

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)