

sultants. God says, *“Tune your ears to wisdom, and concentrate on understanding. Cry out for insight and understanding”* (Proverbs 2:2, 3 ).

There are experts in all fields of life, who can provide knowledge that will help us relax regarding our troubles. We can always ‘Google’ the Web, to get additional information.

### **7. Conquer aspects of fear a bit at a time**

Fears are not easy to overcome. Some are inherited from our past upbringing, or the result of accidents or terrible events. They are resident memories, ready to raise their heads like a deadly snake, with the poison of fear. As we work on these fears we can learn how to conquer them or manage them. The process takes time but fears can be overcome one at a time.

### **8. Use Scripture, faith and prayer**

As Christians we can utilize prayer and meditating on Bible passages which promise God’s assistance and guidance during our troubled times. God ministers to us individually through His Word. *“You will keep in perfect peace all who trust in you, whose thoughts are fixed on you”* (Isaiah 26:3). When we are overcome by fear and panic, we can focus on God, and let Him build a powerful protection around our minds. As we talk to Him about our fear, panic is reduced and He gives calmness of mind and soul.

### **9. Never give in to Fear**

Remember that many threatening and fearful situations in life are temporary. Life is a journey with constant change. There is always light at the end of the tunnel. God is with us all the

way and he says, *“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand”* (Isaiah 41:10).

### **10. Accept the Inevitable**

The Bible says, *“Fear torments us”* (1John 4:18). One of the reasons for this, is that we cannot change certain things in life. We fret, stew and worry about what is, or what may be. But Jesus said, *“No one can change anything by worrying”* (Matthew 6:27). We must accept and resign ourselves to God’s will and what he permits to come our way. True, we must do our part to reduce tension, avoid stress and face fear, but we must leave the unknown and the control of life to Him. He will give strength sufficient for the day.

When we work on these practical steps, we know we are on the way to overcoming our fears and facing life with greater confidence.

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So if the Son sets you free, you will be free indeed. - John 8:36 ASSOCIATION

# **Practical Steps To Help Deal with Fear and Anxiety**

*Bible*  
**CORRESPONDENCE**  
FELLOWSHIP

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# Practical Steps To Help Deal With Fear and Anxiety

In a country where we frequently use the phrase “No worries, Mate”, we all experience times of worry, fear and anxiety. Sometimes we are afraid for good reasons, but at other times our fears are unfounded.

We need to consider the words of King David in Psalm 27, *‘that we can trust in the Lord and find help to cope with fears’*. David often felt hurt, afraid, worried, anxious and even had moments of doubt (Psalm 27: 7, 9, 12). But he was willing to trust in God and discipline his thoughts, so as to not abandon his faith in the face of calamity.

We looked at a **Fear Acronym**. If we do the first set of things, we are guaranteed to have fear. But if we practice the second set, (on the right) we will do much better.

## We looked at Jesus antidote for Fear?

<i>F – Forget God</i>	<i>F – Face your Fear</i>
<i>E – Eliminate Faith</i>	<i>E – Expect Deliverance</i>
<i>A – Abandon Hope</i>	<i>A – Anticipate Help</i>
<i>R – Respond with Panic</i>	<i>R – React with Faith</i>

In Mark 5:36 - He calls for **FAITH**

In Philippians 4: 6, 7 - He tells us to **PRAY**

The result of Faith and Prayer is the promise of God’s **PEACE** (v.7).

In this study we will examine and develop some practical steps to help us deal with fear.

## 1. Seek to identify the cause of the fear

Psychologists call this understanding your fears, by identifying the basic cause. It is the first step in dealing with fear. We do this by asking ourselves a series of questions such as:

What has happened that is making me afraid?  
Is it real or something I imagine might happen?  
Am I facing a traumatic event, crisis or decision?  
Did my boss say something that scared me?  
Did my partner threaten me or get violent?  
Am I going into debt just to get by each week?  
Are others expecting too much from me?

Write out a list of the things making you nervous or afraid and prioritize them according to which one affects you the most. Because fear is often the result of being hurt, we need to know the type of thing that hurts us. This exercise helps us identify our fear.

## 2. Distance yourself when necessary

Often when we are afraid it is because something is happening over which we may have no control. To avoid confrontation or continued fear and anxiety, we may need to physically remove ourselves from the situation. It could be staying with friends, going to authorities, or even a future re-location. This is like Joseph in the Bible who *“tore himself away from Potifar’s wife and fled out of the house”* (Genesis 39: 6-12).

This action is reserved for removal from a dangerous or unsolvable circumstance and is not to be an escape from facing the normal problems of life.

## 3. Talk with a Christian friend or counselor

It is always helpful to talk with a close friend, Counselor or Pastor about our fears, anxieties, worries and concerns. We will need to be com-

fortable sharing what’s on our mind. God reminds us, *“Where there is no counsel, the people fall; But in the multitude of counselors there is safety”* (Proverbs 11:14). *“A friend loves you all the time. A brother is always there to help you”* (Proverbs 17:17). Above all we will need to be honest and willing to talk about personal struggles and hurts.

## 4. Seek family assistance where needed

When we are afraid, we need support. Family is important to provide assistance. Someone to come over and stay with you, do the cooking, drive the car or help out wherever needed. Sometimes the extended church family or local community social services can help. God instructs us to *“Bear one another’s burdens, and do good to all people, especially to those who belong to the family of believers* (cf. Galatians 6: 1-10).

## 5. See a doctor about medical help

In some cases, the traumatizing effect of fear can be reduced with medical drugs. It is wise to go to your doctor and see if prescribed medication can be used to calm the mind and ease the anxiety. Even the Apostle Paul told a young nervous timid Timothy, *“Don’t drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often”* (1Timothy 5:13).

## 6. Get helpful information about your fear

Fear of the unknown can make us panic. It is very helpful to get additional information about ‘what’ is making us afraid. Pharmacists and doctors can give information about our health issues. And there are many other con