



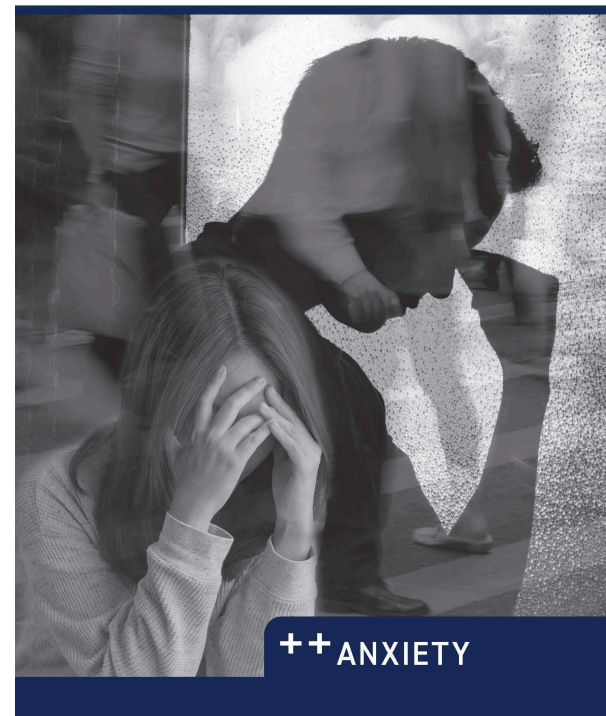
First Aid for the Fearful

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FIRST AID
for **YOUR** Emotional Hurts



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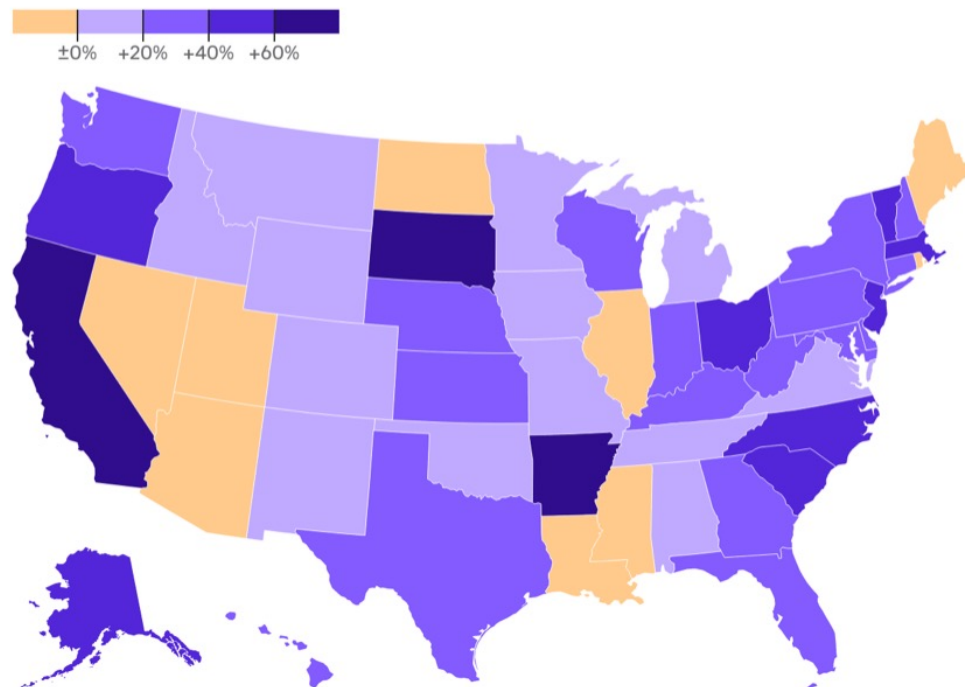
Fear not = 158 times in the Bible

Fear ye not therefore, ye
are of more value than
many sparrows.

Matthew 10:31

Percentage change in the prevalence of anxiety and depression in children

Among 3- to 17-year-olds; 2016-2020



Data: Annie E. Casey Foundation; Map: Erin Davis/Axios

Tennessee

Percentage change +8%

2016 8.8%

2020 9.5%

Biblical Characters Who Struggled with Fear

Abraham
Genesis 12:12

Isaac
Genesis 26:7

Jacob
Genesis 32:7

Moses
Exodus 2:14

*Children of
Israel*
Exodus 14:10

Gideon
Judges 6:27

Elijah
1 Kings 19:3

Jehoshaphat
2 Chronicles
20:3

Zechariah
Luke 1:12

Mary
Luke 1:29-30a

Peter
Matthew 14:30

Can fear be good? Fear God is found 134 times in the Bible

Good Fear



Action

Bad Fear



Inaction

Fear is a problem when . . .

