



## *What Does God's Word Say About Overcoming Fear?*

Fear is a common issue for men and women alike. In fact, God's Word addresses it 366 times! Here are some Scriptures that I've found helpful when I've felt afraid. Read them slowly, thank the Lord for these life-altering promises, and then ask the Holy Spirit to help you implement them. Be blessed, my friend, as you move from fear to freedom.

**Joshua 1:9** - I command you - be strong and courageous. Do not be afraid or discouraged. For the LORD your God is with you wherever you go.

**Romans 8:38** - ...Nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away.

**Matthew 14:27** - "It's all right," said Jesus. "I am here! Don't be afraid."

**Isaiah 50:7** - 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.

**Psalms 16:8** - I know the LORD is always with me. I will not be shaken for he is right beside me.

**Psalms 18:28-30** - LORD, you have brought light to my life; my God, you light up my darkness. In your strength, I can crush an army; with my God I can scale any wall. As for God, his way is perfect. All the LORD's promises prove true. He is a shield for all who look to him for protection.

**Psalms 34:17** - The LORD hears his people when they call to him for help. He rescues them from all their troubles.

**Psalms 33:17, 18, 20** - Don't count on your warhorse to give you victory - for all its strength, it cannot save you. But the LORD watches over those who fear him, those who rely on his unfailing love...We depend on the LORD alone to save us. Only he can help us, protecting us like a shield.

**Jeremiah 29:11** - "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."

**Isaiah 41:9-10** - I have called you back from the ends of the earth so you can serve me. For I have chosen you and will not throw you away. Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand.

# GRACE FOX

*know you are loved*



**Psalm 32:10** - Unfailing love surrounds those who trust the LORD. So rejoice in the LORD and be glad, all you who obey him!

**Philippians 4:13** - I can do everything with the help of Christ who gives me the strength I need.

**Deuteronomy 33:26, 27** - There is no one like the God of Israel. He rides across the heavens to help you, across the skies in majestic splendor. The eternal God is your refuge and his everlasting arms are under you.

**Psalm 46:1,2** - God is our refuge and strength, always ready to help in time of trouble. So we will not fear, even if earthquakes come and the mountains crumble into the sea.

**Psalm 34:4,6** - I prayed to the LORD and he answered me, freeing me from all my fears...I cried out to the LORD in my suffering, and he heard me. He set me free from all my fears.

*All verses are taken from the New Living Translation.*

Grace Fox speaks at women's events internationally. Grace is an award-winning author and a member of the First 5 writing team (Proverbs 31 Ministries). With her husband, Sailor-Man, Grace lives on a sailboat. Connect with her to book her for your next event at [www.gracefox.com](http://www.gracefox.com)

