

A top-down view of a white ceramic cup filled with a frothy, golden-brown beverage, likely coffee, sitting on a dark, textured wooden surface. To the right of the cup, a portion of a dark-colored laptop keyboard is visible, showing several keys. The lighting is soft, creating a warm and professional atmosphere.

# 5 PRACTICAL WORKSHEETS

ON COMMON COUNSELING ISSUES

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# Communication

*Read Ephesians 4:25-32 & Discuss how you each can apply those principles to your communication with one another.*

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God's Word guides us in how to communicate in order to keep unity in our relationships. There is no clearer description than in the book of Ephesians. Ephesians 1-3 lays the foundation as it assures us of our vertical relationship and who we are in Christ. Ephesians 4:1 is transitional. "Therefore," because of who we are in Christ and because of our union with Him, we are told to have a walk worthy of that calling and relationship. Our vertical relationship with God should make a difference in how we get along with our horizontal family relationships. **The attitude toward those horizontal relationships is expressed in Eph 4:2 (humble, gentle, patient, loving) and in Eph 4:3, we find the admonition to endeavor (as much as lies within you - Rom 12:18) to keep the unity of the Spirit in the bond of peace.**

## Rule # 1- Be Honest - Eph 4:25

Blurt out anything in the name of truth? No! It's tempered by 4:15, speaking the truth in love. So I must be honest in all my human relationships motivated by love, asking myself if I am saying what I say because I love the person and want what is best for him. **Venting to make myself feel better in the name of harsh truth is extremely selfish.** Some people pride themselves in "speaking their minds" and "truth that hurts." God is truth, but His truth frees us! So should mine!

There may be times I have to confront another's sin, and that is always difficult. My responsibility is to be honest and motivated by love for the individual. God is responsible to produce the results. In other words, I can't neglect my responsibility for honesty just because I believe he may not respond as I hope he will. His response is between him and God and I must leave that in God's hands. My responsibility is to speak the truth in love.

Another way I may fail to be honest is by denying that I even have a problem. "What's wrong?" "Nothing! Leave me alone!" "Me...a problem? Of course not!" **Denial equals dishonesty.**

## Rule # 2 - Keep Current - Eph 4:26:27

When I am angry, I must not sin by having a sinful response to that anger. Specifically, I should not hold anger in and stuff it. The sun must not go down on my unresolved anger. To do so gives the devil a foothold, an inroad into my life.

**Unresolved anger opens the door to all kinds of temptations and sin.** Bad news! Check out James 4:1-12 for one example of a sinful response to anger. It destroys people when anger gives way to bitterness (Heb 12:15) and bitterness gives way to hatred and vengeance (Rom 12:19-21). Today's problems are enough to deal with today (Mt 6:34), so I shouldn't carry today's problems over into tomorrow lest I wake up angry tomorrow still dealing with today's stuff.



### Rule# 3 – Attack Problems, Not People - Eph 4:29,30

Labeling others with words like "stupid" or "slob" or saying things like "I wish I didn't have to be around you" or even things like "you always...or you never..." are attacks on the person or their character (as well as lies!). This does nothing to help solve the problems, but rather makes more problems as those with whom God has called us to walk in unity become our "enemies" that we attack.

Any two believers, regardless of the human relationship (spouse, parent/child, sibling, employer/ee, neighbor, friend, brother in Christ, or even enemy) are on the same team - God's! We are teammates, and must treat each other as such, teaming up to attack any problem that would divide us and destroy unity. I must be committed to my teammates and see them as valuable to God - just as much as I am.

God loves all His children, none more than the others. So I should never attack any other creation of God's, either by corrupt (rotten) words or by lack of words. Silence is often interpreted as saying "You aren't worth the energy it takes to communicate to resolution." To say even one corrupt word actually grieves the Holy Spirit! He allows for none!

Instead, we must work toward solutions to anything that divides us - stuff that makes us angry, like what one or the other said or did. I don't know what to do to fix "slob" attack, but I do know what to do to fix "you did not clean your room today." I can clean my room and restore the unity. I can't fix "stupid" but I can attack the problem of "leaving the lights on all night." When I define the word or deed that made me angry, I can tell you what I want you to fix, and then you can respond and fix it! Unity happens when we as teammates attack problems! Disunity happens when we attack each other, and God is grieved!

### Rule # 4 – Act! Don't React - Eph 4:31,32

When we react, we "bounce off" the words or actions of another. We let ourselves be controlled by what they say or do, giving over to anger, being jerked around by what another person says or does. By whom does God's Word instruct me to be controlled (Gal 5:16-26)? The Holy Spirit! Reactions make problems worse, not better. Actions, when they are modeled after the character of Jesus Christ and are controlled by the Spirit, solve problems and increase unity. I can act like Jesus regardless of what you say or do! So can you. We choose to act like Jesus, being kind, compassionate, forgiving. Relationships are then reconciled, just as Christ forgives us so that we can be reconciled to God.

### Rule # 5 – Listen Attentively - Jas 1:19, 20; Pro 18:2,13,15

We are told in James to be quick to hear and slow to speak. Throughout Proverbs the idea of listening is seen through statements like "Pay attention," or "Give me your ear," or "Intune your ear to my voice." These are clear admonitions to listen attentively. Some people don't listen. They are busy stating their opinions or preparing their response, but not listening carefully. Failing to listen fosters mistakes and incites anger. Listening is paramount to knowing how to respond properly and to contribute words of value.

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What if all of God's children communicated using these five rules? What a difference we could make in our world! "All will know you are My disciples, if you have love for one another" (Jn13:34,35). We would be like the early church that turned the world upside down. Our churches would function in a unified manner, and our homes would be safe havens for all who come in. We would indeed walk in unity in all our relationships!

*Faith is:*

*Believing the Word of God and acting upon it no matter how I feel,  
knowing that God promises a good result*

Take some time to ponder what emotions would normally arise when confronted with these real-life situations.  
List the person, the possible feelings, and the action words that describe how the person responded in faith.