It leads to significant distress.

It impacts our body negatively (e.g., sweating, nausea, headaches).

It limits the places we go or the things we do with others.

It impairs relationships with others.

It harms school or work performance.

It leads to avoidance behaviors.

It is out of proportion to the real threat.

It lasts for more than 6 months.

It results in excessive time and energy devoted to the concern.

Fear



Physiological
Reaction



Urge to fight
or flee

Fear



Anxiety



Worry

Specific Anxiety Disorders

Separation Anxiety Disorder

4% of children

Social Anxiety Disorder

12% of people

Generalized Anxiety Disorder (GAD)

2.9% of adults

Specific Phobia

8-12% of people

Panic Disorder

2-3% of American adults and adolescents experience panic attacks.

Agoraphobia

1-1.7% of Americans.

Posttraumatic Stress Disorder (PTSD)

5.0 to 8.1% of adults

Illness Anxiety Disorder

1.3 to 10% of Americans

Fearful
Situation



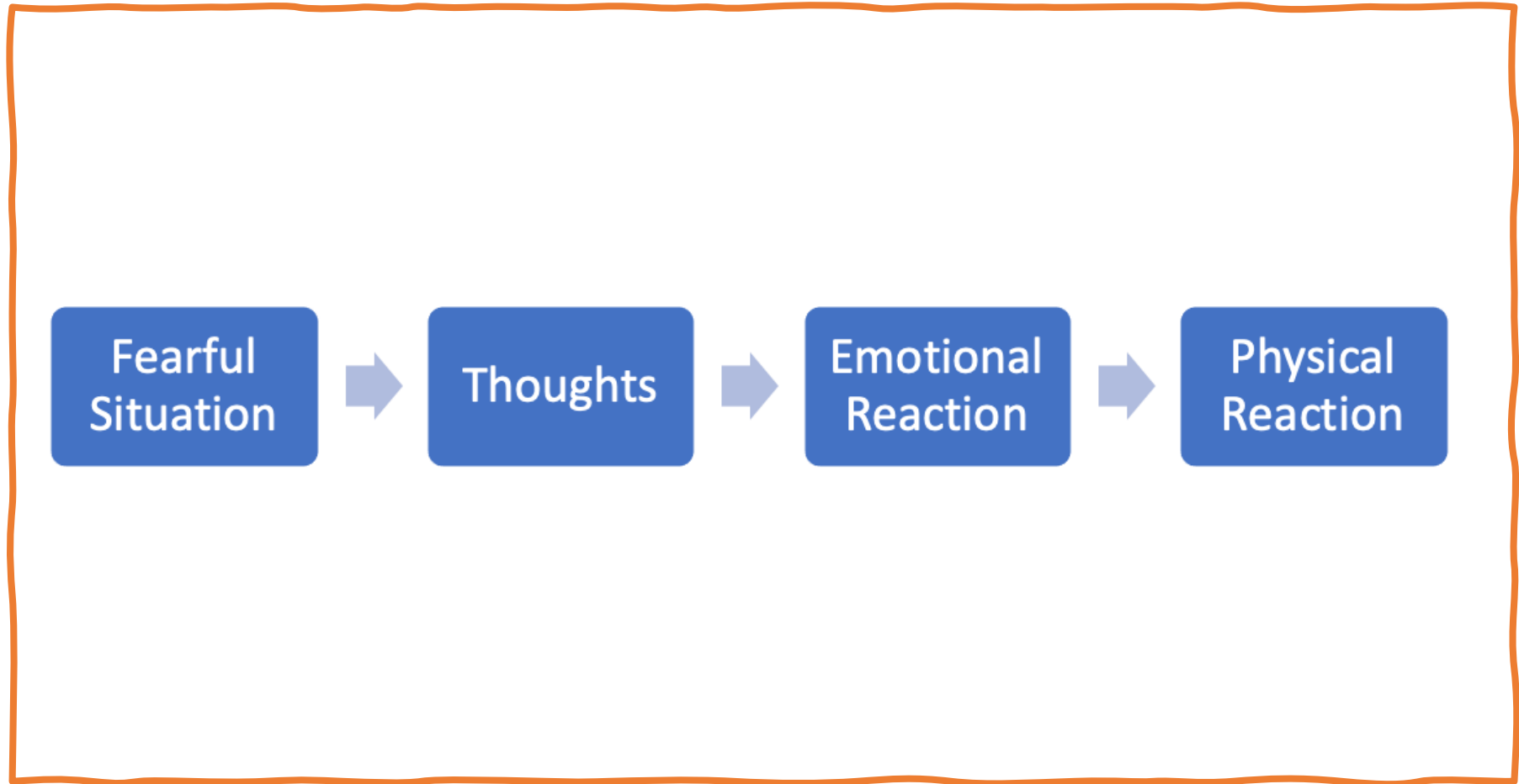
Thoughts



Emotional
Reaction



Physical
Reaction



Date:

Situation:

Thoughts:

Emotional Reaction:

Physical Reaction:

Behavioral Reaction:

Bad Fear:

Good Fear:

Situation: I was at church and heard about the possibility of going on a trip where I would be away from home for over a week.

