

## Fear

### **Strong's Concordance definition of fear:**

a prim. root; to fear; to revere: to frighten; to be or make afraid, to dread, to put in fear

God knows we will have fears. Over and over through the Old and New Testaments God tells us “do not be afraid, fear not.” Why shouldn't we be afraid? God is with us, and he is more powerful than man, so we needn't fear man. The Lord will be our shelter and our hiding place. Why will God do this for us? Because of his goodness, loving-kindness, love, and faithfulness.

### **Genesis 26:24b**

*Do not be afraid for I am with you.*

### **Joshua 1:6a**

*Be strong and courageous.*

### **Joshua 1:7a**

*Be strong and very courageous.*

### **Joshua 1:9b**

*Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.”*

### **Joshua 1:18c**

*Only be strong and courageous!*

### **Psalms 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?*

### **Psalms 27:3**

*Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.*

### **Psalms 27:5**

*For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.*

### **Psalms 27:13-14**

*I am still confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the Lord.*

### **Psalms 23:4-6**

*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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.*

### **Psalms 56:3-4**

*When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?*

**Psalm 91:1-7**

*He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.*

**Proverbs 3:21-26**

*My son, preserve sound judgment and discernment, do not let them out of your sight; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety, and your foot will not stumble; when you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be your confidence and will keep your foot from being snared.*

**Proverbs 10:27**

*The fear of the LORD adds length to life, but the years of the wicked are cut short.*

**Proverbs 19:23**

*The fear of the LORD leads to life; then one rests content, untouched by trouble.*

**Proverbs 29:25**

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

**Isaiah 41:10-11, 13-14**

*"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. All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. 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, O worm Jacob, O little Israel, for I myself will help you," declares the LORD, your Redeemer, the Holy One of Israel.*

**Isaiah 43:1-5a**

*But now, this is what the LORD says—he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine. 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. For I am the LORD, your God, the Holy One of Israel, your Savior; I give Egypt for your ransom, Cush and Seba in your stead. Since you are precious and honored in my sight, and because I love you, I will give men in exchange for you, and people in exchange for your life. Do not be afraid, for I am with you."*

**Hebrews 13:6**

*So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"*

**There may even be a connection in what we fear and what comes to pass.**

**Job 3:25**

*What I feared has come upon me; what I dreaded has happened to me.*

**There is an acrostic for fear:**

False Evidence Appearing Real.

**Fear is a choice we make.**

God wouldn't ask us to do the impossible, so when he says "fear not" it is possible. Instead of fear, we are to receive the peace of Christ. We are to walk in his love, assured of his presence and that he will never leave us. We are to remain steadfast in faith, believing he will bring us through anything we fear.

**Psalm 112:7**

*He will have no fear of bad news; his heart is steadfast, trusting in the LORD.*

**When fears or worries attack us, the Bible tells us what to do:**

- + cast our cares on God
- + choose not to worry
- + do not carry fear as a burden
- + trust God and stand in faith

**Matthew 10:28-31**

*Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.*

**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.*

**Isaiah 43:1-2**

*But now, this is what the LORD says—he who created you, O Jacob, he who formed you O Israel. "Fear not, for I have redeemed you; I have summoned you by name, you are mine. 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."*

**Psalm 34:4-14**

*I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing. Come, my children, listen to me; I will teach you the fear of the LORD. Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from speaking lies. Turn from evil and do good; seek peace and pursue it.*

**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.*

**Psalm 55:22**

*Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.*

**Nahum 1:7**

*The LORD is good, a refuge in times of trouble. He cares for those who trust in him.*

**1 Peter 5:7-10**

*Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.*

**Matthew 11:28-30**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

**James 4:8a**

*Come near to God and he will come near to you.*

**Philippians 4:6**

*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.*

**Matthew 6:25-33**

*“Therefore I tell you, do not worry about life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

**2 Timothy 1:7**

*For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (KJV a spirit of power, of love, and a sound mind)*

**Matthew 8:26** (to the disciples)

*He replied: “You of little faith, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm.*

**Mark 5:36b** (to Jairus)

*“Don’t be afraid, just believe.”*

**We are to put off fear and take up God as our shield of faith.**

**Psalm 3:3**

*But you are a shield around me, O LORD; you bestow glory on me and lift up my head.*

**Psalm 5:12**

*For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield.*

**Psalm 18:2**

*The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.*

**Psalm 28:7**

*The Lord is my strength and my shield; my heart trusts in him, and I am helped.*

**Psalm 33:20**

*We wait in hope for the LORD; he is our help and our shield.*

**Psalm 84:11**

*For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.*

**Psalm 91:4**

*He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.*

**Psalm 115:9**

*O house of Israel, trust in the LORD—he is their help and shield.*

**Psalm 119:114**

*You are my refuge and my shield; I have put my hope in your word.*

**Ephesians 6:16**

*In addition to all this [the other pieces of spiritual armor], take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.*

Fear is not limited to a negative emotion in the Bible. It is also addressed positively as the attitude of awe and reverence we are to have toward the Almighty God, his holiness and his power. We are told to fear God, not as a bad or scary Lord, but as a reverent act of worship and acknowledgement of his worthiness and rightful place in our lives.

**Deuteronomy 6:13a**

*Fear the LORD your God, serve him only.*

**Deuteronomy 10:12-13**

*And now, O Israel, what does the LORD your God ask of you but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, and to observe the LORD’S commands and decrees that I am giving you today for your own good?*

**Proverbs 31:30**

*Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.*

**Isaiah 59:19**

*From the west, men will fear the name of the LORD, and from the rising of the sun, they will revere his glory. For he will come like a pent-up flood that the breath of the LORD drives along.*

**Additional Scripture:****Isaiah 35:4**

*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 51:7**

*"Hear me, you who know what is right, you people who have my law in your hearts: Do not fear the reproach of men or be terrified by their insults."*

**Luke 12:4-5**

*I tell you my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him.*

**Isaiah 54:14-15**

*In righteousness you will be established; Tyranny will be far from you; you will have nothing to fear. Terror will be far removed; it will not come near you. If anyone does attack you, it will not be my doing; whoever attacks you will surrender to you.*