

I. Understanding fear.

A. Fear is not necessarily sinful.

1. We are to fear God. Prov. 1:7 Ps. 90:11 Isa. 6:1ff
2. Fear is a reasonable and helpful response to danger. I Co. 10:12

B. Fear has physical manifestations. Deut. 2:25 Ex. 15:16 Isa. 35:3-4 I Sam. 25:37 Gen. 27:33

C. Fear can be very damaging.

1. Fear can keep one from fulfilling his duties to God and others. Pr. 22:13 28:1
2. Obsessive Compulsive Disorder.

D. Fear becomes sinful:

1. When you fear men more than God. Prov. 29:25 Isa. 29:13
2. When you fail to trust God.
3. When you want control and certainty which belong to God alone.
4. When fear keeps you from fulfilling your responsibilities to God.

E. Keys to overcoming fear.

1. That which is to be most feared, God's wrath, has been removed by Christ. Mt. 10:28 Heb. 2:15 I Jo. 4:18
2. The Lord is your shepherd. Psalm 23
3. The righteous are characterized by boldness, not fear. Pr. 28:1 Rev. 21:8
4. When facing fears the crucial question is: What does God want you to do?
5. For those who fear imperfection, your perfection is in Christ.
6. Only God possesses certainty and control. You must trust Him. Ro. 8:28 Deut. 29:29

II. Exposition of key texts.

A. Jer. 17:5-8

B. Psalm 23

C. Prov. 1:7

D. Prov. 29:25

III. Data gathering/interpretation.

- A. Of what is the counselee afraid?
- B. Why is the counselee afraid?
 - 1. Past experience (i.e. abuse, lice, etc.).
 - 2. Experiences of others (friend died of cancer).
- C. What is the counselee's view of God?

IV. Homework for those who fear.

- A. Follow the same assignments as listed in the section on worry.
- B. Learn to trust God, focusing upon the keys to overcoming fear. Pr. 3:5-6 Js. 4:13-17
- C. Keep a fear journal.
- D. Reading.
 - 1. "What Do You Do When Fear Overcomes You?", Jay Adams (pamphlet)
 - 2. OCD: Freedom for the Obsessive-Compulsive, Michael R. Emlet (Booklet: CCEF/RFCL)
 - 3. Overcoming Fear, Worry and Anxiety, Elyse Fitzpatrick
 - 4. The Fear Factor, Wayne Mack
 - 5. When People are Big and God is Small, Ed Welch
- E. Audios
 - 1. "Don't Worry, Be Holy. Matt. 6:25-34", Jim Newheiser
 - 2. "How to Have Joy and Peace. Philippians 4:4-7", Jim Newheiser
 - 3. "What, Me Worry?", by George Scipione
 - 4. "For Women Worriers", Elyse Fitzpatrick
- F. Workbook: Homework Manual for Biblical Living Volume 1, Mack, "Fear Homework"
- G. Worksheet: "The Panic 'Fear' Attack"