

DEALING WITH FEAR God's Way!

First things first:

- The first step to an anxiety-free mind is to give your _____
 - <https://billygraham.org/story/how-to-overcome-fear-anxiety-and-worry/>

'Fear not' in the Bible:

- "Fear not!" is the most repeated command in the Bible. In fact, it's been said that there are _____ "Fear nots" in the Bible

Where is your focus?

- *And how much more valuable you are than birds! Who of you by _____ can add a single hour to his life? Since you cannot do this very little thing, _____ about the rest?" ~ Luke 12:22-26*

Know how to 'cast?'

- "_____ on the Lord and he will sustain you; he will never let the righteous fall." ~ Psalm 55:22

Isaiah 26.3: Perfect _____

- You will keep in _____ those whose minds are steadfast, because they _____ – NIV
- Thou wilt keep him in perfect peace, whose mind is _____: because he trusteth in thee. – KJV

Daniel's God – Neb's God

- At the end of that time, I, Nebuchadnezzar, raised my eyes toward heaven, and my sanity was restored. Then I _____ I honored and glorified him who lives forever. Daniel 4, NIV

_____ the Psalms

- "*The Lord is my light and my salvation—_____ The Lord is the _____ of my life—of whom shall I be afraid?" ~ Psalm 27:1*

Jesus says, _____

- ²⁸ When these things begin to take place, _____ and lift up your heads, because your redemption is drawing _____ Luke 21

3 things better than fear:

- ⁷ For God has not given us a spirit of fear,
- but of _____ and
- of _____ and
- of a _____
 - 2 Timothy 1:7 (NKJV)

So, what should we do?

- Determine to _____. God commands us not to be anxious Philippians 4:5 – 6: ⁶ Be _____, but in everything by prayer and supplication, with _____ let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will _____ and minds through Christ Jesus. - NKJV
- • _____. God promised Daniel He would answer and Daniel was not to fear (Philippians 4:6, Daniel 10:12).
- • _____ on positive thoughts: “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— _____ (Philippians 4:8).
- • Divert attention from _____ (Philippians 4:10, 2:3-4). As an individual gets his mind off his own problems by helping others, his anxiety also decreases.
- • Set a _____ on your worries. *Probably _____ of the things we are anxious about or worry about never happen.* Learning to live one day at a time is an art that can be cultivated.
 - <https://billygraham.org/answer/how-can-i-deal-with-the-fear-and-anxiety-that-makes-me-want-to-stay-home-all-the-time/>

National Day of Prayer

- “Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to _____
and break every yoke?
 - Isaiah 58

Time to SING away fear!

- ²¹ After consulting the people, Jehoshaphat appointed men **to sing to the Lord and to praise him for the splendor of his holiness** as they went out at the head of the army, saying:
- “Give thanks to the Lord,
for his love endures forever.”
- ²² **As they began to sing and praise**, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.
 - 2 Chronicles 20