



# BIBLE VERSES ON FEAR & ANXIETY

## **Isaiah 43:1-2**

Don't be afraid, for I have redeemed you. I have called you by your name. You are mine. When you pass through the waters, I will be with you; and through the rivers, they will not overflow you. When you walk through the fire, you will not be burned, and flame will not scorch you.

## **Philippians 4:6**

In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.

## **John 14:27**

Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.

## **Psalms 55:22**

Cast your burden on Yahweh, and he will sustain you. He will never allow the righteous to be moved.

## **1 Peter 5:6-7**

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time; casting all your worries on him, because he cares for you.

## **Isaiah 41:10**

Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

## **Psalms 27:1**

Yahweh is my light and my salvation. Whom shall I fear? Yahweh is the strength of my life. Of whom shall I be afraid?

## **Isaiah 35:4**

Tell those who have a fearful heart, "Be strong! Don't be afraid! Behold, your God will come with vengeance, God's retribution. He will come and save you.

## **Isaiah 12:2**

Behold, God is my salvation. I will trust, and will not be afraid; for Yah, Yahweh, is my strength and song; and he has become my salvation."

## **Psalms 56:3**

When I am afraid, I will put my trust in you.



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## **Psalm 3:2-6**

Many there are who say of my soul, “There is no help for him in God.” Selah. But you, Yahweh, are a shield around me, my glory, and the one who lifts up my head. I cry to Yahweh with my voice, and he answers me out of his holy hill. Selah. I laid myself down and slept. I awakened; for Yahweh sustains me. I will not be afraid of tens of thousands of people who have set themselves against me on every side.

## **2 Timothy 1:7**

For God didn't give us a spirit of fear, but of power, love, and self-control.

## **Psalm 94:19**

In the multitude of my thoughts within me, your comforts delight my soul.

## **Proverbs 12:25**

Anxiety in a man's heart weighs it down, but a kind word makes it glad.

## **Psalm 23:4**

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.

## **Matthew 6:34**

Therefore, don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

## **Luke 12:22-26**

He said to his disciples, “Therefore I tell you, don't be anxious for your life, what you will eat, nor yet for your body, what you will wear. Life is more than food, and the body is more than clothing. Consider the ravens: they don't sow, they don't reap, they have no warehouse or barn, and God feeds them. How much more valuable are you than birds! Which of you by being anxious can add a cubit[a] to his height? If then you aren't able to do even the least things, why are you anxious about the rest?”

## **Mark 6:50**

For they all saw him, and were troubled. But he immediately spoke with them, and said to them, “Cheer up! It is I! Don't be afraid.”

## **Deuteronomy 31:6**

Be strong and courageous. Don't be afraid or scared of them; for Yahweh your God himself is who goes with you. He will not fail you nor forsake you.