

## Scriptures - Why Am I So Afraid?

**Some of these scriptures were given to a specific person in a specific situation. But, they remain a tremendous encouragement to us, even today!**

- Deut. 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.
- Josh. 1:9 Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.
- Neh. 8:10 ...the joy of the Lord is your strength.
- Ps. 18:1-2 I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.
- Ps. 23:4 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.
- Ps. 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?
- Ps. 28:7 The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.
- Ps. 32:7 You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.
- Ps. 34:4 I sought the Lord, and he answered me; he delivered me from all my fears.
- Psa. 34:7 The angel of the Lord encamps around those who fear him, and he delivers them.
- Psa. 46:1-3 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.
- Ps. 55:22 Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.
- Ps. 56:3-4 When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?
- Ps. 62:5-6 Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.
- Ps. 91:9-12 If you say, "The Lord is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone.
- Ps. 91:14-16 Because he loves me, says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation."
- Ps. 118:6-7a 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.
- Ps. 145:13b-20 The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down. The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing. The Lord is righteous in all his ways and faithful in all He does. The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The Lord watches over all who love him, but all the wicked he will destroy.

- Pro. 12:25 Anxiety weighs down the heart, but a kind word cheers it up.
- Prov. 14:26 Whoever fears the Lord has a secure fortress, and for their children it will be a refuge.
- Pro. 29:25 Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.
- Isa. 12:2 Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.
- Isa. 40:11 He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.
- Isa. 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.
- Isa. 41:13 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.
- Matt. 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
- Mark 4:39-40 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 5:36 Overhearing what they said, Jesus told him, "Don't be afraid; just believe."
- Luke 12:22-26 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?"
- 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. 8:28-29 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son...
- Rom. 8:38-39 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.
- 2 Cor. 4:16-18 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
- Phil. 4:6-7 Do not be anxious about anything, but in every situation, 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.
- 2 Tim. 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
- Heb. 13:6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

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