



40 Fear Busting Promises

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1: God's Presence

10. Be Your Rock (Isaiah 44:8)

- **Verse:** “Do not tremble; do not be afraid. Did I not proclaim my purposes for you long ago? You are my witnesses—is there any other God? No! There is no other Rock—not one!” - **Declaration:** I will stand firm, for God is my unshakeable rock! - **Commentary:** God’s unshakeable nature steadies you, eliminating fear of instability.

4: Peace & Assurance

These verses offer peace and assurance, calming fears with God’s promises of safety and care.

1. Give You Peace (John 14:27)

- **Verse:** “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.” - **Declaration:** I am at peace, for God’s gift calms my heart! - **Commentary:** God’s unique peace calms fears.

2. Bless You with Peace (Psalm 29:11)

- **Verse:** “The Lord gives his people strength. The Lord blesses them with peace.” - **Declaration:** I am peaceful, for God blesses me with strength! - **Commentary:** God’s peace, paired with strength, soothes fear of chaos.

3. Give You the Kingdom (Luke 12:32)

- **Verse:** “So don’t be afraid, little flock. For it gives your Father great happiness to give you the Kingdom.” - **Declaration:** I am valued, for God joyfully gives me His Kingdom! **Commentary:** God’s joy in giving you His Kingdom removes fear of insignificance.

4. Deliver You from Trouble (Psalm 34:17)

- **Verse:** “The Lord hears his people when they call to him for help. He rescues them from all their troubles.” - **Declaration:** I am rescued, for God hears and delivers me! - **Commentary:** God’s responsiveness assures you that fear won’t have the last word.

5. Answer Your Call (Psalm 91:15)

- **Verse:** “When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them.” - **Declaration:** I am heard, for God answers my cries! He is with me in trouble and will rescue me. - **Commentary:** God’s promise to answer you, help you and rescue you.

6. Be Your Fortress (Psalm 27:1)

- **Verse:** “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?” - **Declaration:** I am secure, for God is my fortress! - **Commentary:** God’s fortress-like protection makes fear of danger unnecessary.

7. Be Your Salvation (Psalm 27:1)

- **Verse:** “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?” - **Declaration:** I am saved, for God is my salvation! - **Commentary:** Salvation through God ensures fear of loss or harm fades away.

8. Be Your Deliverer (Psalm 18:2)

- **Verse:** “The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.” **Declaration:** I am protected, for God is my deliverer! - **Commentary:** God’s role as your savior provides assurance against fear of destruction.

9. Guard Your Paths (Proverbs 2:8)

- **Verse:** “He guards the paths of the just and protects those who are faithful to him.” **Declaration:** God is guiding me and protecting my path! - **Commentary:** God’s guidance on your path removes fear of going astray.

10. Fight Your Battle (2 Chronicles 20:15)

- **Verse:** “He said, ‘Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the Lord says: Do not be afraid! Don’t be discouraged by this mighty army, for the battle is not yours, but God’s.’” **Declaration:** I am fearless, for God is fighting my battles! - **Commentary:** The fact that God takes over my battles calms fear of overwhelming challenges.



These verses emphasize that God’s nearness dispels fear, assuring us He is with us in every trial.

1. Be With You (Isaiah 43:2)

- **Verse:** “When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.” - **Declaration:** I am not afraid, because God is with me in every trial! - **Commentary:** God promises to stay by your side through life’s toughest moments, like a friend who never leaves, so fear of being alone fades.

2. Never Fail You (Hebrews 13:5)

- **Verse:** “For God has said, ‘I will never fail you. I will never abandon you.’” - **Declaration:** I will not fear. God will never leave me, fail me or abandon me. He is always with me! **Commentary:** God’s constant presence means you’re never abandoned, calming fears of rejection or isolation.

3. Never Abandon You (Deuteronomy 31:6)

- **Verse:** “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.” - **Declaration:** I am bold & courageous. I will not be afraid or panic before anyone! The Lord goes ahead of me and prepares the way! - **Commentary:** God goes ahead of you like a guide, removing fear of the unknown by ensuring He’s already there.

