**No Fear, No Anxiety**

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Men’s Fellowship

On average, one in 8 men will have depression and one in 5 men will experience anxiety at some stage of their lives. Men are less likely to experience anxiety and depression than women. They are also less likely to talk about it. This increases the risk of their anxiety or depression going unrecognized and untreated.

According to survey, 34% of male participants cited finances as the No. 1 stressor in their life.

Men deal with stress differently, and they have different stress levels in their lives. One result of stress is men pulling away from even the best relationship because of that stress.

Although stress affects both men and women equally, the difference in the coping mechanisms is what leads to higher stress levels in men. Stress can affect all aspects of life for a man, including emotions, behaviors, cognitive abilities, and physical health.

**Accountability**

* Genesis 3:11-14 ESV; **11**He said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?” **12**The man said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” **13**Then the Lord God said to the woman, “What is this that you have done?” The woman said, “The serpent deceived me, and I ate.”

Why do we have a problem admitting things to God, to the people we love, and to ourselves??

**Fear**

~an unpleasant often strong emotion caused by expectation or awareness of danger. 2. concern about what may happen: worry~

~Different type of fear when it comes to serving God…. Fear of God may refer to fear itself, but more often to a sense of awe, and submission to, a deity.~

**Physically**

* Fear weakens our immune system and can cause cardiovascular damage, gastrointestinal problems such as ulcers and irritable bowel syndrome, and decreased fertility. It can lead to accelerated ageing and even premature death. Memory.

**Spiritually**

* Fear can hinder our walk with God
* Fear can hinder our ministry of sharing the Gospel

**Key Verses**

1. 2 Tim. 1:7 “for God gave us a spirit not of fear but of power and love and self-control.”
2. Jer. 1:5; “Before I formed you in the womb I knew you,
and before you were born I consecrated you;
I appointed you a prophet to the nations.”

Anxiety

~Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat.~

There is NO rest with Anxiety, in fact, you are always restless…restlessness leads to fatigue, and you begin to miss out on life and other things going on because you’re literally exhausted from your mind constantly running 100 miles per minute. That tense feeling that you have causes you to always be on the edge, and you’re not able to enjoy certain moments in life because you’re in this tense and wondering state of mind.

**Key Verses**

1. Phil. 4:6-7; **6**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7**And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
2. Matthew 6:25-34; **25**“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? **26**Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? **27**And which of you by being anxious can add a single hour to his span of life?[[g](https://www.biblegateway.com/passage/?search=Matthew%206&version=ESV#fen-ESV-23310g)] **28**And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, **29**yet I tell you, even Solomon in all his glory was not arrayed like one of these. **30**But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? **31**Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32**For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33**But seek first the kingdom of God and his righteousness, and all these things will be added to you.

**34**“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

**Prayer**

It is through prayer that we begin to see and understand our identity in Christ. Most fear and anxiety come from a poor prayer life and the lack of understanding who we are in Christ.

1. 1 Timothy 2:8; **8**I desire then that in every place the men should pray, lifting holy hands without anger or quarreling;

\*2 Timothy Chapter 2 also instructs us to pray for ALL people for it is pleasing in the sight of God. \*

1. Luke 18:1; “And he told them a parable to the effect that they ought always to pray and not lose heart.”

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“Those who have placed their faith in Jesus Christ have nothing to fear from man, or from anything else for that matter.

There is, then, the matter of loving our neighbor. There is also the deeper matter of dealing with fear and anxiety—regardless of its source. How do we deal with all of the fear and anxiety that we face, whether media-induced or event-induced? An example from church history proves instructive. Saint Augustine (354–430) lived at a time of great fear and anxiety. His world changed dramatically in A.D. 410 when the barbarian Alaric entered Rome. This was the beginning of the end for the western half of the Roman Empire. As refugees fled to northern Africa, bringing all manner of ominous reports, Augustine was forced to deal with the issues as many were going so far as to blame the fall of Rome on Christianity. His classic work The City of God was written to respond to the crisis. One of my favorite quotes from this book addresses the fearfulness of his readers. He encourages Christians who are surrounded by danger on every side, saying: “Among the daily chances of this life every man on earth is threatened in the same way by innumerable deaths, and it is uncertain which of them will come to him. And so the question is whether it is better to suffer one in dying or to fear them all in living” (1:11). These are the words of one who trusts the sovereignty of God. Augustine knew there was no point in being constantly fearful about all of the dangers surrounding him. He knew God was in control and that not a single hair could fall from his head apart from God’s will.

The world is fearful and anxious, but it is fearful and anxious about the wrong things. The world is fearful about the economy. The world is fearful about retirement accounts. The world is fearful about natural disasters and man-made disasters. The world is fearful of terrorism, and the world is fearful of diseases like the coronavirus. The world, however, is not fearful of God. Jesus tells us that we are not to fear those who can kill the body but cannot kill the soul. Instead we are to fear God who can destroy both ([Matt. 10:28](https://www.esv.org/verses/Matt.%2010%3A28/)). The wrath of God makes all other objects of the world’s fears seem like nothing in comparison. A truly fearful thing is to fall into the hands of the living God ([Heb. 10:31](https://www.esv.org/verses/Heb.%2010%3A31/)).

Those who have placed their faith in Jesus Christ, however, have nothing to fear from man, or from anything else for that matter. Those who trust Christ have nothing to fear from hurricanes, diseases, economic collapse, war, famine, or even death. All of these things are under the control of our sovereign Father in heaven. Of course, this is easy enough for us to say, but we all too easily take our eyes off of God and dwell on the dangers surrounding us.[[1]](#footnote-1)

1. Dr. Keith A. Mathison; *Fighting Fear and Anxiety*: https://www.ligonier.org/learn/articles/fighting-fear-and-anxiety. [↑](#footnote-ref-1)