Thoughts: “What if my mom becomes ill or something happens to her while I am away.”

Emotional Reaction: I began to feel great distress as I imagined something happening to my mother.

Physical Reaction: I began to tremble.

Behavioral Reaction: I made an excuse to my friends and decided not to go on the trip.

Bad Fear: I do not go on the trip because of the anxiety I experience.

Good Fear: I make plans and preparation to cope with anxiety and go on the trip.

Progressive Muscle Relaxation Steps

1. Relax the muscles of your body as best you can. (2 minutes)
 2. Stop relaxing and sit quietly. (2 minutes)
 3. Recall a stressful event that has happened. Think of the event and your reaction to it. (2 minutes)
 4. Stop thinking about the stressful event and sit quietly. (2 minutes)
 5. Recall a pleasant event that has happened. Think of the event and your reaction to it. (2 minutes)
 6. Stop thinking of the event and sit quietly. (2 minutes)
 7. Relax your muscles as best you can. (2 minutes)
 8. Stop relaxing and sit quietly. (10 minutes)
-



Relaxation



Anxiety

Devotional Meditation³⁵

1. Sit quietly and pray. (2 minutes)
 2. Read a Scripture passage. (2-5 minutes)
 3. Answer these questions:
 - a. What is the meaning of this passage? (2 minutes)
 - b. What does this passage mean for me? (2 minutes)
 - c. What does this passage promise? (2 minutes)
 - d. How can I apply this passage to my life today? (2 minutes)
 4. Pray. (5 minutes)
 5. Sit quietly and reflect. (5 minutes)
-

3. Answer these questions:

a. *What is the meaning of this passage? (2 minutes of silence)*

God is the Shepherd of my life. He provides me whatever I need. He provides me with protection.

b. *What does this passage mean to me? (2 minutes)*

God is walking beside me every step of the way as I deal with my present concerns and fears.

c. *What does this passage promise? (2 minutes)*

God will be with me until the end of my life and will welcome me to His house to be with Him forever.

d. *How can I apply this passage to my life today? (2 minutes)*

As I experience fear, I am reminded the Lord is with me every step of the way. Even if my fears are realized, He will help me and welcome me to His home to be with Him forever.

4. Pray.

Father, please forgive me of my sins. I place my trust in you. Thank You for being the Shepherd of my life. Please help me realize you walk beside me through this life. Help me to feel your presence. Please restore my soul. Help me walk along your righteous path. May my life bring You glory. Father, please help me in this frightening situation, even if I face death. Help me not to fear any evil and help me to feel your presence and comfort. Thank You for the day I will be with you forever in the presence of my enemies. Thank You for the mercy you have placed upon me, and that I will one day be with you forever. In the name of your Son Jesus, I pray. Amen.

Passages for Devotional Meditation

Joshua 1:9

Psalm 23; 27; 34:4-9; 46; 91; 107:28-30; 121

Isaiah 41:10-13

Matthew 6:25-34; 8:23-27

Luke 1:12-14

John 10:27-29; 14:25-27

Romans 8:38-39

2 Timothy 1:7

1 John 4:16-18

Fear/Worry



Fast and Pray

Date: 31 A.D.

Situation: In the middle of a storm, Peter saw Jesus walking on water and began to walk on water, too (Matthew 14:29). Then he began focusing on the wind (Matthew 14:30).

Thoughts: Based on the context, he probably thought, "I'm walking on water, and the wind is whipping up. I'm going to drown!"

Emotional Reaction: Fear, panic

Physical Reaction: Likely accelerated heartbeat.

Behavioral Reaction: Peter began to sink and cried out to Jesus, "Lord save me," and He did.

Bad Fear: Paralyzed and stopped.

Good Fear: He looked to Jesus, asked for, and received help from Him.

Music

Another tool is music. Music therapy has been found to be effective in reducing anxiety.³⁷ An example of a biblical character who used music is Jehoshaphat. He faced a real fear inducing threat.

