



## BIBLICALLY OVERCOMING FEAR AND ANXIETY

1. Joshua 1:9 - Why did the Lord command Joshua to be strong, courageous, and unafraid?  
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2. Psalm 23:4 - Did David fear any evil when he walked “through the valley of the shadow of death”? \_\_\_\_\_

### DISCUSSION:

**Has there ever been a time where you were close to death or lost a loved one and felt fear about death? Please describe those feelings with those at your table.**

3. Psalm 27:1 - Who did David say was his light, salvation, and strength, causing him not to fear man? \_\_\_\_\_

4. Psalm 27:13-14 - What happens when a believer waits on the Lord and is “of good courage”? \_\_\_\_\_

5. Psalm 118:6 - What is a benefit of having the Lord on your side? \_\_\_\_\_

6. Proverbs 3:24-25 - Does a believer have to fear when going to sleep? \_\_\_\_\_

7. Isaiah 14:3 - Name three areas where the Lord can give rest. \_\_\_\_\_

### DISCUSSION:

**What are some areas in life that can wear you out and cause you to need “rest” from? (social media, schedules...) Discuss at your table some ways you can “rest.”**

8. Isaiah 26:3 - How can one have “perfect peace”? \_\_\_\_\_

9. Isaiah 40:31 - What can the Lord renew when we wait upon Him? (also II Cor. 12:9) \_\_\_\_\_

10. Isaiah 41:10 - Name three things the Lord can do to overcome our fears. \_\_\_\_\_

### DISCUSSION:

**What are some fears or challenges that we need to overcome as women? Discuss some ideas with those at your table.**

11. Jeremiah 1:8 - Why did the Lord instruct Jeremiah not to be “afraid of their faces”? \_\_\_\_\_

12. Nahum 1:7 - How is the Lord described to those who trust in Him? \_\_\_\_\_

13. Matthew 11:28-30 - What can Jesus give to the burdened individual that comes to Him?

14. John 14:1-3; 27 - What did Jesus say should not be “troubled” in a believer? \_\_\_\_\_

15. John 16:33 - Why should a believer be “of good cheer”? \_\_\_\_\_

16. Romans 5:1-2 - What is a benefit of being “justified by faith”? \_\_\_\_\_

17. Romans 8:38-39 - Can anything “separate us from the love of God”? \_\_\_\_\_

18. II Corinthians 1:3-4 - In how much of our tribulation does God promise to comfort us?

19. Philippians 4:6-7 - How should “your requests be made known unto God”? \_\_\_\_\_

**DISCUSSION:**

**What or who should pray for every day? Share with those at your table some ideas of prayer requests we should have on our prayer list?**

20. II Timothy 1:7 - Has God “given us the spirit of fear”? \_\_\_\_\_

21. Hebrews 4:16 - Where can a believer “obtain mercy, and find grace to help in time of need”? \_\_\_\_\_

22. Hebrews 13:5-6 - Will the Lord ever leave or forsake a believer? \_\_\_\_\_

23. I Peter 5:7 - What should be cast upon the Lord? \_\_\_\_\_

24. I John 4:4 - Who is greater “than he that is in the world”? \_\_\_\_\_

25. I John 5:4 - What is the victory “that overcometh the world”? \_\_\_\_\_

**DISCUSSION:**

**How does this “victory” the Christian has access to differ from the world’s philosophies of overcoming and coping with problems in life?**

26. I John 5:5 – Who overcomes the world? \_\_\_\_\_

**Memory Verse:** I John 4:18a ~ “There is no fear in love; but perfect love casteth out fear.”

*“The fear of God releases us from all lesser fears.”*