

How to Combat Fear and Anxiety – Hebrews 10:23-25

What is a pandemic? A pandemic is an outbreak of an infectious disease that spreads through human populations across a large region.

Yes, the coronavirus fits that definition and it should be taken very seriously, however we are faced with another pandemic that is spreading like wildfire.

Fear is an infectious disease that is overtaking our country and our world!

How are we, the Church, called to address and combat the spread of this disease called fear? For it is far more contagious than the coronavirus.

F-E-A-R can bring about two very different outcomes in people!

- “Forget Everything And Run”
- “Face Everything And Rise”

The songs we just sang together speak of a specific response to fear!

“I lift my hands to believe again! You are my refuge, You are my strength. As I pour out my heart these things I remember, You are faithful God forever!”

“Strength will rise as we wait upon the Lord... Our God, You reign forever. Our hope, our strong deliverer! You are the everlasting God... You do not faint. You won’t grow weary. You’re the defender of the weak. You comfort those in need. You lift us up on wings like eagles.”

“Christ alone; Cornerstone. The weak made strong in the Savior’s love. Through the storm, He is Lord. Lord of all!”

So does the catechism question we answered together - “My only comfort... is that I am not my own, but belong—body and soul, in life and in death to my faithful Savior Jesus Christ...”

Do we believe this to be true? If so, how should we respond to fear & the storm we are currently facing? Our response to fear should be great faith!

We must not forget everything we claim to believe and run, we must face everything with great faith and rise, and be a light in this world!

The Bible speaks of “fear” over 500 times. Some have said that you can find a Scripture that says “fear not” for every day of the calendar year! Let us heed these words & combat the spread of fear in our world, and replace it with faith!

Let me share with you my **TOP 10 LIST** of Scriptures that can help us do this!

- 10) **Proverbs 3:5-6** – “Trust in the Lord with all your heart & lean not on your own understanding. In all your ways acknowledge Him and He will make straight your paths.”
- 9) **Isaiah 41:10** – “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
- 8) **Psalms 46:1** - “God is our refuge & strength, a very present help in trouble.”
- 7) **Matthew 6:34** - “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”
- 6) **Psalms 55:22** – “Cast your burdens on the LORD, and he will sustain you; he will never permit the righteous to be moved.”
- 5) **2 Timothy 1:7** – “For God gave us a spirit not of fear but of power and love and self-control.”
- 4) **Luke 12:22-26** – “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?”
- 3) **Deuteronomy 31:6** – “Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.”
- 2) **Romans 8:38-39** – “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”
- 1) **Philippians 4:6-7** – “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

How to Combat Fear and Anxiety – Hebrews 10:23-25

What is a pandemic? A pandemic is an _____ of an infectious disease that spreads through human populations across a large region.

Yes, the coronavirus fits that definition and it should be taken very seriously, however we are faced with another pandemic that is spreading like wildfire.

_____ is an infectious disease that is overtaking our country and our world!

How are we, the Church, called to address and combat the spread of this disease called fear? For it is far more contagious than the coronavirus.

F-E-A-R can bring about two very different outcomes in people!

- “_____ Everything And Run”
- “_____ Everything And Rise”

The songs we just sang together speak of a specific response to fear!

“I lift my hands to _____ again! You are my refuge, You are my strength. As I pour out my heart these things I remember, You are faithful God forever!”

“Strength will rise as we wait upon the Lord... Our God, You reign forever. Our hope, our strong deliverer! You are the everlasting God... You do not faint. You won’t grow weary. You’re the defender of the weak. You comfort those in need. You lift us up on wings like eagles.”

“Christ alone; Cornerstone. The weak made strong in the Savior’s love. Through the storm, _____. Lord of all!”

So does the catechism question we answered together - *“My only comfort... is that I am not my own, but belong—body and soul, in life and in death to my faithful Savior Jesus Christ...”*

Do we believe this to be true? If so, how should we respond to fear & the storm we are currently facing? Our response to fear should be great _____!

We must not forget everything we claim to believe and run, we must face everything with great faith and rise, and be a light in this world!

The Bible speaks of “fear” over 500 times. Some have said that you can find a Scripture that says “fear not” for every day of the calendar year! Let us heed these words & combat the spread of fear in our world, and replace it with faith!

Let me share with you my **TOP 10 LIST** of Scriptures that can help us do this!

- 10) Proverbs 3:5-6** – “_____ in the Lord with all your heart & lean not on your own understanding. In all your ways acknowledge Him and He will make straight your paths.”
- 9) Isaiah 41:10** – “_____, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
- 8) Psalm 46:1** - “God is our refuge & strength, a very present _____ in trouble.”
- 7) Matthew 6:34** - “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”
- 6) Psalm 55:22** – “Cast your burdens on the LORD, and he will _____; He will never permit the righteous to be moved.”
- 5) 2 Timothy 1:7** – “For God gave us a spirit not of fear but of power and love and _____.”
- 4) Luke 12:22-26** – “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?”
- 3) Deuteronomy 31:6** – “Be strong and _____. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.”
- 2) Romans 8:38-39** – “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”
- 1) Philippians 4:6-7** – “Do not be _____ about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the _____, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”