

BIBLE STUDY ON SOCIAL ANXIETY – THE FEAR OF MAN

Session 1: Describing and Defining the Struggle

Key Verses: Proverbs 29:25; II Timothy 1:7

I. Schedule and Outline

Session 1: Describing and Defining the Struggle – Dec 6

Session 2: Getting to the Heart of the Matter – Dec 13

Session 3: Keys to Overcoming Fear: Loving God and Others – Dec 20

Session 4: Keys to Overcoming Fear: Being Ruled by Biblical Thinking – Dec 27

Session 5: Keys to Overcoming Fear: Fearing and Trusting the Lord – Jan 3

II. Case Studies

III. General Characteristics

IV. World's Answer to the Problem

A. Medication

B. Behavioral Modification

V. First Step in receiving God's Answer – Define the Problem Biblically

A. If we want God's answer, we need to embrace a Biblical understanding and definition of the problem.

B. The Biblical definition for "social anxiety" is the fear of man.

C. Proverbs 29:25 *Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.* Fear = anxiety, quaking, trembling, anxious care; root word is tremble.; snare = bait, lure, or trap.

D. Fear of others or being around others is a bondage, a limitation, a jailhouse that keeps you from being free and experiencing God's best for your life.

E. II Timothy 1:7 *For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.* Timidity = fearfulness, cowardice, timidity. God does not intend us to be timid and afraid of others. If this is not His will, then He has surely provided a way to be delivered from this snare.

F. Fear of others binds you and hinders the ministry God has given you to bless others. Loving others is a key to overcoming fear.

VI. Six Basic Principles to Solving Problems Biblically

#1 – God's sufficient Word has the answer for all my problems. II Peter 1:3-4

#2 – God has provided a way for me to effectively address every problem in my life. I Corinthians 10:13

#3 – To deal with problems God's way, I must first know Christ as my Savior. I Corinthians 2:11-14

#4 – Knowing Christ as my Savior does not automatically solve all my problems. I must learn to appropriate what He has provided. Ephesians 4:17-24

#5 – Problems are not bad, but opportunities to grow to be more like Christ. James 1:2-4

#6 – The foremost goal in addressing my problems is to glorify God. Romans 11:36

SUGGESTED HOMEWORK FOR NEXT WEEK

1. Describe in detail situations where you have struggles in this area. List the following information: Who you were with; the circumstances; what you were thinking; what you said to others; how you were feeling; what you were wanting or desiring; what you were thinking about yourself in the situation; what you were thinking about other people in the situation; why you were in the situation;
2. List activities that you would participate in if you did not have this problem. List activities that you would look forward to (not dread or have a negative response to) if you did not have this problem. List responsibilities that you procrastinate or avoid because of this problem.
3. Try to recall and record the details of the worst situation(s) in the past related to this problem.
4. Describe how has your relationship to Christ affected this problem?
5. Read Luke 6:43-45 and describe the relationship of the heart to actions.
6. Read Hebrews 4:12-13 and reflect on the power of the Word of God to affect our hearts.
7. Work on memorizing the key verses for this week: *Proverbs 29:25; II Timothy 1:7*