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How to Fight Fearful/Anxious Thoughts and Win!

God knew fear would be a fierce battle for us to fight effectively. So, He gave us tools.

Even when we know in our heart that God loves us and cares for us, there are times when our mind runs away with stressful thoughts and scenes that play out in our mind prompting fear.

Hundreds of times Scripture commands us to “fear not,” be anxious for nothing,” and to “not worry about tomorrow.” I suspect God repeated these commands so often because He knew it would be a fierce battle for us but not in our best interest to entertain.

So the question remains: How do we fight fearful, anxious, and worrisome thoughts and win?

8 Steps to Winning the Fight over Fearful/Anxious Thoughts:

1. Recognize the real source of fear.

Worry, fear, and anxiety do not come from God. Scripture is clear on that: “*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind*” (2 Timothy 1:7 KJV). Worry, fear, and anxiety come from the enemy of our soul.

2. Be vigilant and stay alert.

In our busy lives, we have many thoughts and don't even take time to assess where they are coming from or if they are true. That's like leaving our front door unlocked for a thief. In order to effectively fight and win against worry, fear, and anxiety, we have to pay attention to our thoughts: *"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour"* (1 Peter 5:8).

Remember that our emotions are the outward manifestation of the thoughts we believe. So our emotions can give us some hints of the thoughts we've been listening to and believing.

3. Pay attention to thoughts and determine if they are from God or our enemy.

Our enemy attacks us in our thoughts, so we must intentionally pay attention to them to determine if they come from God or the enemy of our soul. *"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ"* (2 Corinthians 10:5).

4. Recognize the fearful, anxious thoughts are not your thoughts.

Fearful thoughts come to you from the enemy of your soul. *"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground and after you have done everything, to stand"* (Ephesians 6:12-13).

5. Talk back to anxiety.

When we feel anxious, it's because we've been believing thoughts that make us feel anxious. Speak out against the thoughts that agree with those feelings. Instead of acting upon those feelings, refute them and speak back to them.

If you start feeling afraid or anxious, say something out loud like, "No! I will not be afraid! I have not been given a spirit of fear but of power, love and a sound mind. God says to cast all my cares on Him because HE cares for me. Instead of being afraid, I will put my trust in God." When you repeatedly refute them and speak back to those feelings, they will begin to line up with the words you are speaking.

6. Stand on key scripture and the promises in God's word that refute the lies of the enemy.

When troubled by worry, fear, or anxiety, consider the following:

- *God says whoever trusts in Him is kept safe. (Proverbs 29:25)*
- *God says when I am afraid, He gives me peace. (John 14:27)*
- *God is with me even as I walk through the valley of the shadow of death. (Psalm 23:4)*
- *God said do not be afraid or discouraged, He will be with me wherever I go. (Joshua 1:9)*

Consider writing Scripture on notes and place them where you will see them: the refrigerator, the dashboard in your car, your nightstand, the bathroom mirror, etc. When you see your notes, read them aloud because, "*Faith comes by hearing, and hearing by the Word of God*" (Romans 10:17).

7. Pray Scripture back to God.

Because God is not human and cannot lie (Numbers 23:19), one of the most beneficial prayers we can pray is one that incorporates His word. *“So will My word be which goes forth from My mouth; It will not return to Me empty, Without accomplishing what I desire, And without succeeding in the matter for which I sent it” (Isaiah 55:11).*

8. Ask God for help.

God delights in helping His children. He knows that worry, fear, and anxiety are going to tempt us. But He is always willing to help His children. *“God is our refuge and strength, a very present help in trouble” (Psalm 46:1).*

About Dr. Michelle Bengtson

Dr. Bengtson studied neuroscience and is board certified in clinical neuropsychology. She established her own clinical practice in the Dallas area. From her professional and personal life, she recognized a deep lack of understanding of the call to “renew our minds” and the transformational effects a robust understanding of this has on our physical and mental health and outlook.



Dr. Bengtson lives to foster regeneration and renew life in her listeners. She recognizes brokenness in her life and others’ and offers steps we can take as we walk with Christ through the thin places.

Dr. Bengtson authored the award winning “*Hope Prevails: Insights from a Doctor’s Personal Journey Through Depression*” and its award winning companion “*Hope Prevails Bible Study.*” Her third book, “*Breaking Anxiety’s Grip: How to Reclaim the Peace God Promises*” released in September 2019 (Revell).

She blogs at DrMichelleB.com and maintains a weekly podcast, "Your Hope-Filled Perspective with Dr. Michelle Bengtson" on Apple Podcasts, Stitcher, Spotify, Google Play and other platforms. She is a frequent guest on Fox News Radio and speaks at conferences and churches internationally. For more, find her at www.DrMichelleBengtson.com.