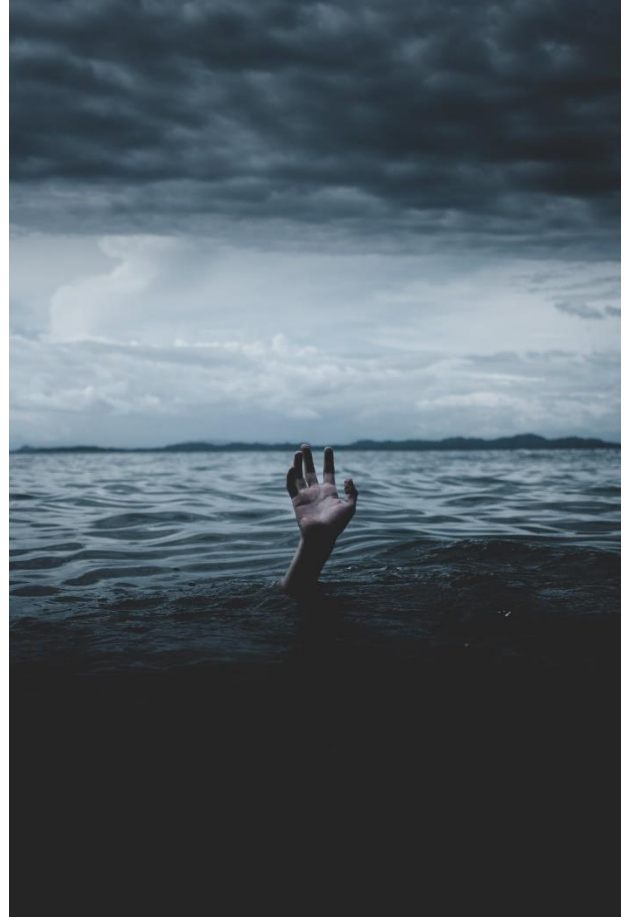


Worry, Anxiety, and Fear

Although God has given us the ability to experience fear, the Bible teaches that a paralyzing fear of people, things, and circumstances does not come from God (2 Timothy 1:7). God has given us the spirit of “power and love and self-control” and because of this we can face extreme difficulties and trials without fear.

If you already know that you are in a struggle with anxiety or fear, you have probably tried some approach to control it or have just tried to get through each day hoping that by a miracle you will just “get better.” Any of these solutions are just temporary. God created us with the ability to form habits. If we feel like we are in control of a situation and we get temporary satisfaction from trying to control that situation, this habit can become overwhelming and, eventually, is what becomes our idol. Emotions reveal our hearts. What originates in the heart flows out through the body. And, physical responses of anxiety and fear can be intense, scary, and a habitual part of our lives. But, just as we have developed the habitual thinking that leads to anxiety and fear, we can develop new habit patterns that give us a God-given remedy. Is this a process? Yes, most likely. Will it be difficult at times? Yes, most likely. Is it ultimately worth it? Yes, definitely.



If you or someone you might be concerned for is experiencing anxiety or fear, please go to libertypark.org/biblical-counseling for help.

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