

The Reality of Anxiety in a Fallen World: Biblical Wisdom

What did David, Jesus, and Paul teach us about anxiety, worry, and fear? Is the Biblical command “fear not” or “don’t be anxious” an adequate response? How do we put these verses in context of the whole Bible?

Richard Winter is Professor Emeritus of Practical Theology and Counselling at Covenant Theological Seminary in St Louis, USA. He is also a psychotherapist and counsellor who was trained in medicine and psychiatry in England before being on the staff and a director of the English branch of the L’Abri Fellowship for 14 years. He is the author of books on boredom, depression, perfectionism, and reproductive technologies. He is married, with four children and eight grandchildren.

I. Paul – the reality of anxiety in a fallen world

- A. Phil 2:28
- B. 2 Cor 7:5
- C. 2 Cor 11:28
- D. 1 Cor 2:3

II. David’s fears and anxieties

- A. Ps 55:4-8
- B. Ps 46:1-2, 10
- C. Ps 55:22-23

III. Jesus

- A. Matt 6:19-34
 1. *Don’t worry!*
 2. *Competing treasures*
 3. *A Father’s care for birds, flowers and how much more for you!*
 4. *How much should we “care”, “take thought”, “be anxious”?*
 5. *Right priorities*
 6. *Faith, belief, trust... Who’s in control?*

IV. Paul

- A. 1 Thess 5:16-18 Gratitude
- B. 1 Thess 5:23 The God of peace
- C. Phil 4:6-9 Don’t be anxious but...

D. CBT

1. ABCD
2. Training thinking away from worrying
3. Dispute, test, train, practice

V. Where is my security? How anxiety reveals idols.

- A. Is 57:13
- B. 2 Kings 17:41
- C. Living with uncertainty

VI. Biblical Principles

- A. Repentance
- B. Ps 37 *Don't fret...trust...be still!*
- C. Is 41:10 *Do not fear...*
- D. 2 Cor 10:5 *Bring every thought captive to Christ*
- E. 1 Peter 5:7 *Cast all your anxiety upon him, for he cares for you.*
- F. Rom 12:2 *Renewal of your mind*

- G. Rom 8:28, 35-38. Ultimate comfort in terrible fear.

- H. Eph 6:10-20. *Resist the devil*
- I. Ps 8:2 Silencing the foe

- J. Gal 6: 2-5 *Bear one another's burdens*

Suggested Readings: *When Life Goes Dark: Finding Hope in the midst of Depression*
Chapter 8 on Anxiety, Richard Winter, IVP 2012
Running Scared: Fear, Worry and the God of Rest. Ed Welch, New Growth Press, 2007