Challenging Questions³⁹

1. What is the evidence for this thought?
 2. What is the evidence against this thought?
 3. Is this thought based on facts?
 4. Am I focusing on something likely to happen or unlikely to happen?
 5. Are my judgments based on facts or feelings?
-

Abraham's Thoughts: Perhaps Abraham had a mental image of being killed and Pharaoh living with Sarai.

What is the evidence for this thought?

We do not know the answer to this question. Let us hypothesize Abraham was aware of Pharaoh doing just what he thought he might do. If he was not aware of Pharaoh taking the life of a husband to seize his wife, he likely knew of other leaders who had done just that.

What is the evidence against this thought?

We have much more evidence here. The evidence against Pharaoh killing Abraham and taking Sarah as his wife is that God had promised to bless Abraham and make many nations out of him (Genesis 12:2-3).

Is your thought based on facts?

Perhaps Abraham had facts based upon Pharaoh's previous behavior; however, it was also a fact that God would give Abraham many descendants. Therefore, we must conclude his thought was not based on facts.

Are you focusing on something likely to happen or unlikely to happen?

Abraham was focused on something unlikely to happen. In fact, it could not happen, based on Genesis 12:2-3.

Are your judgments based on facts or feelings?

Fear was in the air, and Abraham was in a difficult circumstance. His judgment was based on feelings rather than facts given him by the Lord.

What is the relationship between negative thinking and defeating behavior?

Negative thinking

They will kill me.

Defeating behavior

Lying and bad relationship with Pharaoh

Decatastrophizing Questions

What is the realistic likelihood this will occur?

What is the best-case scenario?

Modifying Automatic Thoughts

Automatic Thought

Jezebel is going to kill me.

Balancing Thought

God is with me, and He will get me through it.

Do hard things



[James Jacques Joseph Tissot \(French, 1836-1902\) and followers](#)

Prepare

Event

Goliath described (1 Samuel 17:23-25)

Before Saul (1 Samuel 17:31)

Saul's discouragement, "You are not able"
(1 Samuel 17:33)

Automatic Thought

"Who is this . . . that should defy the
armies

of the living God" (1 Samuel 17:26)

Let no man's heart fail . . . your servant

Will go and fight" (1 Samuel 17:32)

David describes his experiences

(1 Samuel 17:34-37). "The LORD who
delivered me . . . will deliver me from
this Philistine" (1 Samuel 17:37)

