

Understanding Worry, Anxiety, and Fear

1. The words “worry,” “anxiety,” and “fear” are interchangeable biblically.
2. The temptation for our anxiety to be sinful is a real temptation.
3. Not every experience of anxiety is sinful.
4. We live in world filled with occasions for worry.
5. God cares about our experience of fear.
6. Experiences of worry are different for different people.
7. Experiences of worry frequently involve both soul & body.
8. Experiences of worry are different on different occasions. No one person’s experience is the same all the time.
9. Fear involves our imaginations and the future.

Additional details, including selected Scripture passages, are available from the sermons “Pursue the Peace of God in Prayer”, Parts 1 & 2 from Philippians 4. Visit rbctoday.com and search the sermon title.

Examining Worry, Anxiety, and Fear

A Working Definition

Fear is the conscious or unconscious response of distress we experience when we perceive a threat to something we value.

Examining the Definition

1. Fear is the experience of distress.
2. When we experience fear, two primary elements have our attention: something we value and one or more perceived threats to what we value.
3. Our response of distress is influenced by our evaluation of what we value and the threat(s).
4. In our consideration of both the object of value and the threats, we frequently imagine ...
 - a. The consequence if the threat affects what we value,
 - b. Ways to limit the threat, and
 - c. Ways to protect what we value.

Recognizing Our Limitations

1. Our knowledge is limited.
2. Our evaluation is limited.
3. Our power is limited.
4. We have limited attention.

Admitting Our Errors

1. Our imagination of the future can be incorrect.
2. Our knowledge can be incorrect.
3. Our evaluation can be incorrect.
4. Our power can be used incorrectly.
5. Our values can be disordered.