<b>Hebrews 11:4</b> <i>Genesis 4:1-8</i>	Who?	Emotions/Feelings	Actions of Response
<b>Hebrews 11:7</b> <i>Genesis 6:5-9:17</i>			
<b>Hebrews 11:8</b> <i>Genesis 12:1-7</i>			
<b>Hebrews 11:9</b> <i>Genesis 23</i>			
<b>Hebrews 11:11</b> <i>Genesis 21:1-8</i>			
<b>Hebrews 11:17</b> <i>Genesis 22</i>			
<b>Hebrews 11:24-27</b> <i>Exodus 2:1-15</i>			
<b>Hebrews 11:28</b> <i>Exodus 11-12</i>			
<b>Hebrews 11:29</b> <i>Exodus 14</i>			
<b>Hebrews 11:30</b> <i>Joshua 6</i>			
<b>Hebrews 11:31</b> <i>Joshua 2</i>			



These people were motivated, not by their feelings, but by their faith in God and His promises.

Write Heb 11:1 and Heb 11:6 and meditate on the definition of faith given on page one.

Hebrews 11:1

Hebrews 11:6

Reread Heb 11 while focusing on the “good reward” God had promised to these people.

List the “good rewards” to which they were looking.

Notice that the rewards of faith are eternal in nature. While our feelings last only for a moment, and the rewards for following them is passing, the rewards of faith are everlasting. The promises of God motivated these saints to persevere even when God did not grant the rewards in their lifetime. How did these people fulfill the definition of faith?

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Fill in the chart below.

Be concrete and specific in your responses.

This will help you to apply the principles studied.

Feeling based actions I have taken	Faith based actions God is calling me to take

## Study on Overcoming Fear & Anxiety

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### 1. Is there ever an appropriate time to be afraid?

- When fear promotes a healthy respect for danger Job 41:33; Ps 64:1

The leviathan was a fierce creature (cf. Ps. 104:26 and Isa. 27:1), a symbol of something powerful and uncontrollable. Job got the message--if you can't take on one of God's fearsome creatures, don't attempt to take on the God who made the creature! God has placed within us for our protection a capability to fear what harm us. In Psalm 64:1, David is asking God to make him so secure that he has no occasion to fear his enemies (Barnes Notes). (Fear's goal is self-preservation!)

- When fear results in an “**awesome reverence**” for God Ecc 12:13; Pr 1:7

What is “fear of God?” Living with an acute awareness of His loving hand in every area of my life, guiding me through the revealed Word of God, and recognizing that only when I trust and obey Him can life have true meaning and purpose for me. To fear God is to love Him so intensely that I fear doing anything that might grieve Him.

- *The fear of the Lord is:*
  - a choice (Pr 1:29)*
  - the principle part of knowledge (Pr 1:7)*
  - to hate evil (Pr 8:13)*
  - not to envy sinners (Pr 23:17)*
  - his treasure (Isa 33:6)*
- *The benefits of fearing the Lord:*
  - strong confidence (Pr 14:26)*
  - fountain of life (Pr 14:27)*
  - instruction of wisdom (Pr 15:33)*
  - tends to life (Pr 19:23)*
  - satisfaction (Pr 19:23)*
  - protection (Pr 19:23)*
  - riches, honor, life (Pr 22:4)*
  - God's covenant revealed (Ps 25:12-14)*
  - Increased trust in God; no fear (Ps 112:1,7,8)*



## 2. When is fear inappropriate or sinful?

- When it is a fear of man, not fear of God. Pr 28:1; 29:25
  - Jn 12:42-43 – Many of the chief rulers believed on Jesus, but because of the Pharisees they did not confess him for fear of being put out of the synagogue. They loved the praise of men more than the praise of God. They did not stand for what they believed.
  - Lk 12:4-5 – Christ warned his friends not to fear those that kill the body and after that have no more that they can do, but rather to fear God, who after He kills has power to cast into hell!

- When it **hinders** us from fulfilling God-given responsibilities - Lk 19:12-27

In the parable of the talents, the servants who used the master's gift wisely were called good and faithful servants, but the one who was paralyzed by fear did nothing profitable with the gift from his master and was destroyed. When fear keeps us from obedience in faith in any sphere of life, it is sin.

- When it is used to **manipulate** others. Da 3; 1Sa 17

Nebuchadnezzar tried to use fear to manipulate Shadrach, Meshach, and Abednego with a threat to throw them into the fiery furnace and later with Daniel into the lion's den. They all feared God more than man and chose to obey God rather than man. Fear of punishment or death did not move them from what they knew was right. Goliath likewise manipulated Saul's army by using fear, but David feared God more than he feared a giant.

- When its focus is **SELF**, rather than loving God and others. 1Jn 4:18

Fear is selfish because it is about protecting myself, my feelings, my stuff, rather than asking how I could heartily show love to God and others. Love reaches out to give and to meet the needs of another, but fear focuses on what I might lose, making me move away from the problem. Love causes me to work toward solutions even when I don't really feel like doing that. Fear makes my world grow smaller and smaller as I seclude, hesitate, and self-protect. Love is so powerful it can cast out my fear when I allow God's love to flow in me and through me!

- When it is the result of **unsound thinking**, self-perpetuating and uncontrolled - 2Ti 1:7

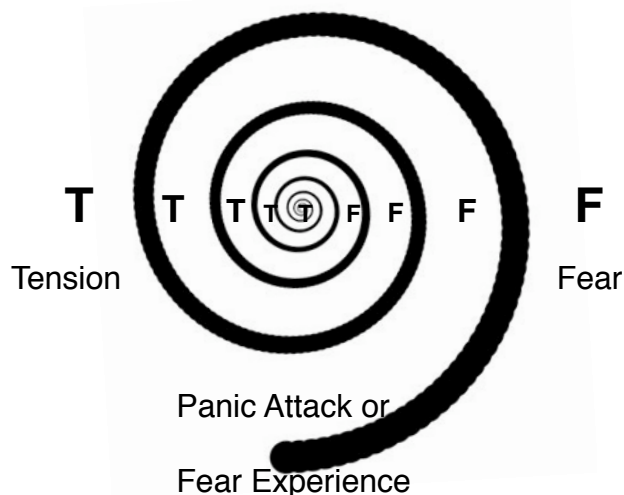
Fear produces fear and may lead to a sinful response producing even more fear. It is like a spiral that grows with increased tension until irrational fear takes control of our lives, control that should belong only to the Holy Spirit. Perfectionists, controllers, and those with OCD struggle with fear.



