

**Made to Minister Conference – Defining Anxiety Biblically
Salem Heights Church**

I. Why Fears and Anxieties Exist

- Good fear vs. bad fear

II. The Opportunity of Worry

III. Truth Against Fears

- 1 Peter 5:6-8

Continuum of Fear:

Care → Concern → Distress → Worry → Fear (obsessing/anxiousness)

IV. The Connection Between Unbelief and Anxiety

- **Gospel Gap #1 – Misplaced Dependency** (Matthew 19:13-24)
- **Gospel Gap # 2 – Misplaced Provision/Loyalty/Trust** (Luke 12:22-34)
- **Gospel Gap #3 – Misplaced Fear** (1 John 4:13-18)