



# Staying Emotionally Healthy in a Crazy World

Burslem  Church

## Fear and Anxiety

Listen to the message [‘Fear and Anxiety’](#)

Craig Groeschel summarises fear into four categories:

- Fear of loss
- Fear of rejection
- Fear of death
- Fear of the unknown

### Three Principles for working through Fear and Anxiety:

1. **Rewire Your Thinking** – We need to start making a conscious choice to not to focus on the things we can’t control and start focusing on the stuff that is going well. 2 Corinthians 10:5:  
*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*
2. **Revive Your trust in God** – when we get scared, we look to ourselves and not Him. What are you most scared of? The chances are that’s the thing you trust God least with. Check out Matthew 6:27-34.
3. **Revaluing my priorities** – we can often get caught up with doing things and being people who we weren’t created to be. Often our anxiety is caused by our priorities and the things we rely on being out of balance.

### Application

1. What causes your fear and anxiety? How can your faith help you to address these fears?
2. What areas of your life do you trust God the least with? How can you build up your trust in Him?
3. How do your priorities need to change to live a less anxious life?

### Recommended reading

Soul Detox, Craig Groeschel, <https://www.eden.co.uk/shop/soul-detox-4079915.html>