

# *Overcoming Fear*

*Phillippians 4*

*The fear of the Lord is the  
beginning of knowledge.*

*Proverbs 1:7*

***There is the daily pressure  
on me of my anxiety for all  
the churches.***

***2 Corinthians 11:28b (ESV)***

***I have no one like him,  
who will be genuinely  
concerned for your  
welfare.***

***Philippians 2:20 (ESV)***



**A  
Prescription  
for  
Handling  
Anxiety**

**Step 1:**  
**Concentrate**  
**on God's**  
**Goodness**

***Rejoice in the Lord  
always. Again I will say,  
rejoice!***

***Philippians 4:4***

***Likewise the Spirit also helps in our weaknesses.***

*For we do not know what  
we should pray for as we  
ought, but the Spirit  
Himself makes  
intercession for us with  
groanings which cannot be  
uttered.*

***Romans 8:26 (NKJV)***

*What then shall we say  
to these things? If God  
is for us, who can be  
against us?*

***Romans 8:31 (NKJV)***

*He who did not spare  
His own Son, but  
delivered Him up for  
us all, how shall He not  
with Him also freely  
give us all things?*

***Romans 8:32 (NKJV)***

***Who shall separate us  
from the love of Christ?  
Shall tribulation, or  
distress, or persecution,  
or famine, or nakedness,  
or peril, or sword?***

***Romans 8:35 (NKJV)***

*Yet in all these things  
we are more than  
conquerors through  
Him who loved us.*

***Romans 8:37 (NKJV)***

*For I am persuaded that  
neither death nor life, nor  
angels nor principalities  
nor powers, nor things  
present nor things to  
come,*

***Romans 8:38 (NKJV)***

*Nor height nor depth,  
nor any other created  
thing, shall be able to  
separate us from the  
love of God which is in  
Christ Jesus our Lord.*

***Romans 8:39 (NKJV)***

Step 2:  
Concentrate  
on *Others*

*Let your **gentleness** be  
known to all men. The  
Lord is at hand.*

***Philippians 4:5***

*Now I, Paul, myself  
am pleading with you  
by the meekness and  
gentleness of Christ—*

*2 Corinthians 10:1a*

Step 3: *Pray*

***Be anxious for nothing,  
but in everything by  
prayer and supplication,  
with thanksgiving, let  
your requests be made  
known to God.***

***Philippians 4:6***

Step 4:  
Concentrate on  
your *thoughts*

***Finally, brethren,  
whatever things are true,  
whatever things are  
noble, whatever things  
are just, whatever things  
are pure, whatever things  
are lovely,***

*whatever things are of  
good report, if there is  
any virtue and if there is  
anything praiseworthy—  
meditate on these things.*

***Philippians 4:8***

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

***Romans 12:2 (ESV)***

***“And I say to you, My friends, do not be afraid of those who kill the body, and after that have no more that they can do.”***

***Luke 12:4***

Personalize  
the *Scripture*

***Fear not, for I am with  
you; be not dismayed,  
for I am your God; I will  
strengthen you, I will  
help you, I will uphold  
you with my righteous  
right hand.***

***Isaiah 41:10***

*For I, the Lord your God,  
hold your right hand; it is  
I who say to you, "Fear  
not, I am the one who  
helps you."*

***Isaiah 41:13***

Step 5: *Act*

*The things which you  
learned and received  
and heard and saw in  
me, these do, and the  
God of peace will be  
with you.*

***Philippians 4:9***

***And the peace of God,  
which surpasses all  
understanding, will  
guard your hearts and  
minds through Christ  
Jesus.***

***Philippians 4:7***

*I am sure of this, that  
he who began a good  
work in you will bring  
it to completion at the  
day of Jesus Christ.*

***Philippians 1:6 (ESV)***