

Words of Comfort from the Bible for Times of Fear and Anxiety

Isaiah 41:10

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.

2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self-control.

1 John 4:18

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

Psalms 34:4

I sought the LORD, and he answered me and delivered me from all my fears.

Psalms 23:1-6

A Psalm of David. The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...

Proverbs 29:25

The fear of man lays a snare, but whoever trusts in the LORD is safe.

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Psalms 56:3-4

When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

Romans 8:15

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!”

Romans 8:38-39

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.

Deuteronomy 31:6

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.”

Isaiah 43:1-3

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: “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. For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you.

Psalms 27:1

Of David. 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 56:3

When I am afraid, I put my trust in you.

Proverbs 19:23

The fear of the LORD leads to life, and whoever has it rests satisfied; he will not be visited by harm.

Psalms 111:10

The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

1 Peter 5:7

Casting all your anxieties on him, because he cares for you.

John 14:27

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.

Luke 12:22-24

And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

Matthew 10:28

And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.

Proverbs 8:13

The fear of the LORD is hatred of evil. Pride and arrogance and the way of evil and perverted speech I hate.

Psalms 27:1-14

Of David. 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? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. ...

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Deuteronomy 7:21

You shall not be in dread of them, for the LORD your God is in your midst, a great and awesome God.

Philippians 4:13

I can do all things through him who strengthens me.

Psalms 23:4

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Isaiah 12:2

“Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation.”

Proverbs 14:27

The fear of the LORD is a fountain of life, that one may turn away from the snares of death.

2 Timothy 1:6-7

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.

Psalms 125:1

A Song of Ascents. Those who trust in the LORD are like Mount Zion, which cannot be moved, but abides forever.

1 Peter 2:17

Honor everyone. Love the brotherhood. Fear God. Honor the emperor.

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Psalms 112:7-8

He is not afraid of bad news; his heart is firm, trusting in the LORD. His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.

Romans 8:31

What then shall we say to these things? If God is for us, who can be against us?

Jeremiah 29:11

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

Psalms 27:1-3

Of David. 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? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

Psalms 119:45-48

And I shall walk in a wide place, for I have sought your precepts. I will also speak of your testimonies before kings and shall not be put to shame, for I find my delight in your commandments, which I love. I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

Psalms 118:6

The LORD is on my side; I will not fear. What can man do to me?

Romans 6:16

Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?

Isaiah 54:17

No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, declares the LORD.”

1 John 3:6

No one who abides in him keeps on sinning; no one who keeps on sinning has either seen him or known him.

Ephesians 5:16

Making the best use of the time, because the days are evil.

Hebrews 13:6

So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

Acts 9:31

So the church throughout all Judea and Galilee and Samaria had peace and was being built up. And walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied.

2 Timothy 1:1-18

Paul, an apostle of Christ Jesus by the will of God according to the promise of the life that is in Christ Jesus, To Timothy, my beloved child: Grace, mercy, and peace from God the Father and Christ Jesus our Lord. I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. As I remember your tears, I long to see you, that I may be filled with joy. I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. ...

Acts 10:35

But in every nation anyone who fears him and does what is right is acceptable to him.

Luke 12:4-5

"I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do. But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him!"

Matthew 14:27

But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."

Isaiah 35:4

Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you."

Psalms 63:2

So I have looked upon you in the sanctuary, beholding your power and glory.

Psalms 3:6

I will not be afraid of many thousands of people who have set themselves against me all around.

John 16:33

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Isaiah 41:13

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."

Psalms 25:14

The friendship of the LORD is for those who fear him, and he makes known to them his covenant.

1 Peter 5:6-7

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

Luke 12:32

"Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.

Matthew 6:34

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:27

And which of you by being anxious can add a single hour to his span of life?

Isaiah 43:1

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine.

Luke 17:33

Whoever seeks to preserve his life will lose it, but whoever loses his life will keep it.

Joel 2:13

And rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Proverbs 16:7

When a man's ways please the LORD, he makes even his enemies to be at peace with him.

Psalms 91:13

You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

Psalms 55:1-23

To the choirmaster: with stringed instruments. A Maskil of David. Give ear to my prayer, O God, and hide not yourself from my plea for mercy! Attend to me, and answer me; I am restless in my complaint and I moan, because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. ...

Deuteronomy 3:22

You shall not fear them, for it is the LORD your God who fights for you.'

