



R E N E W

A SERIES BASED ON ROMANS 12:2

Part 7: Fear & Anxiety
May 16th, 2021

Don't let the world around you squeeze you into its own mould, but let God re-mould your minds from within, so that you may prove in practice that the plan of God for you is good, meets all his demands and moves towards the goal of true maturity.

- Romans 12:2 (Phillips)

1. Why does the American media promote fear and anxiety?

Because when we're afraid or anxious, we give them our _____
and we _____ their products!

2. How, specifically, does the media try to get us to do that?

- Step 1: Trigger _____ in us about a topic
- Step 2: Present their _____ or _____ as the solution to the fear

3. The Bible says that "A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences" (Proverbs 22:3).

What is the difference between "taking precautions" vs. living in constant worry/anxiety?

4. According to Dr. Richard Swenson, what are three reasons that worry is foolish?

- Worrying compromises our _____ energy
- Worrying damages our _____ health
- Worrying weakens our _____ life

5. What does God say about fear and anxiety?

This is what the Lord says to me with his strong hand upon me, warning me not to follow the way of this people:

*“Do not call conspiracy
everything this people calls a conspiracy;
do not fear what they fear,
and do not dread it.*

*The Lord Almighty is the one you are to regard as holy,
he is the one you are to fear,
he is the one you are to dread.*

- Isaiah 8:11-13, NIV

Notes:

Cast all your anxiety on [God] because he cares for you.

- 1 Peter 5:7, NIV

Notes:

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

- Philipians 4:6-7, NLT

Notes:

List five things for which you can be _____ right now:

1. Salvation through Jesus

2. _____

3. _____

4. _____

5. _____



(5. What God says about fear and anxiety, continued...)

[Jesus said.] "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

- Matthew 6:25-34, NIV

Notes:

"I am the Alpha and the Omega, the First and the Last, the Beginning and the End."

- Revelation 22:13, NIV

Notes:

In the culture in which that was originally written down, the idea was that Jesus is _____
at the beginning of _____, and He is present at the end of _____,
AND He is sovereign over _____ that happens in between the beginning and
the end of everything!

TODAY'S BIG POINT:

Instead of _____, _____ your worries to God by
_____, with _____, knowing He cares about
_____! Then, focus on His _____ and know that He'll
take care of all your _____!