### 3. How can I change from being a fearful person to become a person confident in the Lord?

- Deal with guilt biblically, clearing the conscience. Pr 28:1; 1Tim 1:5; 1Jn 1:5-10  
-2 Cor 7:8-11 – *Confession and Repentance*
- Retrain your thinking to obedience modeled after Christ Col 3:2.  
-2Ti 1:7 – *You can and must develop sound mind thinking*  
-Php 4:8–*Meditate on whatever is true, noble, just, pure, lovely, good report, virtuous, praiseworthy.*  
-2Co 10:5 – *Take captive evil thoughts and be obedient to Christ in every thought.*
- Develop a proper fear of God. (Use “Fear of God Test” daily to focus of wisdom)  
-Ps 112:1, 7, 8 – *Learn to fear the Lord, fixing your heart on Him and trusting in Him.*  
-Mt 25:14-30 – *Learn to channel fear into serving the Lord by faith.*
- Grow in the development of biblically directed self-control.  
-2Ti 1:7 – *Self-control is given by God.*  
-Gal 5:22-23 – *Self-control is a fruit of the spirit.*  
-2Pe 1:5-10 – *Self-control is developed through the process of sanctification.*
- Practice expressing love to God and others before self.  
-Mt 6:33 – *Seek first His kingdom and righteousness until it becomes a way of life.*  
-Mt 22:36-40 –*Love God first whole-heartedly and love for others will fall into the proper place.*  
-1Jn 3:18 – *Love others not only by what you say but also by everything that you do.*  
-1Jn 4:18 – *Let love cast out fear as your love matures into a rightful focus on God and others.*  
-2Ti 1:7 – *Love is given by God.*  
-1Co 13:5-7– *Love has the welfare of others in view.*
- Discover new ways to walk by faith, not by feeling”  
Heb 11– Each person obeyed God by faith, not by acting on their feelings! (See worksheet)  
  
Memorize the definition of faith: “Faith is believing the Word of God and acting upon it, no matter how I feel, knowing that God promises a good result. Keep a journal of obedience by faith and of God’s work in you.
- Determine to put off fear and put on love increasingly - Eph 4:22-24  
Study the biblical change model for fear. (See example)  
Personalize the model for your specific fear issues.
- Understand the “Fear Cycle”

Something happens that produces tension (T) and you responds in sinful fear (F), which increases the tension and produces an even greater fear response. Even more tension is produced with still another fear response greater than before. This cycle can go on, feeling as if it will never end, until panic has overwhelmed you and physical symptoms are in charge rather than sound-mind thinking. The more you try not to fear, the more fearful of the fear you become and the more you feel controlled by it.



# Panic Attacks

When fear runs wild, psychiatry and psychology call it a “Panic Attack.” These are symptoms listed in the DSM IV--Diagnostic and Statistical Manual

1. Palpitations, pounding heart, or accelerated heart rate
2. Sweating
3. Trembling or shaking
4. Sensations or shortness of breath or smothering
5. Feeling of choking
6. Chest pain or discomfort
7. Nausea or abdominal distress
8. Feeling dizzy, unsteady, lightheaded, or faint
9. Derealization (feeling of unreality) or depersonalization (being detached from oneself)
10. Fear of losing control or going crazy
11. Fear of dying
12. Paresthesia (numbness or tingling sensations)
13. Chills or hot flushes

Panic Disorder (DSM IV) is when you have recurrent unexpected Panic Attacks with at least one of the attacks followed by 1 month (or more) or one (or more) of the following:

- Persistent concern about having additional attacks,
- Worry about the implications of the attack or its consequences (losing control, having a heart attack, etc....)
- A significant change in behavior related to the attacks.

## A Biblical Response

The name "Panic Attack" is misleading, though it correctly describes the way one feels, like the fear can quickly get out of control. An attack implies something done to you.

To the extent that we are all victims of sin, the person experiencing a Panic Attack is a victim. But this in no way eliminates personal responsibility.

We are responsible to address our fear biblically. Fear is rooted in our spiritual battle with sin. That's Good News.

*There is hope—we can overcome fear!*



## Steps to Overcome Fear and Anxiety

### Step One.

Accept full responsibility for your fear. Isa 41:10; Heb 13:5,6

Fear began in the Garden of Eden with sin. Ge 3:8-10

*"And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God...and they were afraid...."*

Guilt leads to fear, because guilt carries with it punishment. Love casts out fear. 1Jn 4:18

*"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."*

Before Adam sinned, he had a "perfect love" relationship with God, with no sinful fears. When that relationship was broken by sin, Adam lost the sense of the protective love of God and became afraid. He was legally guilty before God and therefore felt shame. His focus became self-centered rather than God-centered.

### Step Two:

Recognize your fear as self-centered and ask God's forgiveness. 1Jn 4:18

Understand the Biblical Change Model from Eph 4 and work to put off the characteristics of fear and put on the characteristics of love.

FEAR	LOVE
Self-protecting	Self-giving
What will I lose?	What can I give to others?
Moves away from problem	Moves toward the problem
Secludes self	Reaches out beyond self
Hesitates	Moves ahead
Can be cast out	Can cast out fear

### Step Three:

Commit yourself afresh to the two great commandments. - Mt 22:36-40

Your primary goal cannot be to get rid of fear, but to love and fear God. Mt 6:33

A focus on fear becomes the center of your life -- thoughts, words, motives, energies, and actions.

To overcome fear, focus on loving God and your neighbor, living in the fear of God.

Ps 112:1,7,8

### Step Four:

Realize you can control irrational fears by controlling your thinking. - 2Ti 1:7

#### Circumstance or trigger leading to wrong thinking

fearful thought ( <i>I'll faint in the mall.</i> )	tension ( <i>I don't feel right.</i> )
fear ( <i>It's happening again.</i> )	tension ( <i>My chest feels tight.</i> )
fear ( <i>What will I do?</i> )	tension ( <i>It's hard to breath.</i> )
fear ( <i>Not again!</i> )	tension ( <i>I can feel my heart.</i> )
fear ( <i>I can't control it</i> )	Panic ( <i>You enter a full-blown panic attack.</i> )

#### Circumstance or trigger controlled through right thinking

fearful thought ( <i>I'll faint in the mall.</i> )	tension ( <i>I don't feel right, but I'll trust God for this.</i> )
fear reduces ( <i>Lord, You are my strength.</i> )	tension reduces ( <i>Lord, help to do my responsibilities.</i> )
fear subsides ( <i>Lord, thanks for helping me!</i> )	Fear aborted biblically ( <i>Sound mind and self-control win.</i> )

### Step Five:

Complete Wayne Mack's Bible study on fear.

