

Note: All verses taken from NIV 1984 version unless otherwise stated

1. Fear

Things we fear:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Deuteronomy 31:6

“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

Psalms 34:9

“Fear the LORD, you his saints, for those who fear him lack nothing.”

Psalms 118:6

“The LORD is with me; I will not be afraid. What can man do to me?”

Isaiah 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 54:4

“Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.”

Matthew 10:28

“Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.”

Luke 12:32

“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”

John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Romans 8:15

“For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.”

Hebrews 13:6

“So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can man do to me?’”

1 Peter 3:14

“But even if you should suffer for what is right, you are blessed. ‘Do not fear what they fear ; do not be frightened.’”

1 John 4:18

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

2. Anger

Causes of anger:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Psalm 4:4

“In your anger do not sin; when you are on your beds, search your hearts and be silent.”

Psalm 37:8

“Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Proverbs 15:1

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 29:8

“Mockers stir up a city, but wise men turn away anger.”

Proverbs 29:11

“A fool gives full vent to his anger, but a wise man keeps himself under control.”

Proverbs 30:33

“For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.”

Ecclesiastes 7:9

“Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

Ephesians 4:26

“In your anger do not sin” : Do not let the sun go down while you are still angry,”

Ephesians 4:31

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Colossians 3:8

“But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.”

1 Timothy 2:8

“I want men everywhere to lift up holy hands in prayer, without anger or disputing.”

James 1:19-21

“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ for man’s anger does not bring about the righteous life that God desires. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.”

3. Sorrow/Sadness

Causes of sorrow/sadness:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Psalm 23:4

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

Psalm 30:5

“For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.”

Psalm 34:18

“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 71:21

“You will increase my honor and comfort me once again.”

Psalm 119:28

“My soul is weary with sorrow; strengthen me according to your word.”

Psalm 119:50

“My comfort in my suffering is this: Your promise preserves my life.”

Psalm 119:76

“May your unfailing love be my comfort, according to your promise to your servant.”

Ecclesiastes 7:3

“Sorrow is better than laughter, because a sad face is good for the heart.”

Isaiah 51:11

“The ransomed of the LORD will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.”

Isaiah 53:4

“Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted.”

Isaiah 49:13

“Shout for joy, O heavens; rejoice, O earth; burst into song, O mountains! For the LORD comforts his people and will have compassion on his afflicted ones.”

Matthew 26:38

“Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

John 14:1

“Do not let your hearts be troubled. Trust in God ; trust also in me.”

John 16:33

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Romans 9:2

“I have great sorrow and unceasing anguish in my heart.”

2 Corinthians 1:3-5

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. ⁵ For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.”

2 Corinthians 6:9-11

“known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; ¹⁰ sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.”

2 Corinthians 7:6

“But God, who comforts the downcast, comforted us by the coming of Titus”

2 Corinthians 7:10

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”

4. Loneliness

Causes of loneliness:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Psalm 25:16

“Turn to me and be gracious to me, for I am lonely and afflicted.”

Psalm 68:6

“God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.”

Jeremiah 15:17

“I never sat in the company of revelers, never made merry with them; I sat alone because your hand was on me and you had filled me with indignation.”

Mark 1:45

“Instead he went out and began to talk freely, spreading the news. As a result, Jesus could no longer enter a town openly but stayed outside in lonely places. Yet the people still came to him from everywhere.”

Luke 5:16

“But Jesus often withdrew to lonely places and prayed.”

1 Timothy 5:5

“The widow who is really in need and left all alone puts her hope in God and continues night and day to pray and to ask God for help.”

5. Worry – very closely related to fear – Fear is the root of worry.

Causes of worry:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Matthew 6:25-34

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Who of you by worrying can add a single hour to his life? ²⁸ “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Luke 12:22-34

“Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³ Life is more than food, and the body more than clothes. ²⁴ Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵ Who of you by worrying can add a single hour to his life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest? ²⁷ “Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! ²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ But seek his kingdom, and these things will be given to you as well. ³² “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³ Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. ³⁴ For where your treasure is, there your heart will be also.

Proverbs 12:25

“An anxious heart weighs a man down, but a kind word cheers him up.”

Philippians 4:5-7

“Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

1 Peter 5:7

“Cast all your anxiety on him because he cares for you.”

Luke 21:34

“Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.”

Luke 8:14

“The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life’s worries, riches and pleasures, and they do not mature.”

Psalm 37:7-8

“Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil.”

Difference between concern and worry

- Concern means to be affected by while maintaining peace
- Worry means to be tormented by and losing your peace

6. Jealousy

Causes of jealousy:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Proverbs 14:30

“A heart at peace gives life to the body, but envy rots the bones.”

Proverbs 23:17

“Do not let your heart envy sinners, but always be zealous for the fear of the LORD.”

Proverbs 24:1

“Do not envy wicked men, do not desire their company”

Proverbs 24:19

“Do not fret because of evil men or be envious of the wicked”

Proverbs 27:4

“Anger is cruel and fury overwhelming, but who can stand before jealousy?”

Ecclesiastes 4:4

“And I saw that all labor and all achievement spring from man’s envy of his neighbor. This too is meaningless, a chasing after the wind.”

Mark 7:21-23

“For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, ²² greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³ All these evils come from inside and make a man ‘unclean.’”

Romans 13:13

“Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.”

1 Corinthians 3:2-4

“I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. ³ You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?”

1 Corinthians 13:4

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”

Galatians 5:16-26

“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. 17 For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. 18 But if you are led by the Spirit, you are not under law. 19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

James 3:13-18

“Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. ¹⁴ But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, of the devil. ¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice. ¹⁷ But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. ¹⁸ Peacemakers who sow in peace raise a harvest of righteousness.”

1 Peter 2:1-3

“Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. ² Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, ³ now that you have tasted that the Lord is good.”

James 4:1-4

“What causes fights and quarrels among you? Don’t they come from your desires that battle within you? ² You want something but don’t get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” ⁴ You adulterous people, don’t you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God.”

7. Discontent

Causes of discontent:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Proverbs 19:23

“The fear of the LORD leads to life: Then one rests content, untouched by trouble.”

Philippians 4:10-12

“I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”

1 Timothy 6:6

“But godliness with contentment is great gain.”

1 Timothy 6:8

“But if we have food and clothing, we will be content with that.”

Hebrews 13:5

“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’”

8. Depression

Causes of depression:

_____	_____
_____	_____
_____	_____

Flesh

Spirit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Psalm 42:5

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and ⁶ my God.”

Psalm 42:11

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

Psalm 94:19

“When anxiety was great within me, your consolation brought joy to my soul.”