

## Key Bible Verses on Dealing with Fear

**Num. 6:24–26** The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace.

**Deut. 3:22** Do not be afraid of them; the LORD your God himself will fight for you.

**Joshua 1:9** Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

**Psa. 27:1** The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?

**Psa. 34:4** I sought the LORD, and he answered me; he delivered me from all my fears.

**Psa. 34:18** The LORD is close to the brokenhearted and saves those who are crushed in spirit.

**Psa. 37:3–5** Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this.

**Psa. 46:1** God is our refuge and strength, an ever-present help in trouble

**Psa. 46:10** Be still [let go and relax], and know [by experience] that I am God.

**Psa. 56:3** When I am afraid, I will trust in you.

**Psa. 94:19** When anxiety was great within me, your consolation brought joy to my soul.

**Psa. 119: 6-7** The LORD is with me; I will not be afraid. What can man do to me? The LORD is with me; he is my helper. I will look in triumph on my enemies.

**Psa. 121:1** I lift up my eyes to the hills—where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

**Psa. 131** My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have calmed and quieted myself; I am like a weaned child with its mother; like a weaned child I am content. Israel, put your hope in the LORD both now and forevermore.

**Psa. 139:23–24** Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

**Prov. 3:5–6** Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

**Prov. 16:3–4** Commit to the LORD whatever you do, and he will establish your plans. The LORD works out everything to its proper end.

**Prov. 29:25** Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

**Is. 26:3** You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

**Is. 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.

**Is. 43:2** When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

**Zeph. 3:17** The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.

**Matt. 6:34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**John 14:1** Do not let your hearts be troubled. Trust in God; trust also in me.

**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.

**Rom. 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.*”

**Rom. 8:31** What, then, shall we say in response to this? If God is for us, who can be against us?

**1 Cor. 10:13** No test or trial has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tested beyond what you are able, but with the trial will provide the way of escape also, so that you will be able to endure it.

**Phil. 4:6-7** Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Phil. 4:13** I can do everything through him who gives me strength.

**2 Tim. 1:7** For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

**1 Peter 5:6–7** Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

**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.