Immediately apply what you learn to your life, keeping a journal of victories.

### Step Six:

Dissect the fear experience, noting unbiblical thinking and actions and replace them with Biblical thinking patterns and actions. The following worksheet will help you.

# Change Model for Fear



## A Command to Change!

Eph 4:17  
Rom 12:2

**Be transformed -  
metamorphosed**

Rom 12:2  
Eph 4:23  
Col 3:10

**Be renewed in the spirit of  
your mind (Truth)**

**The Holy Spirit uses the  
Word of God to change us  
- 2 Tim 3:16**

- teaching - Truth from God
- reproof - conviction of sin
- correction - how to fix the problem
- training in righteousness - coaching

(Reproof)  
**Repentance**  
2 Cor 7:10

(Correction & Training)  
**Obedience by Faith**  
Heb 11

Eph 4:22,  
25, 31  
Col 3:8, 9

**Put off - Disrobe - Stop**

**Put on - Dress - Replace**

Eph 4:24; 6:11  
Col 3:10,12,14  
Rom 13:14

**Specific**

**Focus on Self**

**Fear of Man**

**Pleasing Man** - Col 3:22

**Controlled by Fear**

Phil 4:13



**You Choose!**

Josh 24:15; Heb 11:24-26

**Focus on God and Others** – Mt 22:36-40

**Fear of God** (See Fear of God Test)

**Pleasing God** – 1Co10:31

**Controlled by the Holy Spirit**  
(Exercising self-control and sound-mind  
thinking – Gal 5:23; 2Ti 1:7)

# Assignment

## Victory Over Fear & Panic

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This is a worksheet, so not every point or every verse will apply to you. You should, however, look up all the verses and give thought to them to gain maximum advantage from this study. The more severe the problem, the more effort it will take, but you can have victory. Through your salvation in Christ and the Word of God you have the foundation, knowledge, and power necessary to triumph.

Work at changing your language. We listen to what we say and begin to believe it if we hear it often enough. Instead of speaking of a "panic attack" speak of having a "fear experience." "Panic" and "attack" leave us with the impression that we are helpless, hopeless victims. Fear does get out of control when we fail to apply God's principles. 1Co 10:13 and Ro 8:37 promise that victory is possible! Make these verses your own. You can fight fear and you can win the victory over panic. Php 4:13!

### 1. THINK ABOUT WHAT TRIGGERED THIS FEAR EXPERIENCE.

- False concept/doctrine — *"God has abandoned me." "I'm all alone"- Elijah "Everybody hates me." "I can't..."*
- Reaction to an event — *death, abuse, loss, disappointment, expectations unfulfilled*
- Guilt — *run and hide like Adam & Eve. Pr 28:1; fear of punishment. Ps 51*
- Comments from others — *accept others' view of me-fat, ugly, stupid; "You're no good/worthless/destined to fail."*
- Change of health — *actual diagnosis or fear of diagnosis*
- Change in a relationship — *a wrong relationship caused anxiety; divorce; separation. Php 4:1-4*
- Feeling out of control — *Failure to focus on God's sovereign control in the midst of my chaos. Ps 55:22*
- Stress/tiredness/illness — *Elijah - 1Ki 19; David. Ps 42:5,11; 46; 49:15*
- Lose of temporal security — *job, spouse. Ps 48:14; 50:15; 60:11-12*
- A thought — *Fear of man - Ps 56:3,4; Fear of lost salvation Ps 51:12; 74:12; Fear of circumstances. Ps 62:5-8*
- Other — *List your fearful thoughts and/or sinful actions.*

If you have sinned you need to repent. Unrepentant sin, even if it is in a seemingly unrelated area, can create an atmosphere ripe for fear. Guilt in one area of life can lead to irrational fears that are easily triggered in other areas. "The wicked flee when no one is pursuing...". Pr 28:1



## 2. WHAT DID YOU THINK ABOUT DURING THE FEAR EXPERIENCE?

Did your thoughts run to a perceived punishment? 1Jn 4:18

### Did you think or say things such as...?

*I don't need this. - Jas 1:2-4*

*This is going to kill (ruin) me.  
- Php 1:6*

*I can't handle this. - 1Co  
10:13*

*I can't know God's joy until  
this is over. - Jas 1:2-4*

*This will destroy me; I'll be  
ruined.*

*Satan can touch me (demon  
oppression). (cf. Job)*

*This will cause me to be late  
or ....*

*God will not protect me. - Ps  
4:8*

*This will destroy my  
relationship or ....*

*I cannot control this. - Ps  
37:23; 48:14*

*This is the worst thing that  
could happen.*

*God is punishing me. - Heb  
12:5-14*

Did you worry about a possible event or loss you don't believe you could handle? 1Pe 5:7  
Evaluate your thoughts. Identify Satan's lies and begin to replace them with God's truths.  
Jn 8:32

Satan's Lies	God's Truths
<i>This person will destroy me.</i>	<i>Ps 56:3,4</i>
<i>This event will destroy me.</i>	<i>Ps 62:5-8</i>
<i>I can't handle this.</i>	<i>Php 4:13</i>
<i>God has abandoned me.</i>	<i>1Jn 4:7-21</i>

## 3. WHAT DID YOU DO BEFORE, DURING AND AFTER THE FEAR EXPERIENCE?

- Got angry at work and cried, then became fearful, panicky, ran home, cried more and trashed my house.
- Withdrew, hid (before, during or after?)
- Clammed up, blew up, blame shifted, attacked another person
- Lost control (in what specific ways?)
- Complained instead of addressing the problem

How did your response complicate and worsen the problem?

What could you have done instead that would have expressed love to God and others?

#### 4. WHAT DESIRES DOMINATED YOUR THOUGHTS?

- I must / need to / have a right to / want to....

