



## Dealing With Fear and Anxiety

1. Meditate on Psalm 121 - particularly just before going to sleep at night and as you awake in the morning. If you should wake during the night meditate at that time also. Implement the procedure outlined for using Psalm 121. The same procedure can be used for other passages that are helpful for you.
2. Memorize and meditate on Psalm 4:8 if you are having trouble sleeping at night.
3. Memorize and meditate on Psalm 23. Try to visualize the psalm as you meditate on it.
4. Make a list of everyone you know who loves you. Give yourself the benefit of the doubt. Also list one way that each person on the list has demonstrated that he or she loves you. Keep this list beside your bed to meditate on just before you go to sleep at night and when you awake in the morning.
5. Study Philippians 4:4-9. Determine the four principles that Paul enumerates for dealing with anxiety. Do the following:
  - a. Memorize and meditate on this passage.
  - b. Make a list of things that would fall under verse 8 and meditate on these things.
  - c. Make a list of things that you should do that fall under verse 9.
6. Christian music is very soothing for a person who is anxious or fearful. Find a good, Christian music radio station or play some good Christian music on your record player. Whenever possible, keep the music playing in the background throughout the day.
7. Make a list of all the good things that God has done for you in the past. Meditate on these daily.
8. Praise often drives away fear. Sit down and write out all the things for which you can thank God. Be specific and see how many things you have to be thankful for.
9. Often our fears center on the fact that we have a poor image of God. From the Scriptures, make a study of who God is and how much and in what ways He loves you. Write down the things that you learn so you review them regularly.

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### SEVENTEEN WAYS TO OVERCOME ANXIETY

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| 1. If you are a Christian, realize that God is with you.                              | 10. Do what you can to realistically deal with your problem. |
| 2. Determine that you will obey God.  | 11. Live one day at a time.                                  |
| 3. Pray about your situation.   | 12. Don't put things off until tomorrow.                     |
| 4. Realize that God will keep your mind safe.   | 13. Talk through your problems.                              |
| 5. Stop, relax and meditate on Scripture.   | 14. Take a vacation from your usual routine.                 |
| 6. Listen to Christian music.   | 15. Have a regular medical check-up.                         |
| 7. Exercise at least three times a week.  | 16. Place a time limit on your worry.                        |
| 8. Get eight hours of sleep at night  | 17. Let the Word of God make you strong.                     |
| 9. Be sure you get recreation. Relax and have fun at least two or three times a week. |  |