

30 Verses

to Remind Us We
Do Not Have to Fear

1. 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 41:10](#)
2. When I am afraid, I put my trust in you. [Psalm 56:3](#)
3. Do not be anxious about anything, but in every situation, 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. [Philippians 4:6-7](#)
4. 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. [John 14:27](#)
5. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. [2 Timothy 1:7](#)
6. 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. [1 John 4:18](#)
7. When anxiety was great within me, your consolation brought me joy. [Psalm 34:19](#)
8. But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. [Isaiah 43:1](#)
9. Anxiety weighs down the heart, but a kind word cheers it up. [Proverbs 12:25](#)
10. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. [Psalm 23:4](#)

11. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. [Joshua 1:9](#)
12. 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 Peter 5:6-7](#)
13. say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you." [Isaiah 35:4](#)
14. 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. For life is more than food, and the body more than clothes. 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! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest? [Luke 12:22-26](#)
15. 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? [Psalm 27:1](#)
16. Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. [Psalm 55:22](#)
17. Because they all saw him and were terrified. Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid." [Mark 6:50](#)
18. 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. [Deuteronomy 31:6](#)
19. For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. Do not be afraid, you worm Jacob, little Israel, do not fear, for I myself will help you," declares the Lord, your Redeemer, the Holy One of Israel. [Isaiah 41:13-14](#)

20. God is our refuge and strength, an ever-present help in trouble. [Psalm 46:1](#)
21. The lord is with me; I will not be afraid. What can mere mortals do to me? The lord is with me; he is my helper. I look in triumph on my enemies. [Psalm 118:6-7](#)
22. Fear of man will prove to be a snare, but whoever trusts in the lord is kept safe. [Proverbs 29:25](#)
23. He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" [Mark 4:39-40](#)
24. The angel of the lord encamps around those who fear him, and he delivers them. [Psalm 34:7](#)
25. But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened." [1 Peter 3:14](#)
26. I sought the lord, and he answered me; he delivered me from all my fears. [Psalm 34:4](#)
27. Do not be afraid of them; the lord your God himself will fight for you. [Deuteronomy 3:22](#)
28. When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid. I am the first and the last." [Revelation 1:17](#)
29. Overhearing what they said, Jesus told him, "Don't be afraid; just believe." [Mark 5:36](#)
30. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our lord. [Romans 8:38-39](#)

