lingers today. We love You, LORD. Amen.

DAY 06

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**STUDY ON
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READ—

Psalm 139

REFLECT—

“How precious to me are your thoughts, O God! How vast is the sum of them!” — Psalm 139:17

RESPOND—

How does God’s omniscience (all-knowing nature) affect my fears and anxieties? What about his omnipotence (all-powerful nature)? What about his omnipresence (ever-present nature)?

PRAY—

Dear Father, You truly are omnipotent, omniscient, and omnipresent. Nothing is outside of Your knowledge. Nothing is outside of your ability. Nothing is outside of your access. Thank You for being stronger than my worries and fears. Please forgive me for ascribing greater power and importance to my circumstances and these things that have pervasively troubled me. Forgive me for fearing them and not You. I choose to fear You, to ascribe to You glory, strength, splendor, and reverence. Amen.

DAY 07

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**STUDY ON
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READ—

Revelation 22:6-21

REFLECT—

“And behold, I am coming soon. Blessed is the one who keeps the words of the prophecy of this book.” — Revelation 22:7

RESPOND—

How does our living hope, the return of our Lord Jesus Christ, inform our fears and give perspective to our circumstances?

PRAY—

Dear Father, thank You for sending us Your son in grace to bring salvation to all who would receive Him and believe in His Name. You have promised that He will come again, this time in glory to rule and reign forever and to restore us completely so that we might experience eternal life and freedom from sin in full. Your faithfulness to the former promise gives us assured hope that You will be faithful to fulfill the latter. Jesus will return again. And when He does, there will be no more fear, no more pain, no more sorrow, no more shame, no more anxiety, no more death. We will be in Your loving presence forevermore. Hallelujah! Amen!