Bring it all together

1

*Rejoice in the Lord
(Philippians 4:4).*

2

*Pray
(Philippians 4:6).*

3

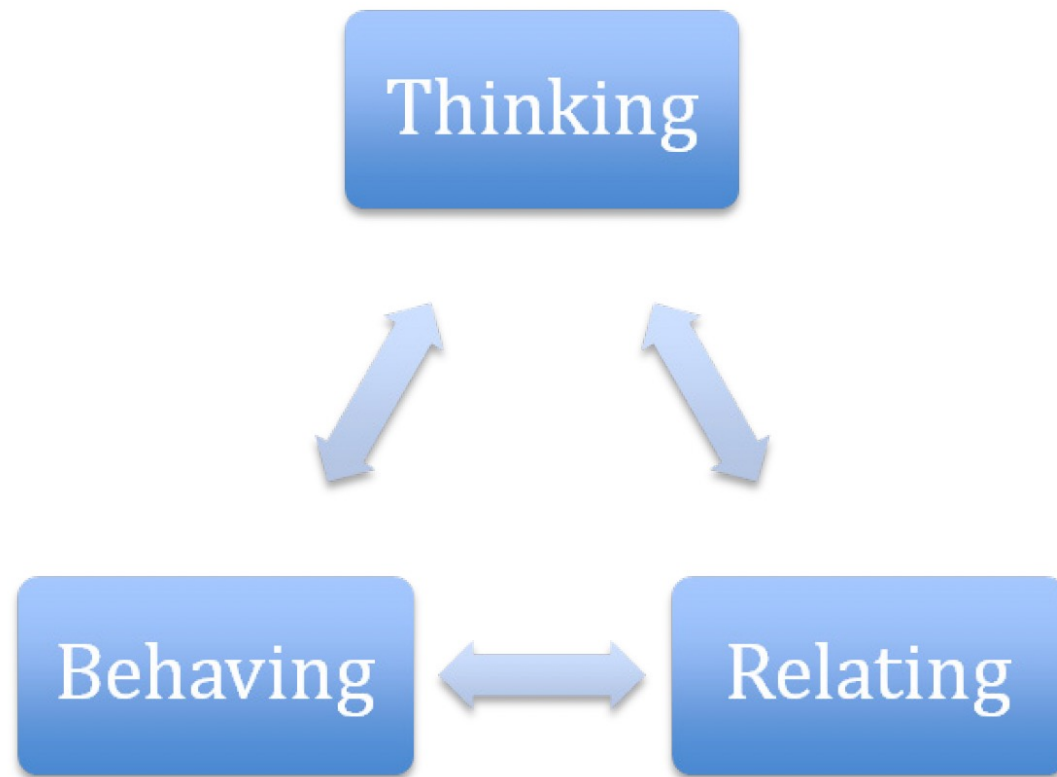
*Correct Thinking
(Philippians 4:8).*

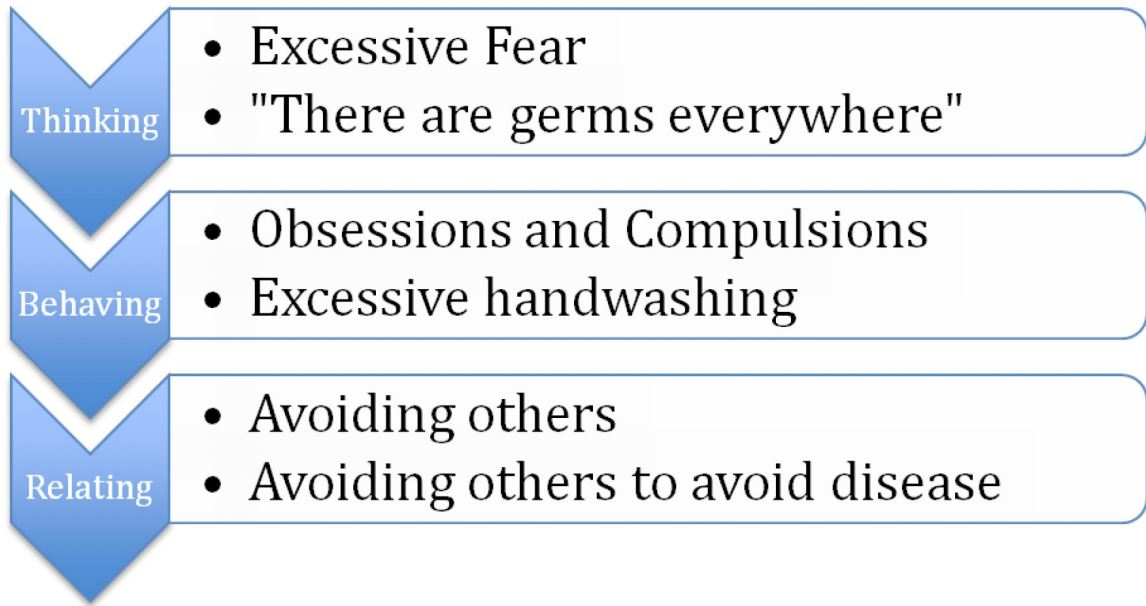
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*Prepare and
Practice
(Philippians 4:9).*

5

*Find Peace and
Contentment
(Philippians 4:7,
12).*



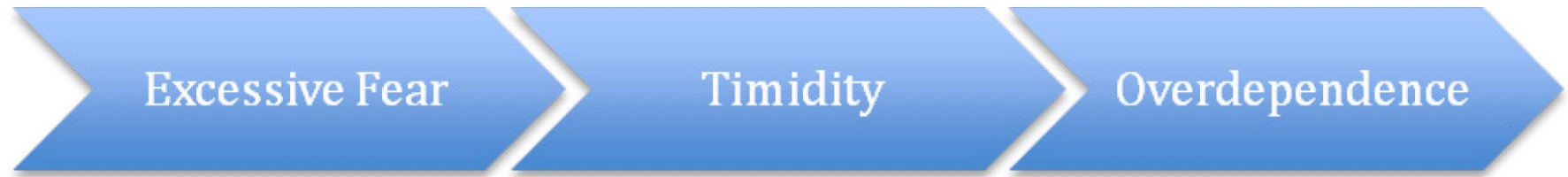




Utilize
professional
helpers

Provide the evaluator with . . .

- › A specific description of the concerning behavior.
- › When does the behavior occur?
- › Where does the behavior occur?
- › How often does the behavior occur?
- › What kind of impact does the behavior have on the child?



Thinking

Break the Chain

Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.

Psalm 31:24



¹⁰ Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

¹³ For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

Isaiah 41:10, 13

The Mathew Model of Relating with the Environment (Matthew 6)

1

Don't be anxious
(verses 25, 27)

- Isn't there more to life?

2

Look (verse 26)

3

Seek (verse 33)





Jacob's Dream (1639) by José de Ribera



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