

A. In overcoming worry:

1. Recognize what it is: a doubt that the Lord can do what He says coupled with a fear that the past may be repeated in the future or the present.
2. To deal with it in the light of our text, go to Philippians 4 rejoice, pray, and fill your mind with the things that are good and healthful.
3. Study some of the Biblical examples: David at Keilah, Peter in Prison.
4. Remember the gift God has given: power, love, self-control

B. In overcoming timidity (fear)

1. Recognize it as an emotion that doubts the ability of the Lord to act as He has promised.
2. As in 1 Peter 5 stay humble before Him and cast your cares on Him.
3. Remember He is your continuing companion. Make good use of Hebrews 13:6-7
4. Occupy yourself with spiritual worship and service...there is nothing like idleness to increase fear!

C. In overcoming guilt

1. Recognize it as a self imposed doubt of God's forgiveness. (But, be careful in this. If the guilt arises from the reality that you have harmed another or failed in a particular task, confession, forgiveness, restoration, are big in the process. The guilt of which I am speaking is the fear of condemnation for previous sins.)
2. Apply the truth of 1 John 3:18-24 and 4:17
3. Remember the truth of Romans 8:1 and apply it heartwise.

III. Conclusion: I know these are very simplistic steps and the problems need more attention than we can give all of them in one talk. What I offer here is foundational material and you may need the help of a counselor in seeing how it fits one's own case. But these personal weaknesses should not be allowed to destroy our personal peace or effectiveness in the life the Lord has given. And it is a great personal blessing to know that God has provided the basis of dealing with them.

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