

Bible Scriptures to “chew” on when you’re feeling afraid...

“For I am the Lord our God who takes hold of your right hand and says to you, **Do not fear; I will help you.** Isaiah 41:10 NIV

“*Trust* in the Lord with all your heart, and **do not lean on your own understanding.**” Proverbs 3:5 ESV

“For I know the plans I have for you, declares the Lord, plans for welfare and **not for evil**, *to give you a future and a hope.* Then you will call upon me and come and pray to me, and I will hear you. You **will seek me and find me**, when you seek me with *all your heart.*” Jeremiah 29:11-12 ESV

“For God gave us a spirit not of fear but of *power* and **love** and *self-control.*” 1 Timothy 1:7 ESV

“So I say to you: **Ask and it will be given to you**; seek and you will find; knock and the door will be opened to you. **For everyone who asks receives**; the one who seeks finds; and to the one who knocks, the door will be opened.” Luke 11:9-10 NIV

“Peace I leave with you; my peace I give to 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 NIV

“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 NIV

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:34 NIV

“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 NIV

“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 NIV