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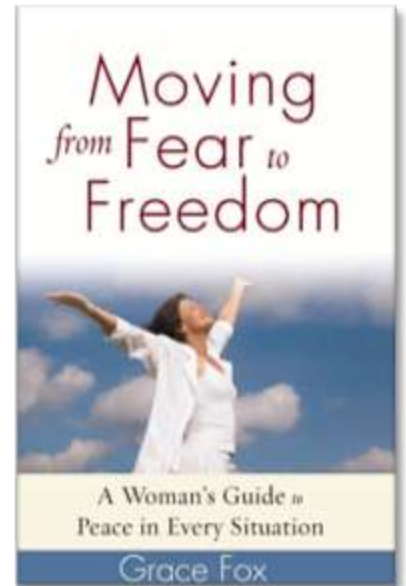
When I struggle with fear for any reason, I immediately turn to the truth of God's Word. Writing Scriptures on 3x5 cards and posting the cards where I see them often helps keep my focus where it ought to be – on God's character and promises rather than on my circumstances – and gives me courage to face my situation. Here are several verses that have been meaningful to me. I trust they'll grant courage to you, too, when you feel afraid.

Praying God's Word is another weapon to use against fear. Following each verse, you'll see a prayer based on that Scripture. When fear grabs hold of your heart and head, use this weapon and you'll be guaranteed victory.

Because the Sovereign LORD helps me, I will not be dismayed. Therefore, I have set my face like a stone, determined to do his will. And I know that I will triumph... Who among you fears the LORD and obeys his servant? If you are walking in darkness without a ray of light, trust in the LORD and rely on your God. (Isaiah 50:7,10)

PRAYER: Father, I praise You because You are sovereign. I'm grateful that You, the blessed controller of all things, are my helper. I have every reason to be confident and not be dismayed. I will do whatever You ask and I know that I will triumph. When the storm rages and all appears black around me, I will trust and rely on You. Amen. (Isaiah 50:7,10)

The ropes of death surrounded me; the floods of destruction swept over me. The grave wrapped its ropes around me; death itself stared me in the face. But in my distress I cried out to the LORD; yes I prayed to my God for help. He heard me from his sanctuary; my cry reached his ears... As for God, his way is perfect. All the LORD's promises prove true. He is a shield to all who look for him to protection. (Psalm 18:4-6,30)



PRAYER: *God, sometimes I feel as though I can't go on. I'm crying to You in my distress. Hear me from Your sanctuary. I know Your way is perfect. All Your promises are true. You are my shield, and I trust You to protect me. Amen. (Psalm 18:4-6,30)*

O LORD, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day?...But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the LORD because he has been so good to me. (Psalm 13:1,2,5,6)

PRAYER: *Father, I feel as though You're looking the other way and have forgotten about me. My heart is filled with sorrow. How long must it stay that way? But in the midst of my storm, I will trust in Your love. You have rescued me from my troubles. I praise Your name for being good to me...all the time. Amen. (Psalm 13:1,2,5,6)*

For you are my hiding place; you protect me from trouble. You surround me with songs of victory. The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you" . . . For the word of the LORD holds true, and everything he does is worthy of our trust. He loves whatever is just and good, and his unfailing love fills the earth. (Psalm 32:7,8; 33:4,5)

PRAYER: *Father, I praise You because You are the perfect hiding place. Thank You for promising to protect me from trouble and surrounding me with songs of victory. Thank You for promising to guide me along the best pathway for my life, for advising me, and for watching over me. I praise You for keeping Your promises and being worthy of my trust. Open my eyes to see evidences of Your unfailing love that fills the earth. Amen. (Psalm 32:7,8; 33:4,5)*

I prayed to the LORD, and he answered me, freeing me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. I cried out to the LORD in my suffering and he heard me, He set me free from all my fears... Taste and see that the LORD is good. Oh, the joy of those who trust in him! (Psalm 34:4-6,8)

PRAYER: *Dear God, only You can free me from all my fears. Hear me when I cry to You. Make my face radiant with joy! Let no shadow darken my countenance. When I am afraid of what tomorrow might bring, please allow me to experience You – to taste and see Your goodness at work on my behalf. Thank You for the joy that comes from trusting You. Amen. (Psalm 34:4-6,8)*

“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me in earnest, you will find me when you seek me. I will be found by you,” says the LORD. (Jeremiah 29:11-14a)

PRAYER: *Oh Lord, I surrender to Your plans for my life. I don't know what they are, but I know they're good, designed to give me a future and a hope. Thank You for promising to listen when I pray. Thank You for promising to let me find You if I seek for You. I love You and rest in Your goodness. Amen. (Jeremiah 29:11-14a)*

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