

# SEVERE ANXIETY

## PART 1: FEAR NOT

### INTRODUCTION

Jesus knew that fear is the most effective tool our spiritual enemy, satan, has to control our thoughts, emotions, and behaviors. He knew this would be one of our greatest struggles because fear freezes our faith and causes us to fixate on our “what-ifs.” That’s why his most repeated instruction was “Do not be afraid.”

### DISCUSSION QUESTIONS

1. Do you agree that there is more than a physical battle to be fought against anxiety? That there is a spiritual battle taking place in our hearts as well? Why or why not?
2. Read Matthew 8:23-27. The disciples’ fear came from what they were initially focused on. Their fear came from their current circumstances. What are you afraid of today? What stresses you the most?
3. What would be different in your life if you could live without fear, worry, or stress in this area?
4. Pastor Will said “whatever we focus on we magnify.” What are some truths from God’s Word that you can focus on when this fear begins to consume your thoughts and emotions?
5. In sharing his wife’s personal experience with anxiety, Pastor Will shared 5 practical tips she found to be extremely helpful for her in fighting against fear and anxiety. Which of these 5 tips could you implement beginning today?
  - Eliminate or reduce anxiety trigger foods (caffeine, fried foods, sugar, alcohol)
  - Regular exercise
  - When you start to feel an anxious response breathe in through your nose for 5 seconds, hold it for 5 seconds, then breathe out through your mouth for 5 seconds. Repeat.
  - Take magnesium before bed (after consulting with your doctor)
  - Memorize a few scriptures that speak to your exact fear or worry
6. What in your life right now will keep you from fighting the spiritual battle against fear and anxiety?
7. How can we help?

### MOVING FORWARD

For Jesus’ followers in the 1st century, the fear not command didn’t sink in until after Jesus’ resurrection. When death was defeated, there was nothing left to fear...when they lost their fear of death, they were no longer afraid. When you know Jesus is with you you can confidently say, “I don’t have to be afraid, even when there’s something to be afraid of.”