ACBC Exam Study Guide

Counseling Exam 6

Q: Provide a biblical definition of anxiety and fear. Describe manifestations of anxiety and worry in both the inner and outer man. Explain the biblical factors that drive anxiety and fear. Detail several biblical strategies to respond to anxiety and fear.

Definitions:

Anxiety

Fear

Key Texts:

Matthew 6:25-34

Philippians 4:4-9

Proverbs 3:25-26

Matthew 10:28

Proverbs 22:3, 29:25

Proverbs 1:7, 9:10

1 John 4:18

Key Resources:

Jay Adams, *The Christian Counselor’s Manual* (Zondervan), 413-425.

Jay Adams, *What Do You Do When Fear Overcomes You?*(P&R, 1975).

Jay Adams, *What Do You Do When You Worry All the Time?* (P&R, 1975)

Elyse Fitzpatrick, *Overcoming Fear, Worry, and Anxiety* (Harvest House, 2001).

John MacArthur, *Anxiety Attacked* (Chariot Victor, 1993) re-published under the title, *Anxious for Nothing* (David C. Cook, 2012).

Wayne & Joshua Mack, *The Fear Factor* (Hensley, 2003).

David Powlison, *Worry*: *Pursuing a Better Path to Peace* (P&R, 2004).

Lou Priolo, *Fear: Breaking Its Grip* (P&R, 2009).

Stuart Scott, *Anger, Anxiety & Fear* (Focus, 2009).

Ed Welch, *Running Scared* (New Growth, 2007)

Ed Welch, *When People Are Big and God is Small* (P&R, 1997).