

# DEALING WITH *Fear and Anxiety*

Fear is a God given natural response we experience when our physical or psychological safety is threatened.

Irrational fears cause us to live irresponsibly.

Behind every irrational fear is a lie that must be identified and addressed.

A practical way to address our fears is to practice “Tending Your Heart”.  
Tending Your Heart - as a proactive lifestyle!

“Watch over [guard] your heart with all diligence for from it flow the springs of life.” (*Prov.4:23*)

## **DEVELOPING A PROACTIVE LIFESTYLE**

**Don't wait until you are triggered.**

**Intentionally invite Jesus into your moments throughout your day.  
Share your day with Him. Open your heart to receive from Him.**

**To do this, You may ask:**

“Jesus, what are You teaching me right now?”

“How do You want me to respond to this?”

“Father, what do You want to tell me about Yourself that will help me trust You more?”

## **RESPOND QUICKLY WHEN TRIGGERED**

“Father, how do You want me to see You today?”

“What does my heart need to hear from You right now?”

To grow in intimacy with God, be attentive to your heart and take note of anything that moves you away from peace and rest throughout the day (*Rom.13:14b; 2Cor.10:5; Mk.4:19; 2Pet.3:14b*).

**Examples: feeling fear, worry, anxiety, disappointment, discouragement, loneliness, anger...**

1. **CHOOSE TO TURN TO JESUS:** If we do not turn to Jesus and let Him meet our need, we will fill our hearts with something else. Jesus said: “Do not let your heart be troubled” [‘agitated’] (Jn.14:1). We can choose! (Ps.27:3)
  2. **ASK:** When moved away from security and rest, turn your mind & heart to God and ask (aloud if possible):  
 “Father what is this really about?” (Ps.139:23,24) Listen and don’t discount what you receive.  
 He may reveal: sin you need to repent of, a lie you believe, someone you need to forgive, a spirit you have given access to, etc. If there is a heavy or persistent burden, pain or grief, then see note below \*\*\*
  3. **RECOGNIZE** honestly. Submit to Jesus. Ask for & follow His lead – confess and repent for sin, admit agreeing with any lie, forgive and bless others where needed. Receive His forgiveness.
  4. **RENOUNCE** the lie (aloud). Break off any partnership with the enemy to accuse God or self.
  5. **REPENT** for partnering with the enemy and giving the lie authority. Ask forgiveness for any sin God reveals or any sinful reaction to your wound by self-protection, denial, self-comfort, etc.
  6. **RECEIVE AN EXCHANGE!!**  
 An empty heart invites attack (Matt.12:43-45).  
 Fill it with living truth! (Rom.10:17; 5:17b; Jn.17:8)  
 Ask what truths the Father has for your heart in exchange (Is.61:3,7a; Prov.2:1-10 NASB).  
 If possible, journal them. Let them sink into and fill your heart (Ps.51:6; 119:11). How?
  7. **REJOICE** in what He has given you in exchange for the lie (aloud if possible)! Declare it over your life! Thank Him and worship! Ask for more! Unpack it with Him until practical and helpful!
- \*\*\* *Pour out your heart to Him (Ps.62:8). Cast your care onto Him (1Pet.5:7). Place it on His body on the Cross (Is.53:4a). Let Him comfort you (2Cor.1:3,4). Receive His exchange (Is.61:1-3).*

## Good Resources:

**The One-Minute Pause** (a free app on i-tune store or google store)  
 by John Eldredge (Ransomed Heart Ministries).

Booklet “**Changing Your Thought Patterns**” by George Sanchez from IABC

Booklet “**You Can Trust God**” by Jerry Bridges from NavPress

Booklet “**How to Handle Stress**” by Dr. Don Warrick from NavPress