

God's Beautiful Words to the Fearful and Anxious

Our goal is to bring Scripture into everyday life. We want it to be attractive, surprising, meaningful, inviting and life-changing. This workshop will draw out these features of Scripture and apply them to the ever-present problem of fear and anxiety. The goals are to use fear and anxiety as examples of how to plumb Scripture's depths, capture the attention of unbelievers, and edify the saints.

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I. We all struggle with fear and anxiety

II. How do we talk with the fearful?

A. God speaks to the fearful with compassions and mercy (Luke 12:32, Heb. 4:14-15)

B. God reserves his most beautiful and comforting words for the fearful (Ps. 23:4)

C. The goal is to turn in the right direction (Ps. 56:3)

III. Know the person

A. Fear and Anxiety say, "There is a threat to something I love"

B. The common threats are against life, reputation, and finances

C. Fear and anxiety only gets worse. It should not be ignored (Mark 4:18)

IV. Know what God says

A. "Talk to me"

B. "I am your God. I reign over all creation. Walk humbly before me." (Psalm 131, 1 Peter 5:6-8)

C. "Know me" (Ps. 23)

D. "Receive manna for today" (Ex. 16, Deut. 8:1-3, Matt. 6:25-34, James 1:2-4)

E. "I am with you. I will never leave you or forsake you." (John 14:16-30)

Suggested Readings: *Running Scared, When I am Afraid, When People are Big and God is Small* (Welch)