4. Gives You Courage & The Words To Say (Jeremiah 1:8-9)

- **Verse:** “Don’t be afraid of the people, for I will be with you and will protect you. I, the Lord, have spoken!” Then the Lord reached out and touched my mouth and said, ‘Look, I have put my words in your mouth!’” - **Declaration:** I will not fear, for the Lord is with me. His words fill my mouth, and His protection surrounds me wherever I go. - **Commentary:** When God calls you, He equips and protects you. You don’t have to fear what others think—He is with you, gives you His words, and makes you strong to speak with courage.

5. Make You My Own (Isaiah 43:1)

- **Verse:** “But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, ‘Do not be afraid, for I have ransomed you. I have called you by name; you are mine.’” **Declaration:** I am fearless, for I belong to God who calls me by name! - **Commentary:** You belong to God, and His personal claim on you banishes fear of not being enough.

6. Bless You (Genesis 26:24)

- **Verse:** “That night the Lord appeared to him and said, ‘I am the God of your father, Abraham. Do not be afraid, for I am with you and will bless you.’” - **Declaration:** I will not be afraid for God is with me and is blessing me. I trust His provision. - **Commentary:** God’s presence brings blessings, turning fear of lack into confidence in His provision. He will supply all my needs!

7. Help You (Isaiah 41:13)

- **Verse:** “For I hold you by your right hand—I, the Lord your God. And I say to you, ‘Don’t be afraid. I am here to help you.’” - **Declaration:** I am confident, for God holds my hand and helps me! - **Commentary:** Like a parent holding your hand, God’s support eases fear of failure.

8. Be Your Help In Times Of Trouble (Psalm 46:1)

- **Verse:** “God is our refuge and strength, always ready to help in times of trouble.” **Declaration:** I am secure, for God is my ever-present help! He is my refuge and strength. **Commentary:** God is a constant helper, ready to step in, so fear of trouble loses its grip.

9. Walk with You (Psalm 23:4)

- **Verse:** “Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.” - **Declaration:** Thank you Jesus that I walk boldly, for you are by my side in every valley! I am not afraid. - **Commentary:** God walks with you through everything! There is no reason to be afraid. He is protecting and comforting you.



2: Protection

- 10. **Calm Your Fears (Zephaniah 3:17)**
 - **Verse:** "For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears." - **Declaration:** I am at peace, for God's love calms all my fears! - **Commentary:** God's love surrounds you and He is taking away all your fears. He delights in you!

- 1. **Keep You from Harm (Psalm 121:7)**
 - **Verse:** "The Lord keeps you from all harm and watches over your life." - **Declaration:** I am safe, for God protects me from all harm! - **Commentary:** God's watchful protection over your life removes fear of unexpected dangers.
 - **Verse:** "In peace I will lie down and sleep, for you alone, O Lord, will keep me safe." - **Declaration:** I rest securely, for God keeps me safe! - **Commentary:** You can rest peacefully, knowing God guards you. You are safe and secure in His love.

- 3. **Cover You (Psalm 91:4)**
 - **Verse:** "He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection." - **Declaration:** I am covered, sheltered, shielded and protected by God. - **Commentary:** God's promises are like armor, protecting you from fear of attack and the fear of people.
 - 4. **Guard You (Psalm 34:7)**
 - **Verse:** "For the angel of the Lord is a guard; he surrounds and defends all who fear him." - **Declaration:** I am guarded, surrounded and defended. God's angels are with me. - **Commentary:** Angels surround you, sent by God, taking away fear of spiritual or physical threats. God is protecting me!

- 5. **Be Your Shield (Psalm 3:3)**
 - **Verse:** "But you, O Lord, are a shield around me; you are my glory, the one who holds my head high." - **Declaration:** I am fearless and fear is far from me. God is my shield and glory! - **Commentary:** God's shield lifts your confidence, countering fear of shame or defeat.
 - 6. **Defend You (Zechariah 9:5)**
 - **Verse:** "The Lord of Heaven's Armies will protect his people, and they will defeat their enemies by hurling great stones." - **Declaration:** I am protected! God defends me against my enemies! - **Commentary:** God fights for you, turning fear of enemies into trust in His defense.