*Never have this happen (again).*

*Tell the person off, or get even.*

*Control the situation (or other people.)*

*Keep peace at any costs.*

*Feel good, be happy.*

*Have a hassle free life.*

*Be affirmed and praised by others.*

*Get well, stay well, have a “perfect” body.*

*Be respected.*

*Get out of here.*

Other:

- Wrong desires lead to a self-focus, the opposite of what God wants. Mt 22:36-40
- Wrong desires often lead to stress and anger that lead away from a godly solution, causing more problems, furthering the sense of being out of control. Jas 3:13-4:12
- When you desire something strongly, you may develop a severe fear of not getting it. Pr 10:24
- Evaluate how your desires contributed to your fears.

#### 5. DO YOU HAVE A WRONG VIEW OF YOUR TRIAL?

Did you say things like...?

*This is going to destroy me.*

*I should not have to go through this.*

*I'll never get it right.*

*This doesn't happen to other people.*

*God must hate me.*

Other:

How would God have you view this trial? Memorize these verses!

- James 1:2-4 – *Trials are opportunities to grow! Rejoice when God allows them!*
- Rom. 8:28,29 – *God will use everything in our lives to conform us into the image of Christ.*

Compare what you said about your trial to what God says. What needs to change?

#### 6. DO YOU HAVE A WRONG FOCUS THAT CONTRIBUTES TO FEAR EXPERIENCES?

- Past experiences that define you – *abused; divorced; abandoned; rejected; failed; unloved; victim mentality* - Eph 1
- Self – *Love of self; self protection; self-gratification, etc.* - 2Ti 3:1-5; Mt 22:36-40
- Health – *Inordinate focus of preserving good health; debilitating fear of poor health, etc.* - Jas 5:13-16; Jer 33:6; Ps 3:5
- Thoughts of fear – *Fear of fear* - Ps 112:1,7,8; *fear of death* - Heb 3:16-19; 2:14; *fear of failure* - Jos 1:8; etc.



- My reputation/esteem – *Worry over what people will think rather than following Christ's example*  
*Php 2:5-9*
- My feelings – *Focus on how I feel rather than on my responsibility; subjective concern over me*  
*1Co 10:24; 13:5*
- Defending myself – *I don't need to defend myself, I only need to defend God's glory and let Him defend me* - *Ps 31*
- What I may lose – *things like control, esteem, possessions, love, power, etc.* - *Php 2:4; Lk 9:23-25*
- Dying – *God gives life and He takes it; I must live my life for Him however long He lets me stay*  
*Php 1:20-24*
- Possible consequences of the situation – *Give this situation to Him and learn from it*  
*Ro 8:28,29; Mt 6:25-34*
- Mistreatment of you by others – *Believers need not fear others* - *Ps 118:6-7; Mt 5:10-12; 10:19-31; Pr 29:25*
- Having an "attack" – *Fear promotes fear, is counterproductive, makes the situation worse* - *Pr 10:24; 28:1*
- My typical bodily responses when fearful, such as increased heart rate and sweating -  
*Ps 38, 32, 56*
- Other:

### On what would God have you focus?

Write out how focusing on and applying it can help you overcome the fear when it begins to grow. Be specific. (cf. *Php 4:8, Ps 73:21-28*) Train yourself to think on these things when you are afraid.

## 7. DEVELOP A BIBLICAL THEOLOGY OF GOD AND FOCUS ON HIM.

Knowing God's character (attributes) can help you counter and prevent fear experiences.

- *Ro 11:33 – Wise*
- *Ro 8:31-39 – Loving*
- *Ps 31:19 – Good*
- *Ro 8:28 – Sovereign*
- *1Pe 2:23 – Just*
- *Mt 10:28-31 – All knowing*
- *Ex 34:6,7 – Long-suffering*
- *Jer 32:17 – All powerful*
- *La 2:22,23 – Merciful*
- *Nu 23:19 – Unchanging & truthful*
- *Ps 139:7-12 – Ever present*

Knowing God's promises can help you counter and prevent fear experiences. (*Make verse cards.*)

- *I Jn 4:18 – Maturing love focuses on God and drives out tormenting fear.*
- *Isa 41:10 – God will strengthen us and help us.*
- *1Pe 5:6-7 – God cares for us and will exalt us in due time when we trust Him.*
- *Heb 13:5-6 – God will never leave or forsake us.*
- *Ps 121 – God is our helper and will preserve us from all evil forever. He is our keeper.*
- *Pro 3:1-26 – Meditate on the many promises in this passage.*

Knowing biblical doctrines can help you counter and prevent fear experiences.

- *Ro 8:33 – Justification*
- *2Pe 1:3-10 – Progressive sanctification*
- *Jn 10:27-29; Php 1:6 – Perseverance of the saints*
- *Eph 5:30-32 – Union with Christ*
- *Ps 103; 1 Jn 1:7-9, 2:12 – Forgiveness*

Knowing biblical history can encourage you in times of fear.

- Ex 14:10-31 – *Israel panics at the Red Sea but God saves Israel and destroys Pharaoh's army.*
- 1Sam 17:1-51 – *Israel fears the Philistines, but David kills Goliath.*
- 1Kings 18:20-19:8 – *Elijah challenges and defeats 400 prophets of Baal, but runs in fear of Jezebel!*

## 8. GAIN INSIGHTS AND HOPE FROM THE STORIES OF OTHERS.

- Journal encouraging testimonies of friends who have overcome fear. 2Co 1:3-4, 1Co 10:13
- Read biographies. *Hinds' Feet on High Places* by Hannah Hurnard; *A Chance to Die-The Life and Legacy of Amy Carmichael* or *Gates of Splendor - about Jim Elliot*, both by Elisabeth Elliot, or any faith-building books.
- Fellowship regularly with other believers in your local church to gain encouragement, exhortation, and teaching. Heb 10:24,25

## 9. REPLACE SINFUL ATTITUDES THAT MAY BE CONTRIBUTING TO YOUR FEAR. LIST WAYS YOU WILL FOCUS ON HONORING GOD RATHER THAN SELF.

