

Women's Conference

Killing Fear and Anxiety



Speaker: Jonathan Anderson

August 21, 2021
Saturday 9am - 4pm

Killing Fear and Anxiety

Session 1 - What's So Wicked about Anxiety?

Matthew 6:25-34

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Session 2 - Distracted by Worry

Luke 10:38-42

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Session 3 - Killing Sinful Fear

1 Peter 3:1-6

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Session 4 - Killing Anxiety

1 Peter 5:6-7

Recommended Resources

Bridges, Jerry — *The Joy of Fearing God*

Bridges, Jerry — *Trusting God: Even When Life Hurts*

Bunyan, John — *The Fear of God*

Burroughs, Jeremiah — *Gospel Fear, or, The Heart Trembling at the Word of God Evidences a Blessed Frame of Spirit: Delivered in Several Sermons from Isaiah 66:2 and 2 Kings 22:19*

Caldwell, Richard — *Answering Anxiety – A Biblical Answer for What Troubles Your Heart*

Frances, Allen — *Saving Normal: An Insider's Revolt against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life*

Lloyd-Jones, D. Martyn — *Spiritual Depression: Its Causes and Cure*

Lloyd-Jones, D. Martyn — *Studies in the Sermon on the Mount*

Martin, Albert N. — *The Forgotten Fear: Where Have All the God-Fearers Gone?*

Priolo, Lou — *Fear: Breaking Its Grip*

Priolo, Lou — *Pleasing People. How Not To Be An Approval Junkie*

Welch, Ed — *When People are Big and God is Small*

NOW WHY THIS FEAR

Now why this fear and unbelief?
Has not the Father put to grief His spotless Son for us?
And will the righteous Judge of men
Condemn me for that debt of sin
Now canceled at the cross?

***Jesus, all my trust is in Your blood
Jesus, You've rescued us
Through Your great love***

Complete atonement You have made
And by Your death have fully paid
The debt Your people owed
No wrath remains for us to face
We're sheltered by Your saving grace
And sprinkled with Your blood

***Jesus, all my trust is in Your blood
Jesus, You've rescued us
Through Your great love***

How sweet the sound of saving grace,
How sweet the sound of saving grace
Christ died for me
How sweet the sound of saving grace,
How sweet the sound of saving grace
Christ died for me

Be still my soul and know this peace
The merits of your great High Priest
Have bought your liberty
Rely then on His precious blood
Don't fear your banishment from God
Since Jesus sets you free

***Jesus, all my trust is in Your blood
Jesus, You've rescued us
Through Your great love***

BE STILL MY SOUL

Be still, my soul: the Lord is on thy side.
Bear patiently the cross of grief or pain.
Leave to thy God to order and provide;
In every change, He faithful will remain.
Be still, my soul: thy best, thy heavenly friend
Through thorny ways leads to a joyful end.

Be still, my soul: thy God doth undertake
To guide the future, as He has the past.
Thy hope, thy confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
His voice who ruled them while He dwelt below.

Be still, my soul: when dearest friends depart,
And all is darkened in the vale of tears,
Then shalt thou better know His love, His heart,
Who comes to soothe thy sorrow and thy fears.
Be still, my soul: thy Jesus can repay
From His own fullness all He takes away.

Be still, my soul: the hour is hastening on
When we shall be forever with the Lord.
When disappointment, grief and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past
All safe and blessed we shall meet at last.

CHRIST THE SURE AND STEADY ANCHOR

Christ the sure and steady anchor,
In the fury of the storm;
When the winds of doubt blow through me,
When my sails have all been torn.
In the suffering, in the sorrow,
When my sinking hopes are few;
I will hold fast to the anchor,
It will never be removed.

Christ the sure and steady anchor,
While the tempest rages on;
When temptation claims the battle,
And it seems the night has won.
Deeper still then goes the anchor,
Though I justly stand accused;
I will hold fast to the anchor,
It shall never be removed.

Christ the sure and steady anchor,
Through the floods of unbelief;
Hopeless somehow, O my soul, now,
Lift your eyes to Calvary.
This my ballast of assurance,
See his love forever proved.
I will hold fast to the anchor,
It will never be removed.

Christ the sure and steady anchor,
As we face the wave of death;
When these trials give way to glory,
As we draw our final breath.
We will cross that great horizon,
Clouds behind and life secure;
And the calm will be the better,
For the storms that we endure.

Christ the sure of our salvation,
Ever faithful, ever true!
We will hold fast to the anchor,
It shall never be removed.

YET NOT I BUT THROUGH CHRIST IN ME

What gift of grace is Jesus my redeemer
There is no more for heaven now to give
He is my joy, my righteousness, and freedom
My steadfast love, my deep and boundless peace
To this I hold, my hope is only Jesus
For my life is wholly bound to His
Oh how strange and divine, I can sing, "All is mine"
Yet not I, but through Christ in me

The night is dark but I am not forsaken
For by my side, the Savior He will stay
I labour on in weakness and rejoicing
For in my need, His power is displayed
To this I hold, my Shepherd will defend me
Through the deepest valley He will lead
Oh the night has been won, and I shall overcome
Yet not I, but through Christ in me

No fate I dread, I know I am forgiven
The future sure, the price it has been paid
For Jesus bled and suffered for my pardon
And He was raised to overthrow the grave
To this I hold, my sin has been defeated
Jesus now and ever is my plea
Oh the chains are released, I can sing, "I am free"
Yet not I, but through Christ in me

With every breath I long to follow Jesus
For He has said that He will bring me home
And day by day I know He will renew me
Until I stand with joy before the throne
To this I hold, my hope is only Jesus
All the glory evermore to Him
When the race is complete, still my lips shall repeat
Yet not I, but through Christ in me

When the race is complete, still my lips shall repeat
Yet not I, but through Christ in me
Yet not I, but through Christ in me