

Prescriptions for the Soul – Fear

Here are a number of Bible verses that deal with fear. Each one is preceded by a very short explanation of the main point in the verse. Take 2 in the morning and 2 at night until your symptoms clear up.

- Read them
- Think them through and pray about them
- Apply them to your life
- Memorize the best ones

When you have time, look them up and read the chapter they came from to get even more context.

The Bible often says that we should not fear this world, because God is with us directing our steps

- Psalm 23:4 (KJV) Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

For believers, being a child of God brings comfort and confidence for this life and the next

- Psalm 27:1 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?

God doesn't want us to be paralyzed by fear. He provides hope and protection.

- Psalm 34:4 I sought the LORD, and he answered me; he delivered me from all my fears.

Our faith in Jesus as God the son works like a shield to protect us from the attacks that may come from evil sources.

- Ephesians 6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Over and over God's word tells us not to fear because God is with us.

- Proverbs 3:25-26 Have no fear of sudden disaster or of the ruin that overtakes the wicked, ²⁶ for the LORD will be at your side and will keep your foot from being snared.

If you struggle with fear, then you know how it can hold you back. It's a trap.

- Proverbs 29:25 Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

As you experience God's love, you will grow away from fear.

- 1 John 4:16-19 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. ¹⁷ This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. ¹⁸ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. ¹⁹ We love because he first loved us.

If you believe in Jesus, you don't need to fear your own wrong-doing. God knows all about it, and you are forgiven

- John 3:19-21 This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. ²⁰ Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. ²¹ But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

Believers are the children of God. We don't have to fear being condemned.

- Romans 8:15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

God's word encourages us to live peacefully within the laws of our society, unless those laws call for us to sin.

- Romans 13:3 For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and you will be commended.

We can pray for God to give us the boldness to serve him without fear.

- Ephesians 6:19 Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel,

Fear and trembling here means reverence and respect for God

- Philippians 2:12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling,

Fearing God means respect for His opinions and standards of right and wrong

- Proverbs 9:10 The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.

Perhaps the fear of death is the ultimate fear, but Christians don't fear it, because Jesus has assured believers of life in heaven

- Hebrews 2:14-15 Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil—¹⁵ and free those who all their lives were held in slavery by their fear of death.

God wants to replace your fear with his Spirit of love and power and sound practical thinking.

- 2 Timothy 1:7 For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment.