

How to Deal with Anxiety and Fear

By Pastor Geoff Buck

Basic Fears

- Pr. 29:25 Fear of man
- Heb. 2:15 Fear of death
- 1 Jn. 4:17-19 Fear of judgment

Basic Problem

- Rom. 8:12-17 Spirit of adoption or spirit of fear?

Basic Promises

- Pr. 28:1 Righteousness produces boldness
- Ps. 34:4 You can be delivered from all your fears.

Basic Passage: Luke 12

1. FEAR

- .4 Death
- .7 Unloved
- .32 Missing heaven

2. WORRY

- .11 Witnessing
- .22 Provision
- .25 Body/life (the least!)
- .26 Everything else

3. ANXIETY

- .29 Provision

Basic Solutions

- Ps. 34:4 Seeking the Lord
- Josh. 1:1-9 Hearing from God!
- Pr. 1:33 Wisdom
- Mt. 14:22-33 Stepping out in faith
- 2 Ti. 1:12 Entrusting so He guards!