- Grumbling – *Stop complaining about the housework or my boss or the kids, etc.* Php 2:14,15
- Anger – *Choose to forgive the person at whom I am angry rather than blow up at him.* Eph 4:31,32
- Hopelessness – *Trust God to help me in this trial, focusing on His faithfulness rather than my weakness.* Php 1:6, 1Co10:13
- Revenge – *Do a good deed rather than get even.* - Ro 12:18-21
- Worry and Anxiety – *Determine today's responsibilities rather than focusing on tomorrow's cares.* - Mt 6:19-34

## 10. DEVELOP A SERVANTS ATTITUDE. (Php 2:1-11)

List several people to whom you will begin ministering and note specifically how you will serve.

1. *(Aunt Susie – help her clean her house weekly rather than gossiping about her dirty house.)*
2. *(Husband – pick up his dirty socks rather than making a big deal about it daily; focus on his good qualities.)*
3. *(Boss – do the little tasks joyfully, showing initiative, doing things even before he asks.)*
4. *(Class bully – offer to help with a particularly difficult assignment or project; reach out in love to meet needs, such as to share your lunch; smile and say hello consistently Ro 12:21.)*

### Your List:

1

2

3

# Assignment

## *Fear of God Test*

This is a self-test between you and God. Read the statement, look up the verse, and meditate on your personal application. On the line, make a  $\checkmark$  if the statement characterizes you at this time. If it does not, continue to meditate on what changes you need to make and pray for God's help in changing those things. Get godly counsel concerning all areas of needed change—Ps 1. A good schedule for using this test is to meditate on one a day Monday thru Friday for several months, repeating either the whole list or the ones that you have not yet checked off. Incorporate this as a part of your daily quiet time before the Lord. Memorize Eccl 12:13.

### **God says that God-fearing people:**

- \_\_\_ 1. Receive divine instruction concerning the choices they should make (Ps 25:12).
- \_\_\_ 2. Are prosperous in the most important ways (Ps 25:13; 112:3)
- \_\_\_ 3. Experience God's goodness (Ps 31:19).
- \_\_\_ 4. Are special objects of God's protection (Ps 31:20).
- \_\_\_ 5. Have children to whom God shows compassion (Ps 103:11-18).
- \_\_\_ 6. Have descendants who will be great on the earth in the most important ways (Ps 112:2)
- \_\_\_ 7. Are motivated to be gracious and generous (Ps 112:4,5).
- \_\_\_ 8. Will be confident, courageous people (Ps 112:6-8; Pr 14:26).
- \_\_\_ 9. Will experience contentment (Ps 112:5,6,9; Pr 19:23).
- \_\_\_ 10. Will be praying people whose prayers will be heard (Ps 145:19).
- \_\_\_ 11. Are blessed with wisdom (Pr 1:7; 9:10).
- \_\_\_ 12. Are teachable and peaceful (Pr 8:13; 14:26; 15:33; Ac 9:31).
- \_\_\_ 13. Are characterized by integrity and faithfulness (Job 2:3).
- \_\_\_ 14. Are considerate and kind (Ps 112:4,5).
- \_\_\_ 15. Are noted for constructive speech (Mal 3:16).
- \_\_\_ 16. Are patient, hopeful, and genuine (Ps 147:11).
- \_\_\_ 17. Persevere in doing what is right (Ps 112:3,5; 2Co 7:1).
- \_\_\_ 18. Work hard, but are not so committed to work that they do not have time for enjoyment (Ps 128:3).
- \_\_\_ 19. Accept responsibility for their own families and yet are not overly responsible (Ps 128:3).
- \_\_\_ 20. Are devoted to their families and find them to be a source of great satisfaction (Ps 128:1-4).
- \_\_\_ 21. Delight in worshipping God (Rev 14:7).
- \_\_\_ 22. Love the Scripture and order their lives according God's commands (Ps 112:1; Ecc 12:13).

## Fear

Study the following verses and note everything they have to say about fear. Write down what they have to say about the results of fear, the causes of fear, and the solution to fear. Specifically write down what causes your fear, what the results of your fear are, and a Biblical strategy for overcoming sinful fear. To discover the causes of your fear, keep a daily journal of the times you are most fearful: note exactly when it happens, where you are, what happened, with whom you are, what you think about, and what you do when you are tempted to be fearful. Evaluate your response in light of what Scripture indicates you should do. Did you handle Biblically the temptation to fear? If not, how did you fail? How, specifically, should you change your response when tempted to become fearful?

### 1. Note the results of fear. (What does fear cause me to do or feel?)

_____	_____	_____	_____
Luke 21:26	Proverbs 28:1	Genesis 21:16-17	Mark 4:35-41
_____	_____	_____	_____
Proverbs 29:25	Matthew 25:14-25	Genesis 26:6-7	Numbers 14:1-4
_____	_____	_____	_____
1 John 4:18-19	Deuteronomy 28:58-67	1 Samuel 15: 20-25	Matthew 26: 69-74
_____	_____	_____	_____
Proverbs 10:24	Leviticus 26: 27-37	Galatians 2:12	

### 2. Write down the causes of fear. (Where does my fear come from?)

_____	_____	_____	_____
1 John 4:18-19	John 7:13; 20:19	Genesis 21: 16-17	Psalms 56:4
_____	_____	_____	_____
Proverbs 28:1	Hebrews 2:15	Genesis 26:6-7	Matthew 26: 69-74
_____	_____	_____	_____
Proverbs 1:33	Ezekiel 11:8	Matthew 10:28	Mark 4: 35-41
_____	_____	_____	_____
Proverbs 29:25	Genesis 32:11	Galatians 2:12	Numbers 13:25-14:5
_____	_____	_____	_____
Hebrews 13:5-6	Psalms 46: 2-3	Psalms 23:4	

### 3. Write down the solution to fear. (What does God want me to do about my fear?)

_____	_____	_____	_____
1 John 4:18-19	Psalms 27:1-3	Genesis 32:7-12	Psalms 111:10
_____	_____	_____	_____
Psalms 112:1,7,8	Proverbs 14:26-27	Psalms 55:5-8	Proverbs 22:4
_____	_____	_____	_____
Hebrews 13:5-6	Psalms 34:4	Proverbs 10:27	Hebrews 13:5-6
_____	_____	_____	_____
2 Timothy 1:7	Psalms 46:1-10	Proverbs 1:33	2 Chronicles 20:1-3
_____	_____	_____	_____
Proverbs 3:21-24	1 Peter 3:13-15	Psalms 23:4	
_____	_____	_____	_____
Genesis 32:7-12	2 Timothy 1:7	Joshua 1:9	

# Repentance

*Genuine repentance is very rare, but it is crucial to the success of restoration. Without it, the rebuilt relationship will almost certainly crumble with even more devastating results. Review the following principles, use the second page to record your response, & be ready to communicate each of these facets with those affected.*

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**Repentant people are willing to confess all their sins,** not just the sins that got them in trouble. A house isn't clean until you open every closet and sweep every corner. People who truly desire to be clean are completely honest about their lives. No more secrets.