- 7. **Fight for You (Exodus 14:14)**
 - **Verse:** "The Lord himself will fight for you. Just stay calm." - **Declaration:** I am calm, God is fighting my battles! - **Commentary:** You don't need to fight alone; God's intervention calms fear of conflict.
 - 8. **Fight Your Enemies (Deuteronomy 20:4)**
 - **Verse:** "For the Lord your God is going with you! He will fight for you against your enemies, and he will give you victory!" - **Declaration:** God is with me! I am victorious, for God fights my enemies! - **Commentary:** God's promise of victory over enemies removes fear of opposition.
 - 9. **Fight Those Who Fight You (Isaiah 49:25)**
 - **Verse:** "But the Lord says, 'The captives of warriors will be released, and for me and my loved ones! He is fighting for me!' - **Declaration:** I am secure, for God fights and I will save your children." - **Declaration:** For I will fight those who fight you, the plunder of tyrants will be retrieved. For I will fight those who fight you, and depends your loved ones, easing fear for their safety.

3: Strength & Courage

- 10. **Deliver You from Evil (2 Timothy 4:18)**
 - **Verse:** "Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom." - **Declaration:** I am delivered, for God saves me from evil! - **Commentary:** God's deliverance from evil ensures fear doesn't overwhelm your future.

These verses encourage strength and courage, empowering you to face fear head-on.

- 1. **Be With You (Isaiah 41:10)**
 - **Verse:** "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." - **Declaration:** I am strong, for God strengthens and upholds me! - **Commentary:** God's strength supports you, turning fear of weakness into bold confidence.
 - 2. **Give You Strength (Isaiah 40:31)**
 - **Verse:** "But those who trust in the Lord will find new strength. They will soar high on wings like eagles." - **Declaration:** I soar with strength, for God renews me! - **Commentary:** Trusting God renews your energy, overcoming fear of exhaustion.
 - 3. **Be Your Strength (Psalm 29:11)**
 - **Verse:** "The Lord gives his people strength. The Lord blesses them with peace." - **Declaration:** I am empowered, for God is my strength and peace! - **Commentary:** God's strength and peace combine to banish fear of failure.
 - 4. **Encourage You (Psalm 138:3)**
 - **Verse:** "As soon as I pray, you answer me; you encourage me by giving me strength." - **Declaration:** I am encouraged, for God answers with strength! - **Commentary:** God's quick response to prayer fuels courage, dispelling fear of being unheard.
 - 5. **Go Ahead of You (Joshua 1:9)**
 - **Verse:** "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." - **Declaration:** I am courageous, for God is with me everywhere! - **Commentary:** God's command to be courageous, backed by His presence, conquers fear of new ventures.
 - 6. **Give You Courage (2 Chronicles 32:7)**
 - **Verse:** "Be strong and courageous! Don't be afraid or discouraged because of the king of Assyria or his mighty army, for there is a power far greater on our side!" - **Declaration:** I am bold, for God's power is greater than my fears! - **Commentary:** God's greater power inspires courage, reducing fear of overwhelming odds.
 - 7. **Give You Victory (Joshua 10:8)**
 - **Verse:** "The Lord said to Joshua, 'Do not be afraid of them. I have given them into your hands. Not a single one of them will be able to stand up to you.'" - **Declaration:** I am victorious, for God gives me triumph! - **Commentary:** God's assurance of victory removes fear of defeat in battles.
 - 8. **Fight for You (Deuteronomy 3:22)**
 - **Verse:** "Do not be afraid of the nations there, for the Lord your God will fight for you." - **Declaration:** I am fearless, for God fights for me! - **Commentary:** Knowing God fights for you builds courage against intimidating foes.
 - 9. **Be Your Light (Isaiah 12:2)**
 - **Verse:** "See, God has come to save me. I will trust in him and not be afraid. The Lord God is my strength and my song; he has given me victory." - **Declaration:** I am not afraid. I trust God to save me and help me. He is my light and victory! - **Commentary:** God's light and strength turn fear into a song of triumph.

