

Fear and Anxiety
Message 01 in the series, "Help, I'm Out of Control"

A. Saul felt out of control — so he grabbed the wheel from God, and it cost him.

"Then go down to Gilgal ahead of me. I will join you there to sacrifice burnt offerings and peace offerings. You must wait for seven days until I arrive and give you further instructions."

1 Samuel 10:8 (NLT)

"The Philistines mustered a mighty army of 3,000 chariots, 6,000 charioteers, and as many warriors as the grains of sand on the seashore! ...and because they were hard pressed by the enemy, they tried to hide in caves, thickets, rocks, holes, and cisterns. Some of them crossed the Jordan River and escaped into the land of Gad and Gilead. Meanwhile, Saul stayed at Gilgal, and his men were trembling with fear. Saul waited there seven days for Samuel, as Samuel had instructed him earlier, but Samuel still didn't come. Saul realized that his troops were rapidly slipping away. So he demanded, 'Bring me the burnt offering and the peace offerings!' And Saul sacrificed the burnt offering himself. Just as Saul was finishing with the burnt offering, Samuel arrived. Saul went out to meet and welcome him, but Samuel said, 'What is this you have done?' Saul replied, 'I saw my men scattering from me, and you didn't arrive when you said you would, and the Philistines are at Micmash ready for battle. So I said, 'The Philistines are ready to march against us at Gilgal, and I haven't even asked for the LORD's help!' So I felt compelled to offer the burnt offering myself before you came.' 'How foolish!' Samuel exclaimed. 'You have not kept the command the LORD your God gave you. Had you kept it, the LORD would have established your kingdom over Israel forever.'"

1 Samuel 13:5-13 (NLT)

Note: Moving outside God's boundaries to control life always comes at a cost.

"There is a path before each person that seems right, but it ends in death." Proverbs 14:12 (NLT)

Note: We each have a default setting when life spins out of control—and most of them aren't healthy.

B. Worry and anxiety

"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?" Matthew 6:25-27 (NLT)

1. When life is out of control and I feel fear or anxiety, I need to remember that God is in charge.

"I trust in the LORD for protection. So why do you say to me, 'Fly like a bird to the mountains for safety! The wicked are stringing their bows and fitting their arrows on the bowstrings. They shoot from the shadows at those whose hearts are right. The foundations of law and order have collapsed. What can the righteous do?' But the LORD is in his holy Temple; the LORD still rules from heaven..." Psalm 11:1-4 (NLT)

"God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea... God's voice thunders, and the earth melts! The LORD of Heaven's Armies is here among us; the God of Israel is our fortress."

Psalm 46:1-2, 6-7 (NLT)

2. When life is out of control and I feel fear or anxiety, I need to remember that God is my provider.

"LORD, help!" they cried in their trouble, and he rescued them from their distress. He led them straight to safety, to a city where they could live. Let them praise the LORD for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things." Psalm 107:6-9 (NLT)

"I prayed to the LORD, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the LORD listened; he saved me from all my troubles. For the angel of the LORD is a guard; he surrounds and defends all who fear him. Taste and see that the LORD is good. Oh, the joys of those who take refuge in him! Fear the LORD, you his godly people, for those who fear him will have all they need. Even strong young lions sometimes go hungry, but those who trust in the LORD will lack no good thing." Psalm 34:4-10 (NLT)

"The righteous person faces many troubles, but the LORD comes to the rescue each time."
Psalm 34:19 (NLT)

3. When life is out of control and I feel fear or anxiety, I need to remember that God is my protector.

"The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety." Psalm 18:2 (NLT)

"The LORD is my light and my salvation— so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble? When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident." Psalm 27:1-3 (NLT)

"Leave your troubles with the LORD, and he will defend you; he never lets honest people be defeated." Psalm 55:22 (GNTD)

4. When life is out of control and I feel fear or anxiety, I need to remember that God will guide me.

"Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life." Psalm 143:8 (NIV)

"The LORD says, 'I will guide you along the best pathway for your life. I will advise you and watch over you.'" Psalm 32:8 (NLT)

"You guide me with your counsel, leading me to a glorious destiny." Psalm 73:24 (NLT)

5. When life is out of control and I feel fear or anxiety, I need to remember that God will deliver, restore, and heal me.

"I prayed to the LORD, and he answered me; he freed me from all my fears."
Psalm 34:4 (GNTD)

"When doubts filled my mind, your comfort gave me renewed hope and cheer."
Psalm 94:19 (NLT)

"I will both lie down and sleep in peace, for You alone, O LORD, make me live in safety."
Psalm 4:8 (CSB)

"Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!"
Psalm 103:2-5 (NLT)

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