



KDS
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Bible Verses to Help Conquer Fear

This is a short list of verses I find helpful when working through my fear. May you find hope, courage, and strength by reading them. ~ Kirsten D Samuel

Proverbs 3:5-6

Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek his will in all you do,
and he will show you which path to take.

Psalms 9:9-10

The Lord is a shelter for the oppressed,
a refuge in times of trouble.
Those who know your name trust in you,
for you, O Lord, do not abandon those who search for you.

Psalms 13:4-6

Don't let my enemies gloat, saying, "We have defeated him!"
Don't let them rejoice at my downfall.
But I trust in your unfailing love.
I will rejoice because you have rescued me.
I will sing to the Lord
because he is good to me.

Psalm 25:3-4

No one who trusts in you will ever be disgraced,
but disgrace comes to those who try to deceive others.
Show me the right path, O Lord;
point out the road for me to follow.

Psalm 28:7

The Lord is my strength and shield.
I trust him with all my heart.
He helps me, and my heart is filled with joy.
I burst out in songs of thanksgiving.

Psalm 33:4

For the word of the Lord holds true, and we can trust everything he does.

Psalm 37:5

For the word of the Lord holds true, and we can trust everything he does.

Isaiah 41:10

Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.

Isaiah 35:4

Say to those with fearful hearts, "Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you."

Lamentations 3:56-58

You heard me when I cried, "Listen to my pleading!
Hear my cry for help!"
Yes, you came when I called;
you told me, "Do not fear."
Lord, you have come to my defense;
you have redeemed my life.

Joshua 1:9

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."

Psalms 3:5-6

I lay down and slept,
yet I woke up in safety,
for the Lord was watching over me.
I am not afraid of ten thousand enemies
who surround me on every side.

Psalms 27:1-3

The Lord is my light and my salvation—
so why should I be afraid?
The Lord is my fortress, protecting me from danger,
so why should I tremble?
When evil people come to devour me,
when my enemies and foes attack me,

they will stumble and fall.
Though a mighty army surrounds me,
my heart will not be afraid.
Even if I am attacked,
I will remain confident.

Psalm 56:3-4

But when I am afraid,
I will put my trust in you.
I praise God for what he has promised.
I trust in God, so why should I be afraid?
What can mere mortals do to me?

Psalm 91:1-2

Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.
This I declare about the Lord:
He alone is my refuge, my place of safety;
he is my God, and I trust him.

Matthew 10:26

“But don’t be afraid of those who threaten you. For the time is coming when everything
that is covered will be revealed, and all that is secret will be made known to all.”

John 14:27

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the
world cannot give. So don’t be troubled or afraid.”

1 Peter 3:13-15

Now, who will want to harm you if you are eager to do good? But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats. Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it.

1 John 4:17-19

And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. We love each other[a] because he loved us first.

Deuteronomy 31:6

So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.”

Psalms 27:13-14

Yet I am confident I will see the Lord's goodness
while I am here in the land of the living.
Wait patiently for the Lord.
Be brave and courageous.
Yes, wait patiently for the Lord.

1 Corinthians 16:13-14

Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love.