**Repentant people face the pain that their sin caused others.** They invite the victims of their sin (anyone hurt by their actions) to express the intensity of emotions that they feel - anger, hurt, sorrow, and disappointment. Repentant people do not give excuses or shift blame. They made the choice to hurt others, and they must take full responsibility for their behavior.

**Repentant people ask forgiveness from those they hurt.** They realize that they can never completely "pay off" the debt they owe their victims. Repentant people don't pressure others to say, "I forgive you." Forgiveness is a journey, and the other person needs time to deal with the hurt before they can forgive. All that penitent people can do is admit their indebtedness and humbly request the undeserved gift of forgiveness.

**Repentant people remain accountable** to a small group of mature Christians. They gather a group of friends around themselves who hold them accountable to a plan for clean living. They invite the group to question them about their behaviors. And they follow the group's recommendations regarding how to avoid temptation.

**Repentant people accept their limitations.** They realize that the consequences of their sin (including the distrust) will last a long time, perhaps the rest of their lives. They understand that they may never enjoy the same freedom that other people enjoy. Sex offenders or child molesters, for example, should never be alone with children. Alcoholics must abstain from drinking. Adulterers must put strict limitations on their time with members of the opposite sex. That's the reality of their situation, and they willingly accept their boundaries.

**Repentant people are faithful to the daily tasks God has given them.** We serve a merciful God who delights in giving second chances. God offers repentant people a restored relationship with Him and a new plan for life. Listen to Hosea's promise to rebellious Israel: *Come, let us return to the Lord. He has torn us to pieces but he will heal us; he has injured us but he will bind up our wounds. After two days he will revive us; on the third day he will restore us, that we may live in his presence* (Hosea 6:1-2). After healing comes living.

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Confrontation and confession are difficult situations. Often emotions such as fear, anger, or shame hinder honest communication of repentance.

Respond to the repentance principles, writing statements that communicate your commitment to ongoing and complete repentance. Your responses indicate your personal agreement to pursue these principles of repentance to the best of your ability.

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**Repentant people are willing to confess *all* their sins**

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**Repentant people face *the pain that their sin caused others***

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**Repentant people *ask forgiveness* from those they hurt**

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**Repentant people *remain accountable***

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**Repentant people *accept their limitations***

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**Repentant people are *faithful to the daily tasks* God has given them**

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# Appreciation

For each day below there is a positive statement or thought, followed by a task.  
Think about each statement and say it to yourself many times throughout the day  
while you and your spouse are apart.

Complete this list one day at a time for the next five weeks.

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## **Week 1**

### **Monday**

Thought: ***I am genuinely fond of my partner.***

Task: List one characteristic you find endearing or lovable.

### **Tuesday**

Thought: ***I can easily speak of the good times in our marriage.***

Task: Pick one good time and write a sentence about it.

### **Wednesday**

Thought: ***I can easily remember romantic, special times in our marriage.***

Task: Pick one such time and think about it.

### **Thursday**

Thought: ***I am physically attracted to my partner.***

Task: Think of one physical attribute you like.

### **Friday**

Thought: ***My partner has specific qualities that make me proud.***

Task: Write down one characteristic that makes you proud.

## **Week 2**

### **Monday**

Thought: ***I feel a genuine sense of “we” as opposed to “I” in this marriage.***

Task: Think of one thing that you both have in common.

## **Tuesday**

Thought: ***We have the same general beliefs and values.***

Task: Describe one belief you both share.

## **Wednesday**

Thought: ***We have common goals.***

Task: List one such goal.

## **Thursday**

Thought: ***My spouse is my best friend.***

Task: What secret about you does your spouse know.

## **Friday**

Thought: ***I get lots of support in this marriage.***

Task: Think of a time in your marriage when your spouse was very supportive.

## **Week 3**

### **Monday**

Thought: ***My home is a place to come to get support and reduce stress.***

Task: List a time when your spouse helped you reduce stress.

### **Tuesday**

Thought: ***I can easily recall the first time we met.***

Task: Describe that first meeting on paper.

### **Wednesday**

Thought: ***I remember many details about deciding to get married.***

Task: Write a sentence describing what you remember.

### **Thursday**

Thought: ***I can recall our wedding and honeymoon.***

Task: Describe one thing about them you enjoyed.

### **Friday**

Thought: ***We divide up household chores in a fair way.***

Task: Describe one way you do this on a regular basis



## **Week 4**

### **Monday**

Thought: ***I am honored to be in this marriage.***

Task: List two things about this marriage that pleases you.

### **Tuesday**

Thought: ***I don't like things about my partner, but I can live with them.***

Task: What is one of these minor faults you have adapted to?

### **Wednesday**

Thought: ***I was really blessed to meet my spouse.***

Task: List one benefit that being married to your spouse offers.

### **Thursday**

Thought: ***Marriage is sometimes a struggle, but it's worth it.***

Task: Think of one difficult time you successfully weathered together.

### **Friday**

Thought: ***There is a lot of affection between us.***

Task: Plan a surprise gift for your mate for tonight.

## **Week 5**

### **Monday**

Thought: ***There is a lot of love in our marriage.***

Task: Think of a special trip you took together or a special time together.

### **Tuesday**

Thought: ***We enjoy each other's humor..***

Task: Rent a comedy video to watch together.

### **Wednesday**

Thought: ***I remember many details about deciding to get married.***

Task: Write a sentence describing what you remember.

## **Thursday**

Thought: ***Sex is usually (or can be) quite satisfying in this marriage.***

Task: Plan a mutually pleasing evening for the two of you.

## **Friday**

Thought: ***We have come a long way together.***

Task: Think of all you have accomplished as a team.



