

# Anxiety, Worry, and Fear...Three Enemies of Believers

## A Study Outline

- I. *Anxiety* and *worry* have been a plague all through mankind's history.
- II. Both concepts are closely related to *fear*... especially fear of the unknown.
- III. Many of us grew up under an aura of fear, worry, and anxiety.
- IV. Fear of other people is exploited and promoted by many. Satan rules through this fear.
  - A. Governments.** The huge colossus of power that sits over people, gaining obeisance through fear of recrimination for disobedience.
    1. Nebuchadnezzar and the three captive Hebrews (Daniel 3:1-6)
    2. Ancient Egypt and the Israelites (Exodus 1:8-16)
  - B. Parents and family.** May rule with rigor and demand respect rather than deserve it.
    1. Adam and Eve (Genesis 3:16)
    2. Unconverted mates (I Corinthians 7:12-15)
  - C. Religious leaders.**
    1. Diotrephes (III John 1:9)
    2. Pharisees (Matthew 23:1-4, 13-14)
    3. Worldwide Church of God
  - D. Other situations.**
    1. Abram and Pharaoh (Genesis 12:11-13; 20:2-11)
- V. Many have thus attained a "fear addiction," much like addictions to drugs, alcohol, or other things, since it has become a conditioned, habitual response since before they can remember. The bonds of "fear addiction" must be broken and replaced by new habits patterned after God's Spirit in us.
- VI. God's intention: fear Him, not men.
  - A. Fear God only.** [*fear* = *yir'ah*, "fear or reverence; translated fear, dread"].
    1. Proverbs 1:7; 9:10
    2. Job 28:28
    3. Ecclesiastes 12:13
    4. Psalm 111:10
  - B. Fear of men is dangerous.** [*fear* = *charadah*, "fear or anxiety; translated exceedingly, fear, quaking, trembling"].
    1. Proverbs 29:25
- VII. Exercise the spiritual gifts and cast off the fear of men.
  - A. Rejoice, fear and be anxious for nothing, and pray for everything (Philippians 4:4-7).
  - B. Think only upon God and His nature (Philippians 4:8-9).
  - C. Be content with what you have (Philippians 4:10-13).
  - D. Express Christ's love towards Him and our brethren (I John 4:18-21).
  - E. Cast your burden on Yahweh (Psalm 55:22; Matthew 6:25-34; I Peter 5:6-7).