

The Bible Has the Answer for Chronic Anxiety

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Do you realize that the Bible teaches believers to fear just one thing? That one thing is the LORD himself! In Proverbs 9:10, the LORD inspired Solomon to write, “The fear of the LORD is the beginning of wisdom...” The simple truth is that a believer who has developed a Biblical fear of the LORD has nothing else to fear.

More than 50 times throughout His Word, God has told his people to “fear not.” Why? Our sin nature tends lead us to worry – to suffer anxiety. But anxiety is not part of God’s plan for us. In Timothy 1:6-7, Paul reminds us that “... God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” Praise God that the Bible gives us God’s own plan for overcoming fear and anxiety.

So, what can we do to overcome anxiety?

- **Ask the LORD to show you if sinful focus on self is causing anxiety and/or depression (See Psalm 32 & 37).** If your emotional health is suffering due to a prideful focus on yourself, ask the LORD forgive this sin. Receive his forgiveness, instruction and joy. Psalm 32:11 commands, “Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all *ye that are* upright in heart.”
- **Ask the LORD to help you “fear not” -- because you belong to Him!**
 - **Isaiah 43:1** ¶ But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, **Fear not:** for I have redeemed thee, I have called *thee* by thy name; thou art mine.
- **Ask the LORD help you give all your worries to Him daily in prayer**
 - **1 Peter 5:7** Casting all your care upon him; for he careth for you.
 - **Philippians 4:6-7** ⁶ Be careful (i.e. anxious) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
- **Ask the LORD to help you focus your mind on Godly things**
 - **Philippians 4:8** Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

- **Ask the LORD to help you focus on His promises to meet your needs rather than focusing on worries about your needs**
 - **In Matthew 6:25-33, Jesus said,** “Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? ²⁶ Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? ²⁷ Which of you by taking thought can add one cubit unto his stature? ²⁸ And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: ²⁹ And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. ³⁰ Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, *shall he* not much more *clothe* you, O ye of little faith? ³¹ Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? ³² (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. ³³ **But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.**”
- **Ask the LORD to help you see Him as a refuge from difficulties that might bring fear.**
 - **Psalm 46:1-2** God *is* our refuge and strength, a very present help in trouble. ² Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;
- **Ask the LORD to give you peace in your heart.**
 - **John 16:33 (Jesus said)** ³³ These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.
- **Ask the LORD to help you “let not your heart be troubled.” Ask Christ to grow your faith in his promises to meet your needs.**
 - **John 14:1** Let not your heart be troubled: ye believe in God, believe also in me.

- **Ask the LORD to help you focus on the fact that He is in perfect control of all things:**
 - **Job 42:2** I know that thou canst do every *thing*, and *that* no thought can be withholden from thee.
 - **Psalm 33:11** The counsel of the LORD standeth for ever, the thoughts of his heart to all generations.
 - **Psalm 145:13** ³ Thy kingdom *is* an everlasting kingdom, and thy dominion *endureth* throughout all generations.from thee.
 - **Proverbs 16:33** ³³ The lot is cast into the lap; but the whole disposing thereof *is* of the LORD.
 - **God even controls the weather:**
 - **Jonah 1:4** But the LORD sent out a great wind into the sea, and there was a mighty tempest in the sea, so that the ship was like to be broken.

APPENDIX: Selected verses where God has commanded His people to “Fear not”

- **Genesis 15:1** ¶ After these things the word of the LORD came unto Abram in a vision, saying, **Fear not**, Abram: I *am* thy shield, *and* thy exceeding great reward.
- **Genesis 21:17** And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? **fear not**; for God hath heard the voice of the lad where he *is*.
- **Genesis 26:24** And the LORD appeared unto him the same night, and said, I *am* the God of Abraham thy father: **fear not**, for I *am* with thee, and will bless thee, and multiply thy seed for my servant Abraham's sake.
- **Genesis 35:17** And it came to pass, when she was in hard labour, that the midwife said unto her, **Fear not**; thou shalt have this son also.
- **Genesis 43:23** And he said, Peace *be* to you, **fear not**: your God, and the God of your father, hath given you treasure in your sacks: I had your money. And he brought Simeon out unto them.
- **Genesis 46:3** And he said, I *am* God, the God of thy father: **fear not** to go down into Egypt; for I will there make of thee a great nation:
- **Genesis 50:19** And Joseph said unto them, **Fear not**: for *am* I in the place of God?
- **Exodus 20:20** And Moses said unto the people, **Fear not**: for God is come to prove you, and that his fear may be before your faces, that ye sin not.
- **Deuteronomy 1:21** Behold, the LORD thy God hath set the land before thee: go up *and* possess *it*, as the LORD God of thy fathers hath said unto thee; **fear not**, neither be discouraged.
- **Deuteronomy 20:3** And shall say unto them, Hear, O Israel, ye approach this day unto battle against your enemies: let not your hearts faint, **fear not**, and do not tremble, neither be ye terrified because of them;
- **Deuteronomy 31:6** Be strong and of a good courage, **fear not**, nor be afraid of them: for the LORD thy God, he *it is* that doth go with thee; he will not fail thee, nor forsake thee.
- ⁸ And the LORD, he *it is* that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: **fear not**, neither be dismayed.
- **Joshua 8:1** ¶ And the LORD said unto Joshua, **Fear not**, neither be thou dismayed: take all the people of war with thee, and arise, go up to Ai: see, I have given into thy hand the king of Ai, and his people, and his city, and his land:
- **Joshua 10:25** And Joshua said unto them, **Fear not**, nor be dismayed, be strong and of good courage: for thus shall the LORD do to all your enemies against whom ye fight.

