



## Shake Rattle & Roll

June 4, 2024

### **Fear versus Worry**

Fear is a natural response to challenge or the unknown. It's an emotion that serves a valuable purpose (think *fight or flight* response), but it can quickly become unhealthy when it consumes us or propels us into frantic behavior. Negative outcomes aside, the Bible actually commands us to fear not! As Christians, we don't need to fear because we know God is in control. God is on His throne, meaning nothing else is – not a diagnosis, unmet expectations, or uncertain future. He alone has all power and all authority, and nothing can threaten that. That means when fear creeps in, we believers are called to take our fear and stand tall on the promises of our Father!

#### Isaiah 41:10

"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."

Hebrews 13:5-6

Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self-control.

Deuteronomy 31:6

Be strong and of a good courage,  
fear not, nor be afraid of them:  
for the LORD thy God, he it is that doth go with thee;  
he will not fail thee, nor forsake thee.

John 14:27

Peace I leave with you, my peace I give unto you:  
not as the world giveth,  
give I unto you. Let not your heart be troubled,  
neither let it be afraid.

Psalms 27:1

The LORD is my light and my salvation; whom shall I fear?  
the LORD is the strength of my life;  
of whom shall I be afraid?

Psalm 46:1-3

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.

Psalm 91:1-2

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.  
I will say of the LORD, He is my refuge and my fortress:  
my God; in him will I trust.

Fear does NOT stop death. . .  
it stops LIFE!

Worry does not take away tomorrow's troubles. . .  
it takes away today's peace!

We can rest in the fact that nothing takes our sovereign God by surprise. The truth of God's Word and His promises bridge the gap between the fear you feel and what you know to be true about God and His love for you.

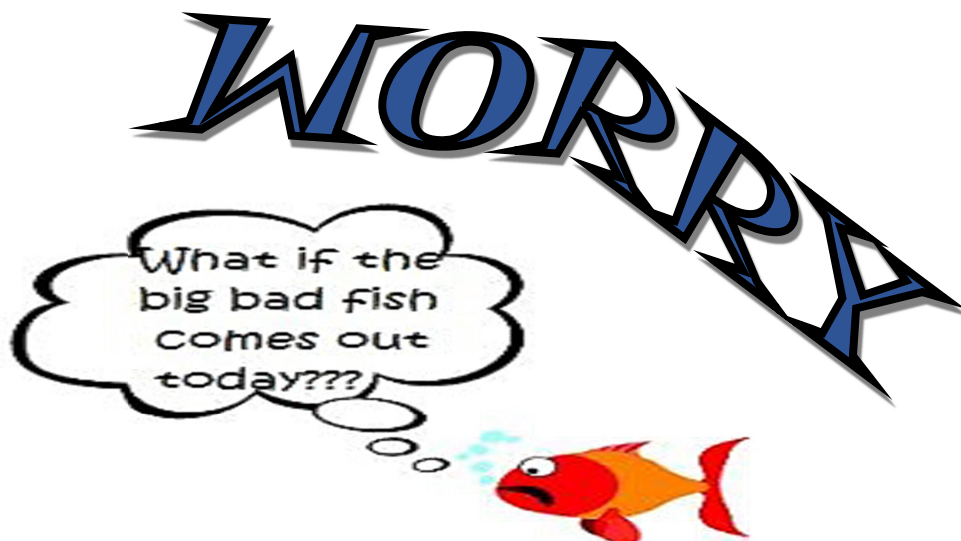
**His Word is the best defense against the fears of this world –  
know it – trust it!**

FAITH  
OVER  
FEAR



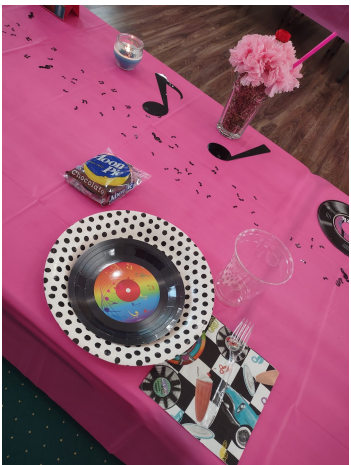
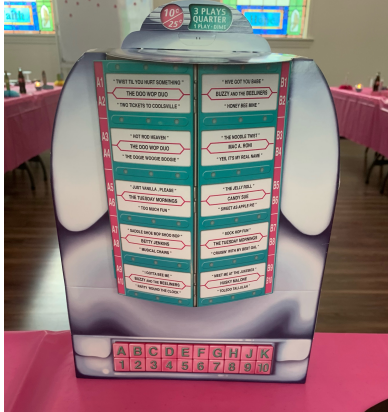
**Stress Response from  
Immediate Danger!**

**Genuine FEAR is involuntary** - a survival signal wired in us that sounds only in the presence of danger - intended to be very brief.



**Stress Response just  
from your Thoughts!**

**WORRY is a choice!**





A special thank you to Mikie Rickey for providing the food  
and the Men's Group for fixing burgers on the grill.