Breakthru Session
Overcoming Fear, Worry, and Anxiety

Fear is a thief. It erodes our faith, plunders our hope, steals our freedom and takes away our joy of living an abundant life in Christ. ~ author Dr. Neil Anderson, Freedom From Fear

Characteristics of Fear:

1. Fear is one of the main causes of you _______ not fulfilling ______ your God-given purposes.
2. Fear is supposed to be ______ positive ________.

Psalm 111:10 The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

Proverbs 9:10 The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.

3. God gave us fear as a _______ guardrail ______ to help us avoid or escape danger.
4. Satan twists fear into a phobia to ______ paralyze __________ us.
5. Fear is the opposite of _______ faith _______ and ______ love _______. Faith is believing _______ God _______ for something. Fear is believing _______ something bad _________ is going to happen.

Job 3:25 What I feared has come upon me; what I dreaded has happened to me.

Common Effects of Stress-induced Fear:

On your body:
- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems
On your mood:
- Anxiety
- Restlessness
- Lack of motivation or focus
- Sadness or depression

On your behavior:
- Overeating or under eating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal

Forms of unhealthy fear:

1. ______ Stress
2. ______ Worry
3. ______ Anxiety
4. ______ Anger
5. ______ Control

We ______ fear ______ in the places we ______ don’t trust _______ God.

**John 16:33** *In this world you will have trouble. But take heart! I have overcome the world.*

**1 John 4:18b** *There is no fear in love. But perfect love drives out fear.*

**John 15:5** *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*

Common Roots of Unhealthy Fear

1. ______ Traumatic experiences

**Psalm 34:4** *“I sought the Lord, and he answered me; and he delivered me from all my fears.”*

2. ______ Generational fears
Philippians 4:6-7  Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and minds in Christ Jesus.

3. Overprotection/lack of protection (or neglect) mainly during childhood

2 Timothy 1:7  For God has not given us a spirit of fear; but of power, and of love, and of a sound mind.

Deuteronomy 31:6  Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave your or forsake you.

**How to Overcome Fear, Worry and Anxiety**

1. Identify your fear and the root cause. If you don’t know, ask God to reveal it to you.

John 8:32  Then you will know the truth, and the truth will set you free.

2. Surrender and give your fears and worries to God

1 Peter 5:7  Cast all your anxiety on him because he cares for you.

1 John 4:18  There is no fear in love, perfect love casts out all fear

Matthew 6:25-27  Therefore I tell you, do not worry about your life,… Look at the birds of the air; they do not sow or reap or stow away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can anyone of you by worrying add a single hour to your life?

Psalm 27:1  The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?

Nahum 1:7  The Lord is good, a refuge in times of trouble. He cares for those who trust in him.
Prayer to Overcome Fear, Worry or Anxiety

Father, I am feeling fear, worry and anxiety in an area of my life. (Or, Father, please reveal to me the root of this fear that I am feeling because I don’t know where it’s coming from.) I know this isn’t a healthy fear, and my life is being affected in very negative ways because of it.

Lord, I lift these areas of fear, worry and anxiety to You and ask You to take them and replace them with Your peace that passes all understanding. I know that Your perfect love will drive out all fear and that Your supernatural peace will guard my heart and mind.

Father, I thank you that you are my shelter and refuge and that You care for me. I trust You and surrender these fears to you. In their place, I receive Your peace. I thank You that You are my light and salvation. Of whom shall I fear—of whom shall I be afraid? It’s in Jesus’ name, I pray. Amen.