1 Peter 3:14

But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled,

Psalms 91:1-16

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, ...

Psalms 37:1-40

Of David. Fret not yourself because of evildoers; be not envious of wrongdoers! For they will soon fade like the grass and wither like the green herb. Trust in the LORD, and do good; dwell in the land and befriend faithfulness. Delight yourself in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act. ...

Psalms 34:18

The LORD is near to the brokenhearted and saves the crushed in spirit.

2 Corinthians 12:9-10

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Luke 10:19

Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

Matthew 10:31

Fear not, therefore; you are of more value than many sparrows.

Psalm 94:19

When the cares of my heart are many, your consolations cheer my soul.

Romans 8:1-39

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ...

Acts 27:24-25

And he said, 'Do not be afraid, Paul; you must stand before Caesar. And behold, God has granted you all those who sail with you.' So take heart, men, for I have faith in God that it will be exactly as I have been told.

Matthew 24:6

And you will hear of wars and rumors of wars. See that you are not alarmed, for this must take place, but the end is not yet.

Proverbs 12:25

Anxiety in a man's heart weighs him down, but a good word makes him glad.

Psalm 115:11

You who fear the LORD, trust in the LORD! He is their help and their shield.

Psalm 56:4

In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

Ecclesiastes 1:1-18

The words of the Preacher, the son of David, king in Jerusalem. Vanity of vanities, says the Preacher, vanity of vanities! All is vanity. What does man gain by all the toil at which he toils under the sun? A generation goes, and a generation comes, but the earth remains forever. The sun rises, and the sun goes down, and hastens to the place where it rises. ...

Psalm 34:7

The angel of the LORD encamps around those who fear him, and delivers them.

Malachi 3:6

"For I the LORD do not change; therefore you, O children of Jacob, are not consumed.

1 Samuel 15:24

Saul said to Samuel, "I have sinned, for I have transgressed the commandment of the LORD and your words, because I feared the people and obeyed their voice.

2 Corinthians 5:1

For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.

Proverbs 1:7

The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.

2 Chronicles 17:10

And the fear of the LORD fell upon all the kingdoms of the lands that were around Judah, and they made no war against Jehoshaphat.

Revelation 2:10

Do not fear what you are about to suffer. Behold, the devil is about to throw some of you into prison, that you may be tested, and for ten days you will have tribulation. Be faithful unto death, and I will give you the crown of life.

Amos 9:8

Behold, the eyes of the Lord GOD are upon the sinful kingdom, and I will destroy it from the surface of the ground, except that I will not utterly destroy the house of Jacob," declares the LORD.

Acts 2:27

For you will not abandon my soul to Hades, or let your Holy One see corruption.

Isaiah 54:4

“Fear not, for you will not be ashamed; be not confounded, for you will not be disgraced; for you will forget the shame of your youth, and the reproach of your widowhood you will remember no more.

Deuteronomy 7:18

You shall not be afraid of them but you shall remember what the LORD your God did to Pharaoh and to all Egypt,

Revelation 21:4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Hebrews 13:5-6

Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

Matthew 10:26

“So have no fear of them, for nothing is covered that will not be revealed, or hidden that will not be known.

Matthew 10:1-42

And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction. The names of the twelve apostles are these: first, Simon, who is called Peter, and Andrew his brother; James the son of Zebedee, and John his brother; Philip and Bartholomew; Thomas and Matthew the tax collector; James the son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, who betrayed him. These twelve Jesus sent out, instructing them, “Go nowhere among the Gentiles and enter no town of the Samaritans, ...

Deuteronomy 20:1

“When you go out to war against your enemies, and see horses and chariots and an army larger than your own, you shall not be afraid of them, for the LORD your God is with you, who brought you up out of the land of Egypt.

Revelation 1:17

When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, "Fear not, I am the first and the last,

Isaiah 2:2-4

It shall come to pass in the latter days that the mountain of the house of the LORD shall be established as the highest of the mountains, and shall be lifted up above the hills; and all the nations shall flow to it, and many peoples shall come, and say: "Come, let us go up to the mountain of the LORD, to the house of the God of Jacob, that he may teach us his ways and that we may walk in his paths." For out of Zion shall go the law, and the word of the LORD from Jerusalem. He shall judge between the nations, and shall decide disputes for many peoples; and they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore.