



Unafraid – FEAR
Attack Your Anxieties
With Actions
Tom Deviney



Face Your Fears with Faith

Examine You Assumptions
in Light of the Facts

A*ttack Your Anxieties
with Actions*

Release Your Cares to God



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See a Professional if:

Your anxiety is debilitating

Your anxiety is chronic (ongoing)

**You are having physical symptoms
such as heart palpitations or nausea**

**You are experiencing insomnia
or depression**

**You are having thoughts of harming
yourself or others**



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FEAR vs. ANXIETY

- | | |
|--|---|
| <input type="checkbox"/> Known in origin | <input type="checkbox"/> Unknown or vague |
| <input type="checkbox"/> Definite | <input type="checkbox"/> Indefinite |
| <input type="checkbox"/> External source | <input type="checkbox"/> Internal in Origin |
| <input type="checkbox"/> Alerting signal | <input type="checkbox"/> Alarming signal |
| <input type="checkbox"/> Non-conflictual | <input type="checkbox"/> Conflictual |



Contributors to Anxiety:

Stressful work, school or personal relationships

Emotional trauma

Financial stress

Poorly defined future state

Chronic or serious medical conditions

**Excessive alcohol or drug use
(including caffeine)**

Poor general physical health

 **Contributors to Well-Being:**

Regular exercise

Regular and adequate sleep routine


Well-balanced diet

**Reduce/eliminate alcohol and drug use
(including caffeine)**

**Practice relaxation techniques
(physical and/or mental)**



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Balance Your Thinking
(Facts are our friends)
(No “stinkin’ thinkin’”)

2 Timothy 1:6–7 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.



**Take Charge of what you can
Be at Peace with what you cannot**

**Matthew 6:34 Therefore do not worry
about tomorrow, for tomorrow will
worry about itself. Each day has
enough trouble of its own.**



**God, grant me the serenity to
accept the things I cannot change,
courage to change the things I can,
and wisdom to know the
difference.”**

*from “Serenity Prayer”
by Reinhold Niebuhr*

Develop Spiritual Friendships

Ecclesiastes 4:9–12 Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.



“The gospel of Christ knows no religion, but social; no holiness but social holiness.”

***John Wesley
The Works of John Wesley,
volume XIV***



Draw Close to God

James 4:8a Come near to God and he will come near to you.

Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



Challenge Your Fears

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”



Remember:

Care for your physical well-being

Balance your thinking

Take charge of what you can,

Be at peace with what you cannot

Develop spiritual friendships

Draw close to God

Challenge your fears



Joshua 1:1–9

After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses.



our territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.



Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it.



Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”



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