

Peace: Developing mental health sanctuaries in an anxious world.

Summary: *In this anxious world we are often overcome by fears. While not all experiences of fear result in functional impairment, which would then be considered a mental illness, they can still impact our daily lives in a harmful way. God recognizes the danger of fear and commands us to not be afraid (Joshua 1:9). In this presentation we will discuss the spiritual danger of fear/anxiety and what the Lord has done to give us peace.*

1) Overview

- a) Word of Hope counselee examples
- b) History of fear
- c) Our fears
- d) God's command
- e) God's promises
- f) God's peace through the Church
- g) God's peace through YOU

2) Word of Hope counselee examples

- a) Unplanned pregnancy
- b) Chronic illness
- c) Family medical emergency
- d) Singleness
- e) Family relocation
- f) Traumatic experience
- g) Marital separation
- h) Underlying spiritual issue

3) (Genesis 3:1-5)

Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" ² And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, ³ but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" ⁴ But the serpent said to the woman, "You will not surely die. ⁵ For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

4) (Genesis 3:6-10)

⁶ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. ⁷ Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.⁸ And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. ⁹ But the LORD God called to the man and said to him, "Where are you?" ¹⁰ And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself."

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5) What do you fear?

6) What do we fear?

7) What does God say when we fear?

8) His Word...

- i) Fear not
- ii) Do not be afraid
- iii) Be without dread
- iv) Be not distressed
- v) Do not/nor be dismayed
- vi) Shall not/cannot be shaken
- vii) Let not/nor be troubled
- viii) Do not be frightened
- ix) Remove vexation
- x) Do not be intimidated
- xi) Do not be anxious
- xii) Not be terrified
- xiii) Be strong/stronger
- xiv) Courage
- xv) Be valiant
- xvi) Be at peace

9) How does God give peace in place of our fears?

a) **John 14:27**

10) Promise #1

a) Fear: bad things will happen

b) Promise:

i) **Genesis 50:20**

ii) **Romans 8:28**

11) Promise #2

a) Fear: being without

b) Promise:

i) **Matthew 6:31-33**

ii) **Philippians 4:19**

12) Promise #3

a) Fear: weakness/powerlessness

b) Promise:

i) **Isaiah 41:10**

ii) **2 Corinthians 12:9**

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- 13) Promise #4
 - a) Fear: not being in control
 - b) Promises:
 - i) **Proverbs 3:5-6**
 - ii) **Jeremiah 29:11**
- 14) Promise #5
 - a) Fear: loneliness/being alone
 - b) Promise:
 - i) **Deuteronomy 31:8**
 - ii) **Psalms 139:8**
- 15) Promise #6
 - a) Fear: unloved/unlovable
 - b) Promise:
 - i) **John 3:16**
 - ii) **Lamentation 3:22**
- 16) Promise #7
 - a) Fear: death
 - b) Promise:
 - i) **1 John 5:11**
 - ii) **John 6:47**
- 17) Promise #8
 - a) Fear: evil
 - b) Promise:
 - i) **Psalms 23:4**
 - ii) **Romans 8:38-39**
- 18) Promise #9
 - a) Fear: chaos and disorder
 - b) Promise:
 - i) **Matthew 11:28**
 - ii) **1 Corinthians 14:33**
- 19) Promise #10
 - a) Fear: pain and suffering
 - b) Promise:
 - i) **Hebrews 4:15**
 - ii) **1 Peter 2:21**

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- 20) Promise #11
- a) Fear: judgment and punishment
 - b) Promise:
 - i) **1 Peter 2:24**
 - ii) **Romans 3:23-24**
- 21) Promise #12
- a) Fear: not good enough
 - b) Promise:
 - i) **Galatians 2:20**
 - ii) **2 Corinthians 9:8**
- 22) How does the congregation offer God’s peace in place of fear?
- 23) Offering Peace
1. How to bring good out of bad situations?
 2. How to meet daily needs?
 3. How to help others when they are weak?
 4. How to build trust/hope in the Lord?
 5. How to comfort the lonely?
 6. How to show love?
 7. How to focus on eternal life?
 8. How to overcome temptations?
 9. How to offer rest and organization?
 10. How to comfort those who are suffering?
 11. How to forgive others?
 12. How to be content?
2. What does offering God’s peace look like through you?