*“Be devoted to one another in love. Honor one another above yourselves.”*

*Romans 12:10*

*Simple exercises can fan the flames of love that has been neglected or taken for granted. Remembering and celebrating the positive attributes of your spouse can remind you of the reasons God brought them into your life. This perspective of appreciation toward your spouse and gratitude of God’s grace will inevitably lead to a greater sense of service and optimism.*

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.”*

*Philippians 4:8*

# Small Moments

*Choose 3 Small Moment tasks from your respective list. Throughout the next week purposefully communicate your love to your spouse through small moments and gestures.*

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**Husbands, love your wives, just as Christ loved the church and gave himself up for her.**  
**Ephesians 4:25**

1. Telling her you love her frequently
2. Leading family devotions regularly
3. Physically affirming her by rubbing her back, sitting close to her, etc.
4. Seeking to set a good example before the children
5. Handling your affairs decently and in order; structuring your time and using it wisely
6. Asking forgiveness often and saying, "I was wrong and will try to change"
7. Sharing your insights, reading, and good experiences with her
8. Being reasonably happy to go shopping with her
9. Taking her out to breakfast
10. Remembering anniversaries and events that are special to her
11. Being cooperative and appreciative when she holds you, caresses or kisses you
12. Being willing to see things from her point of view
13. Asking her to pray with you about something
14. Refusing to compare her unfavorably with other people
15. Developing mutual friends
16. Being on time
17. Frequently yielding to her desires unless to do so would be sinful
18. Refusing to disagree with her in the presence of others
19. Being cooperative and helpful as a cohost when you have people in for dinner or fellowship
20. Refusing to work late on a regular basis
21. Holding her close while expressing tangible and vocal love when she is hurt or discouraged
22. Getting up in the middle of the night to take care of the children so she can rest
23. Thanking her when she supports your decision and cooperates enthusiastically
24. Planning a mini-honeymoon, where the two of you can do whatever you both enjoy
25. Being sober, but not somber, about life

**Wives, submit yourselves to your own husbands as you do to the Lord.**

**Ephesians 5:22**

1. Beginning each day with cheerfulness and tangible expressions of affection
2. Lovingly giving him your input when you think he's in error
3. Relating what happened to you during your day
4. Giving him your undivided attention when he wants to talk
5. Running errands gladly
6. Teasing and flirting with him
7. Working in the yard or painting a room or washing the car together
8. Planning vacations or trips together
9. Sharing your fears, concerns, joys, failures, etc.
10. Asking him to have sexual relations more than he would expect you to
11. Being willing to face problems even if it requires discomfort, change, and much effort
12. Expressing your love in words or notes
13. Being willing to talk to him about his concerns and not belittling him
14. Seeking to support your ideas with biblical insights and good reasons
15. Telling him "Good job!" before he asks you if he has done a good job
16. Being satisfied with your present standard of living, furniture or equipment when he can provide no more
17. Doing a Bible study or Bible research together
18. Standing in union with him and supporting him in his attempts to train your children
19. Asking forgiveness often and saying "I was wrong and will try to change."
20. Letting him know how much you appreciate him and what you appreciate about him
21. Being silly or unconventional in your lovemaking times
22. Refusing to disagree with him in the presence of others
23. Expressing how much you love the children and being the children's cheerleader
24. Keeping yourself attractive and clean
25. Watching football or other sporting events with him and trying to really manifest interest

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*"Whoever can be trusted with very little can also be trusted with much."*

*Luke 16:10*

*True romance, passionate intimacy and lasting friendship is built upon small gestures that allow the other to feel safe, secure, and accepted.*

## *Priorities and Planning*

### Priorities

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but **understand what the Lord’s will is.**” Eph 5:15-17

This verse tells us that **God has a will, or desire, for the use of our time.** We would expect then that the Bible would help us determine proper priorities and planning - in fact the Bible does offer guidance.

“Go to the ant, you sluggard; consider its ways and be wise! **It has no commander, no overseer or ruler, yet it stores its provisions** in summer and gathers its food at harvest. How long will you lie there, you sluggard? When will you get up from your sleep? **A little sleep, a little slumber, a little folding of the hands to rest—** and poverty will come on you like a thief and scarcity like an armed man.” Prv 6:6-11

#### **Initiative is necessary in planning.**

Waiting for another to direct our ways or being satisfied with idleness when others are not commanding action will lead to uselessness.

“The way of the sluggard is **blocked with thorns**, but the path of the upright is a highway.” Prv 15:19

Making excuses will always be an option, just not a good one.

**Setting priorities** will allow you to differentiate between serious obstacles and obstacles that are easily fixed.

“Each of you should use whatever gift you have received to **serve others**, as faithful stewards of God’s grace in its various forms.” 1 Peter 4:10

#### **You have a gift.**

That giftedness should be being used to help others, especially other believers.

“Don’t let anyone look down on you because you are young, but **set an example** for the believers in speech, in conduct, in love, in faith and in purity.” 1 Tim 4:12

Your age is not an obstacle.

**You can make a difference** by seeking purity in word, action, and thought.

“**Seek first his kingdom** and his righteousness, and all these things will be given to you as well.” Mt 5:33

Giving the right opinion of God should be **the first thing we think of** when setting priorities or planning out our week.



# Planning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 : 00							
8 : 00							
9 : 00							
10 : 00							
11 : 00							
Noon							
13 : 00							
14 : 00							
15 : 00							
16 : 00							
17 : 00							
18 : 00							
19 : 00							
20 : 00							
21 : 00							
22 : 00							
23 : 00							

# Planning

1. Setting Priorities is the first step in Planning.  
**List your top 6 healthy Priorities.**

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2. Setting Boundaries is the second step in Planning.  
**Write in your rest times for the week.**

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3. **Now, Plan** your 6 healthy Priorities in the Calendar above.  
(ex. Mon. 9a - school; Mon 8p - God, etc.)

4. Next, **Think of specific gifts or interests**  
you have that you could use during these times.  
(ex. Mon. 9a - math homework; Mon 8p - Bible, etc.)

5. Finally, **identify people, places, or things that are obstacles to your 6 healthy Priorities.**  
Begin to address them with the help of a  
counsellor or trusted friend.

