

Wheelersburg Baptist Church
Issues in Biblical Counseling Evening
Monday December 1, 2025
“Biblical Answers for the Stresses of a Crazy World”

I. A recent case study

II. The world’s diagnosis and treatment

- A. Mental health problem.
- B. Pharmaceutical and therapeutic treatment to address physical symptoms.
- C. Psychological talk therapy and behavioral retraining to address thoughts and feelings.

III. The biblical instruction for anxiety

- A. Cast all your anxieties on God I Peter 5:5-7
- B. Do not be anxious about the future Matthew 6:24-34
- C. Do not be anxious about anything Philippians 4:1-9
- D. Submit to God’s Sovereignty James 4:13-17
- E. Abide in God’s perfect love. I John 4:15:18

IV. 7 Key Biblical Counseling Practices

- A. PRAY: Entrust yourself, the counselee, and the process to God in prayer.
- B. LISTEN: Be a compassionate patient listener to understand the person and problem.
- C. GIVE HOPE: Validate the Gospel as the basis for hope.
- D. PROVIDE WISDOM: Help the counselee address physical challenges and navigate medical help
- E. ADDRESS THE HEART: Ask good questions to uncover specific root heart issues that need to be addressed.
- F. FOCUS ON THE PROMISES: Keep the promises of God front and center in your conversations.
- G. PRACTICE GODLINESS: Help the counselee develop specific goals and habits to practice for the glory of God.

V. Relevant Questions

What is Anxiety?

Anxiety is a divided mind—pulled in multiple directions. God calls us to have a single mind depending fully on Him for everything and expressing that dependence by asking Him to meet our daily needs. The one we rely on and serve is the one we worship. We cannot serve two masters. False masters compete for our attention and devotion. When we give them fear or homage, we violate our love for our Father. Anxiety is an expression of false worship.

Why Does Anxiety Persist?

Anxiety is rooted in a doubt in God's care. Worrying about the future is doubting His promise to provide what we need. He knows what we need and always gives what is best. Anxiety divides our focus from seeking His kingdom to temporal concerns that He has already promised to address.

What is the Source of Anxiety?

Pride says, *"I can handle life on my own. My destiny is in my hands. If something is to be, it depends on me. I am the creator and sustainer of my life."* God resists the self-sufficient.

Humility says, *"I can do nothing apart from God. He directs my path and sustains my life. If something is to happen, it ultimately depends on Him. As His child, He promises to care for me completely. My role is to work out my salvation with reverence, always depending on His sovereign power, enablement and control."* God gives grace to the humble.

What is the Biblical Antidote for Anxiety and Fear?

Christ has overcome the greatest cause for human fear—condemnation and rejection by God—through His death on the cross. Because our sins are forgiven, we have no reason for fear or anxiety. When anxiety remains, it reveals that we have not fully understood and embraced God's perfect love. The remedy for fear and anxiety is to pursue a deeper understanding and experience of His love for us in Christ, which is sufficient to address all fear in our lives.

Why is Responding to Anxiety Biblically Important?

God calls us to wholehearted devotion to Himself and His kingdom and has promised to supply all we need. Anxiety stems from uncertainty about our future. Peace comes from asking the Father to care for us based on His promises, entrusting Him with our lives, and rejecting any thought that would question His love and care for us. He holds the future and wants our focus to remain on daily obedience and faithfulness, leaving future concerns where they belong, in His sovereign and providential control. Anxiety and worry are expressions of our pride.