

# What the Bible Says About Fear

Biblicalist™ Topical Verse Library

Prepared by Biblicalist™ for the strengthening, comfort, and equipping of God's people.

## **INTRODUCTION — Understanding Fear from God's Perspective**

Fear is one of the most powerful forces in human experience. It touches the mind, emotions, body, and spirit. The Bible never denies fear. Instead, it reveals why fear exists, how it works, and how God's truth defeats it.

Fear becomes destructive when it replaces truth with imagination, magnifies problems, and minimizes God. But Scripture confronts fear with who God is, what He has promised, and how He strengthens His people. This study divides fear into categories so you can understand, confront, and overcome it biblically.

### **1. WHEN FEAR PARALYZES THE HEART**

**Psalm 56:3 (KJV)**

**What time I am afraid, I will trust in thee.**

David admitted fear openly. Surrounded by danger, he did not deny fear — he redirected it. Fear becomes sinful only when it replaces obedience and silences faith. David teaches us that trust is not the absence of fear but obedience in the presence of fear.

**Insight:** Fear shouts lies; God whispers truth. Fear focuses on the problem; faith focuses on God. Trust is a choice, not a feeling.

### **2. FEAR OF THE FUTURE AND THE UNKNOWN**

**Isaiah 41:10 (KJV)**

**Fear thou not; for I am with thee... I will strengthen thee... I will uphold thee...**

This verse gives five fear-destroying truths: God is present, God is your God, God strengthens you, God helps you, and God upholds you. Fear imagines a future without God, but faith sees a future filled with Him.

**Insight:** Your future is not empty; God is already there. Every 'what if' must bow to the truth of God's presence.

### **3. FEAR OF PEOPLE — REJECTION, CRITICISM, OPINIONS**

**Psalm 27:1 (KJV)**

**The LORD is my light and my salvation; whom shall I fear?**

Fear of man is one of the most common fears. David destroys it through theology. When God is your light, salvation, and strength, people lose their power over you.

**Insight:** People look big only when God looks small. Enlarge your view of God — and fear of man shrinks.

## 4. FEAR OF DANGER, LOSS, OR DEATH

**Psalm 23:4 (KJV)**

**I will fear no evil: for thou art with me...**

David does not deny the valley. But he declares that God's presence overpowers the valley's darkness. Safety is not the absence of danger but the presence of God.

**Insight:** You may walk through danger — but never alone. Christ has defeated death and removed its sting.

## 5. FEAR AS SPIRITUAL WARFARE

**2 Timothy 1:7 (KJV)**

**For God hath not given us the spirit of fear...**

Some fear is emotional; some is spiritual. Satan uses fear to weaken faith, silence prayer, and confuse the mind. But God gives power, love, and a sound mind — three weapons that fear cannot defeat.

**Insight:** Fear is not your identity. It does not come from God. Therefore, it can be resisted, rebuked, and replaced.

### 7-DAY FEAR BREAKTHROUGH PLAN

**Day 1:** Meditate on Isaiah 41:10 and write its promises.

**Day 2:** Memorize Psalm 56:3.

**Day 3:** Replace every fear with prayer.

**Day 4:** List past fears God defeated.

**Day 5:** Make zero fear-based decisions for 24 hours.

**Day 6:** Declare Psalm 27:1 aloud repeatedly.

**Day 7:** Write a testimony of victory over fear.

### CONCLUSION — The Biblical Path to Freedom

Fear is real, but it is not final. Scripture teaches that fear thrives where truth is forgotten but dies where faith grows. Believers overcome fear not by becoming stronger emotionally but by knowing God deeper, trusting His promises, and surrendering control. God has given you His presence, His promises, and His power. Walk in truth, and fear will bow to faith.

### CLOSING PRAYER

Lord, remove the fear that weakens me. Fill my mind with truth, my heart with peace, and my spirit with courage. Make Your presence clearer than my problems and Your promises louder than my fears. In Jesus' name, Amen.

