



Verses to Combat Fear

As we talked about in *A Wife's Secret to Happiness* chapter four, fear is sneaky bugger, but we don't have to fear even the things that feel frightening. Sometimes when fear rises, it's helpful to refute your doubts out loud with Scripture, and here are a few of my favorite verses to do just that.

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (Matt. 6:25-26)

But now thus says the LORD, he who created you ... he who formed you ...

"Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. (Isa. 43:1-2)

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isa. 41:10)

For I, the LORD your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." (Isa. 41:13)

I sought the LORD, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed. This poor [woman] cried, and the LORD heard [her] and saved [her] out of all [her] troubles. The angel of the LORD encamps around those who fear him, and delivers them. Oh, taste and see that the LORD is good! Blessed is the [woman] who takes refuge in him! (Ps. 34:4-8)



For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” (Rom. 8:15)

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Rom. 8:38–39)

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. 27:1)

“Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” (Deut. 31:6)