

## *31 Bible Verses for Fear and Anxiety*

*Deuteronomy 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.*

*Deuteronomy 3:22 - Do not be afraid of them; the LORD your God himself will fight for you.*

*Joshua 1:9 - 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.*

*Isaiah 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.*

*Psalms 56:3 - When I am afraid, I put my trust in you.*

*Psalms 94:19 - When anxiety was great within me, your consolation brought me joy.*

*Psalms 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.*

*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 55:22 - Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.*

*Psalms 46:1 - God is our refuge and strength, an ever-present help in trouble.*

*Psalms 118:6 - The LORD is with me: I will not be afraid. What can mere mortals do to me?*

*Psalms 34:7 - The angel of the LORD is a guard; he surrounds and defends all who fear him.*

*Psalms 34:4 - I sought the LORD, and he answered me; he delivered me from all my fears.*

*Isaiah 43:1 - 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 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 41:13-14 - 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.*

*Zephaniah 3:17 - The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.*

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

*Mark 6:50 - They were all terrified when they saw him. but Jesus spoke to them at once. "Don't be afraid," he said. "Take courage! I am here!"*

*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 have faith."*

*Luke 12:22-26 - Then Jesus said to his disciples: "Therefore I tell, 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.*

*Romans 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.*

*Philippians 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 Timothy 1:7 - For the Spirit God gave us does not make us timid, but gives us power, love and self-control.*

*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.*

*1 Peter 5:6-7 - Humble yourselves, therefore under God's might hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.*

*1 Peter 3:14 - But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened."*

*Revelation 1:17 - 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."*

*Psalms 91:1-16 - Whoever 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 disease.*

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

*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.*

*You will only observe with your eyes and see the punishment of the wicked. If you say, "The LORD is my refuge," and make the Most High your dwelling,*

*no harm will overtake you, no disaster will come near your home.*

*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.*

*You will tread on the lion and the cobra; you will trample the great lion and the serpent.*

*"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 I will satisfy him and show him my salvation."*