- **Judges 4:18** And Jael went out to meet Sisera, and said unto him, Turn in, my lord, turn in to me; **fear not**. And when he had turned in unto her into the tent, she covered him with a mantle.
- **Judges 6:10** And I said unto you, *I am* the LORD your God; **fear not** the gods of the Amorites, in whose land ye dwell: but ye have not obeyed my voice.
- ²³ And the LORD said unto him, Peace *be* unto thee; **fear not**: thou shalt not die.
- **1 Samuel 4:20** And about the time of her death the women that stood by her said unto her, **Fear not**; for thou hast born a son. But she answered not, neither did she regard *it*.
- **1 Samuel 12:20** And Samuel said unto the people, **Fear not**: ye have done all this wickedness: yet turn not aside from following the LORD, but serve the LORD with all your heart;
- **1 Samuel 22:23** Abide thou with me, **fear not**: for he that seeketh my life seeketh thy life: but with me thou *shalt be* in safeguard.
- **1 Samuel 23:17** And he said unto him, **Fear not**: for the hand of Saul my father shall not find thee; and thou shalt be king over Israel, and I shall be next unto thee; and that also Saul my father knoweth.
- **2 Samuel 9:7** And David said unto him, **Fear not**: for I will surely shew thee kindness for Jonathan thy father's sake, and will restore thee all the land of Saul thy father; and thou shalt eat bread at my table continually.
- **2 Kings 6:16** And he answered, **Fear not**: for they that *be* with us *are* more than they that *be* with them.
- **1 Chronicles 28:20** ¶ And David said to Solomon his son, Be strong and of good courage, and do *it*: **fear not**, nor be dismayed: for the LORD God, *even* my God, *will be* with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.
- **2 Chronicles 20:17** Ye shall not *need* to fight in this *battle*: set yourselves, stand ye *still*, and see the salvation of the LORD with you, O Judah and Jerusalem: **fear not**, nor be dismayed; to morrow go out against them: for the LORD *will be* with you.
- **Isaiah 7:4** And say unto him, Take heed, and be quiet; **fear not**, neither be fainthearted for the two tails of these smoking firebrands, for the fierce anger of Rezin with Syria, and of the son of Remaliah.
- **Isaiah 35:4** Say to them *that are* of a fearful heart, Be strong, **fear not**: behold, your God will come *with* vengeance, *even* God *with* a recompence; he will come and save you.
- **Isaiah 41:13** For I the LORD thy God will hold thy right hand, saying unto thee, **Fear not**; I will help thee.
- ¹⁴ **Fear not**, thou worm Jacob, *and* ye men of Israel; I will help thee, saith the LORD, and thy redeemer, the Holy One of Israel.

- **Isaiah 43:1** ¶ But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O
- Israel, **Fear not**: for I have redeemed thee, I have called *thee* by thy name; thou *art* mine.
- ⁵ **Fear not**: for I *am* with thee: I will bring thy seed from the east, and gather thee from the west;
- **Isaiah 44:2** Thus saith the LORD that made thee, and formed thee from the womb, *which* will help thee; **Fear not**, O Jacob, my servant; and thou, Jesurun, whom I have chosen.
- **Jeremiah 46:27** But **fear not** thou, O my servant Jacob, and be not dismayed, O Israel: for, behold, I will save thee from afar off, and thy seed from the land of their captivity; and Jacob shall return, and be in rest and at ease, and none shall make *him* afraid.
- **Lamentations 3:57** Thou drewest near in the day *that* I called upon thee: thou saidst, **Fear not**.
- **Daniel 10:12** Then said he unto me, **Fear not**, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.
- ¹⁹ And said, O man greatly beloved, **fear not**: peace *be* unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me.
- **Joel 2:21** **Fear not**, O land; be glad and rejoice: for the LORD will do great things.
- **Zechariah 8:13** And it shall come to pass, *that* as ye were a curse among the heathen, O house of Judah, and house of Israel; so will I save you, and ye shall be a blessing: **fear not**, *but* let your hands be strong.
- **Matthew 1:20** But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, **fear not** to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.
- **Matthew 10:28** And **fear not** them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.
- **Matthew 28:5** And the angel answered and said unto the women, **Fear not** ye: for I know that ye seek Jesus, which was crucified.
- **Luke 1:13** But the angel said unto him, **Fear not**, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John.
- ³⁰ And the angel said unto her, **Fear not**, Mary: for thou hast found favour with God.
- **Luke 2:10** And the angel said unto them, **Fear not**: for, behold, I bring you good tidings of great joy, which shall be to all people.
- **Luke 5:10** And so *was* also James, and John, the sons of Zebedee, which were partners with Simon. And Jesus said unto Simon, **Fear not**; from henceforth thou shalt catch men.

- **Luke 8:50** But when Jesus heard *it*, he answered him, saying, **Fear not**: believe only, and she shall be made whole.
- **Luke 12:7** But even the very hairs of your head are all numbered. **Fear not** therefore: ye are of more value than many sparrows.
- ³² ¶ **Fear not**, little flock; for it is your Father's good pleasure to give you the kingdom.
- **Luke 18:4** And he would not for a while: but afterward he said within himself, Though I **fear not** God, nor regard man;
- **John 12:15** **Fear not**, daughter of Sion: behold, thy King cometh, sitting on an ass's colt.
- **Acts 27:24** Saying, **Fear not**, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee.
- **1 Peter 2:18** ¶ Servants, *be* subject to *your* masters with all fear; not only to the good and gentle, but also to the froward.
- **Revelation 1:17** ¶ And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, **Fear not**; I am the first and the last: