

Personal Fear Inventory #1

1. On a scale of 1 to 10 with one being the absence of fear and 10 being panic attack, where would you rank yourself on how fearful you generally are.

1 2 3 4 5 6 7 8 9 10
no fear vague anxiety worry a lot panic mode

2. What areas seem to generate the most anxiety for you right now?

Examples: Finances safety of loved ones personal health hell dying
What others think of you failure being alone losing salvation change
unemployment gaining weight consequences of past sins rejection

3. What fears do you harbor regarding the people you love?

4. Fear and Worries arise when we could lose something important to us—something we love. What are you fundamentally most afraid you could lose?

5. What fears do you have about your own death or possible physical disabilities?

(from When I am Afraid—a step-by-step guide away from fear and anxiety by Ed Welch)

Personal Fear Inventory #2

When you are anxious, when you are worrying

1. What are you believing about God that is a lie?

(check all those that you tend to believe)

God doesn't care about this.

God is not paying attention.

God is not powerful enough to protect me.

God may punish me with _____ because of my past sin.

God is not really in control if THIS situation.

God is not really good.

God may be good to others but He is not good to me.

Evil, satan, bad people are bigger than God.

List any other lies you tend to believe about God:

2. What are you believing about yourself that is a lie?

I am alone.

I am defenseless.

My life is a series of random events.

My life does not make sense.

I have to be the one in control or else bad things will happen.

I am in control.

If _____ happens, then my life will be hopeless.

If I lose _____, then life will be without meaning.

List any other lies you tend to believe about yourself:

Personal Fear Inventory #3

When you find yourself experiencing anxiety and worry

1. What is the Truth about God?

2. What is the Truth about your self?

Things to THINK, DO, READ...

*Read Running Scared: Fear, Worry, and the God of Peace by Ed Welch

*Work thru When I am Afraid: A Step-by-Step Guide Away from Fear and Anxiety also by Ed Welch

*Google The Heidelberg Catechism and mediate on the first question and answer "What is your only comfort in life and in death?"

*Read Overcoming Fear, Worry, and Anxiety: Becoming A Woman of Faith and Confidence by Elyse Fitzpatrick

*Go to ccf.org to find biblical resources for daily living

*Write one verse on a note card and tape to your bathroom mirror. Meditate on it while you dry your hair, do makeup, etc... Switch cards out weekly.

*Go to bible.cc/ and find multiple Bible translations, commentaries, etc...

*Remind yourself, "God, even if _____ happens, You will still be God and You will give me grace to glorify You with my life."

*Go to www.desiringgod.org and read sermons, conference talks, by John Piper

*Before you get out of bed in the morning, remind yourself, "God's mercies are new this morning. He is faithful." (Lam 3:23-22)

*Practice waking up to your thinking. When you are driving down the road, folding clothes, etc.. think about God. Remind yourself: God is my Father. He is good to me.

*When you get in bed at night, take at least one minute and thank God for at least one good thing that happened that day.

What is TRUE about God?

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. Rm 8:28

The earth is the Lord's, and everything in it. The world and all its people belong to Him. For He laid the earth's foundation on the seas and built it on the ocean depths. Psm 24:1,2

The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning. Lam 3:22-23

Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge. Ps 62:8

I give them eternal life, and they will never perish, and no one will snatch them out of My hand. My Father, who has given them to Me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one.-- Jesus (John 10:28-30)

Deep in your hearts you know that every promise of the LORD your God has come true. Not a single one has failed! Joshua 23:14

He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. Ps 103: 3-4

For the word of the Lord is upright and all His work is done in faithfulness. He loves righteousness and justice; the earth is full of the steadfast love of the Lord. Ps 33: 4.5

God is our refuge and strength, a very present help in trouble. Ps 46:1

Great is our Lord, and abundant in power; His understanding is beyond measure. Ps 147:5

Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For My yoke is easy to bear, and the burden I give you is light." Mt 11:28-30

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Ps 34:17,18

What is TRUE about your self?

The eyes of the LORD search the whole earth in order to strengthen those whose hearts are fully committed to Him. 2Chronicles 16:9

So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most. Heb. 4:16

Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; He will neither fail you nor abandon you. Deu 31:8

For I can do everything through Christ, who gives me strength. Phil 4:13

For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. Jer 29:11

And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. 2 Cor 9:8

There is therefore now no condemnation for those who are in Christ Jesus. Rm 8:1

Give all your worries and cares to God, for He cares about you. 1 Peter 5:7

His divine power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness. 2 Peter 1:3

For momentary, light affliction is producing in us an eternal weight of glory far beyond all comparison. 2Cor 4:17

You hem me in, behind and before, and lay Your hand upon me. Ps 139:5

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Phil 4:6

I will bless the Lord who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for He is right beside me. Ps 16:7-8

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Rm 8:35,37-39

Be at rest once more, O my soul, for the Lord has been good to you. Ps.116:7

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Ro. 8:18

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. Col 3:1-3

And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ. Phil. 1:6

The Lord is my shepherd; I have all that I need. Ps 23:1

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. Ps 34: 4-7

For His unflinching love toward those who fear Him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west. Ps 103: 11,12

MINDSET -revised
Sam R. Williams, Ph.D.

Romans 12:2

*Do not be conformed to this world, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Philip. 4:8

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things**.*

1. Christians have a choice about their mindset.

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. [2] Set your minds on things that are above, not on things that are on earth. Col. 3:1-2

Your heart will seek and can only seek that which your mind is set upon.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. [6] To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. Romans 8:5-6

So, mindset on flesh = death. But, mindset on Spirit = life & peace.
Where, on what, do you set your mind?

Our minds, like the thermostats in our house, have settings. In the same way you can set the thermostat in your house where you choose, you may set your mind where you choose.

The only difference is that there is no off setting. Your mind is always at work, it never stops.

Thinking is a constant activity, like breathing, whether we are aware of it or not. We can become more aware of and intentional about the content and direction of our thoughts. But, this requires alertness and practice.

2. Our mindset is closely related to our emotions. Look behind troubled emotions (worry, anxiety, depression) and you will always find wrong thinking. On the other hand, right thinking brings peace.

*You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.*

Isaiah 26:3

For as he thinks in his heart, so is he. Proverbs 23:7a

3. The heart/mind/soul must be guarded against sinful thoughts.

Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23

For from within, out of the heart of man, come evil thoughts . . . Mark 7:21

4. Practically, our mindset is like a spectrum, with varying degrees of godly vs. ungodly thought.

Godly

Ungodly

Thinking

Thinking

Our position on this spectrum depends upon our moment by moment choices regarding:

- a) how much responsibility we accept for our thought life
- b) where we choose to direct the course of our thoughts
- c) what we choose to fill our minds with or meditate upon
- d) how much effort we choose to exert to discipline our minds
- e) how intentional we are about “taking every thought captive to obey Christ.”

How obedient is your mind?

Are you willing to love God with *all your mind*?

5. The Word of God is our weapon in this battle for the mind.

*For though we walk in the flesh, we are not waging war according to the flesh.
[4] For the weapons of our warfare are not of the flesh but have divine power to destroy
strongholds. We destroy arguments [5] and every lofty opinion raised against the
knowledge of God, and take every thought captive to obey Christ.* 2 Cor. 10:3-5

Sanctify them in the truth; your word is truth. John 17:17

Thy word have I hid in mine heart, that I might not sin against thee. Psalm 119:11

“Just as Tommy cannot cleanse himself, so we cannot transform ourselves. Only the Holy Spirit can do that. But just as Tommy must bring himself under the cleansing action of the soap and water, so we must bring ourselves under the

transforming action of the Holy Spirit. This means of course that we must continually submit our minds to the Word of God, which is the chief instrument the Holy Spirit uses to transform us.”

J. Bridges, *The Discipline of Grace*

*This Book of the Law shall not depart from your mouth, but you shall **meditate on it day and night, so that you may be careful to do** according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8*

Our mindset influences our will, “so that you may be careful to do.”

6. The extent to which the Lord blesses our life and the type of fruit we bear are contingent upon our mindset.

*Blessed is the man who walks not in the counsel of the wicked, . . .
[2] but his delight is in the law of the Lord,
and on his law he meditates day and night.
[3] He is like a tree planted by streams of water
that yields its fruit in its season, and its leaf does not wither.
In all that he does, he prospers.
Psalm 1:1-3*

7. Practical disciplines for maintaining a godly mindset

- a) Daily Bible reading
- b) Scripture meditation throughout the day – visual aids
- c) Prayer – **both** adoration and supplication
- d) Thanksgiving – several times per day
- e) Study and meditate on theological doctrines

8. Practical steps for renewing the mind

- **CATCH** your thought or attitude as sinful. (2 Cor. 10:5)
- **CONFESS** your thought or attitude as sinful. (1 John 1:9)
- **CLAIM** the Holy Spirit’s power to overcome the sinful thought or attitude. (Phil 4:13)
- **FORCE** your mind to change from the sinful thoughts of attitudes to godly ones. (Phil. 4:8-9)
- **REPEAT** these steps when sinful thoughts or attitudes occur again. (Gal. 6:9)
(CTO Ministries, 1998)