

Good Biblical Counseling Resources on Anxiety, Fear and Worry

The current circumstances surrounding our health and safety along with the concerns for the stability of the world's financial markets could cause anyone to struggle with anxiety, fear, panic, and worry. A number of people have asked me about some good resources so, I thought I would assemble some biblical counseling resources that provide God's wisdom related to dealing with anxiety, fear, panic attacks, and worry. This list include both smaller pamphlets for a quick read as well as books that unpack the issues more thoroughly. There are also a few devotional studies.

Booklets

Anxiety: Anatomy and Cure by Bob Kellemen

Fear: Breaking Its Grip by Lou Priolo

Help! I'm Anxious Philip De Courcy

Helping Your Anxious Child: What to Do When Worries Get Big by Julie Lowe

Less Fret, More Faith: An 11-Week Action Plan to Overcome Anxiety by Max Lucado

A 64-page booklet with practical steps to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes a Scripture verse for meditation, and a prayer to reframe anxious thoughts. Ties into Lucado's book *Anxious for Nothing: Finding Calm in a Chaotic World*

Overcoming Anxiety: Relief for Worried People by David Powlison

Why Worry: Getting to the Heart of your Anxiety (full book edition available as well) by Robert Jones

Worry: Pursuing a Better Path to Peace by Davis Powlison

What Do You Do When Fear Overcomes You? by Jay Adams

Devotionals

A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust by Ed Welch

Anxiety: Knowing God's Peace (A 31-Day Devotional for Life) by Paul Tautges

When I Am Afraid: A Step by Step Guide Away from Fear and Anxiety by Ed Welch (Excellent Devotional/Workbook to work through fear).

Books

Anxiety Attacked: Applying Scripture to the Cares of the Soul by John MacArthur
(Good teaching insight on anxiety from Matthew 6:25-34, Philippians 4:6-9, and 1 Peter 5:5-7.)

Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado

Courage: Fighting Fear with Fear by Wayne and Joshua Mack

Created to Care: Truth for Anxious Moms by Sara Wallace

How to Help Your Anxious Teen: Discovering the Surprising Sources of Their Worries and Fears by Jessica Thompson (Have not read yet but recommended to me)

Living Without Worry: How to Replace Anxiety with Peace by Tim Lane

Mindscape: What to Think About Instead of Worrying by Timothy Witmer

Overcoming Fear, Worry, and Anxiety: Becoming a Women of Faith and Confidence by Elyse Fitzpatrick

Running Scared: Fear, Worry, and the God of Rest by Ed Welch (A very thorough study into fear and anxiety)

Why Worry?: Getting to the Heart of Your Anxiety Robert Jones (booklet version available as well)

Worry: Pursuing a Better Path to Peace by David Powlison

Panic Attacks

Anxiety and Panic Attacks: Trusting God When You're Afraid by Jocelyn Wallace

Help! I Get Panic Attacks by Lucy Ann Moll