

OCTOBER PARENT CONNECT

Overcoming Fear and Anxiety

How to take care of fear!

1. Breathe
2. Calm Body
3. Acknowledge Fear
4. Focus Mind
5. Evaluate thoughts
6. Focus on the Word/Worship
7. Ask God Questions
8. Give it to God
9. Use Spiritual Authority
10. Remind yourself of truths

Healthy Fears

Fear of the Lord

- Awe, reverence, respect, honor
- Psalm 111:10
- Proverbs 1:7, 2:1-5, 8:13, 14:27, 15:16, 19:23

Healthy Fear to keep us safe

- Not touching a hot stove
- Not running into the street
- Not picking up a rattlesnake

4 Unhealthy Fears

1. Fear of Rejection
2. Fear of Failure
3. Fear of Lack
4. Fear of Death

4 Truths

1. I am a child of God
2. With Christ I can grow and become who I was created to be
3. With God I have all that I need and I know the way to go
4. God is always with me and my eternity is secure

Parent Connect Schedule

- Nov. 19th: Bible Questions
- Dec.: 17th Know Your Kids
- Jan: Tech/Social Media
- Feb: Dating/"The Talk"

Resources

- <https://ourpurposefullife.com/scriptsures-on-fear/>
- <https://fulleryouthinstitute.org/angriusworld>
- <https://www.focusonthefamily.com/get-help/mental-health-resources/>
- <https://thesource4parents.com/youth-culture-window/the-deteriorating-mental-health-of-todays-kids/>

2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

1 John 4:17-18

And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

Scripture

2 Timothy 1:7

For God has not given us a spirit of timidity, but of power and love and a sound mind.

Isaiah 41:10

Do not fear, for I am with you;
Do not be afraid, for I am your God.
I will strengthen you, I will also help
you,
I will also uphold you with My
righteous right hand.'

Psalms 91:11

For He will give His angels orders
concerning you, to protect you in all
your ways.

Hebrews 13:5-6

So we say with confidence, "The Lord is
my helper; I will not be afraid. What
can man do to me?"

Philippians 4:6

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

1 Peter 5:7

Cast all your anxiety on him because
he cares for you.

John 14:1

Don't let your hearts be troubled. Trust
in God, and trust also in me.

John 14:27

Peace I leave with you; my peace I give
you. I do not give to you as the world gives.
Do not let your hearts be troubled and do
not be afraid.

John 16:33

I have told you these things, so that in me
you may have peace. In this world you will
have trouble. But take heart! I have
overcome the world.

Matthew 6:31-34

So do not worry, saying, 'What shall we
eat?' or 'What shall we drink?' or 'What
shall we wear?' For the pagans run after all
these things, and your heavenly Father
knows that you need them. But seek first
his kingdom and his righteousness, and all
these things will be given to you as well.
Therefore do not worry about tomorrow,
for tomorrow will worry about itself. Each
day has enough trouble of its own.

Luke 12:32

"Do not be afraid, little flock, for your
Father has been pleased to give you the
kingdom."

Luke 10:41

Martha, you are worried about many
things but only one thing is necessary.

Romans 8:15

The Spirit you received does not make you
slaves, so that you live in fear again; rather,
the Spirit you received brought about your
adoption to sonship. And by him we cry,
"Abba, Father."

Scripture

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Proverbs 9:10

The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

Genesis 15:1

After this, the word of the Lord came to Abram in a vision: "Do not be afraid, Abram. I am your shield, your very great reward."

Deuteronomy 3:22

Do not be afraid of them; the Lord your God himself will fight for you."

Psalms 23

The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

Deuteronomy 31:6

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

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."

Psalms 27:1

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

Psalms 56:3

When I am afraid, I put my trust in you.

Isaiah 12:2

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation."

Philippians 4:19

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Jeremiah 29:11

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.

Mark 5:36

Overhearing what they said, Jesus told him, "Don't be afraid; just believe."