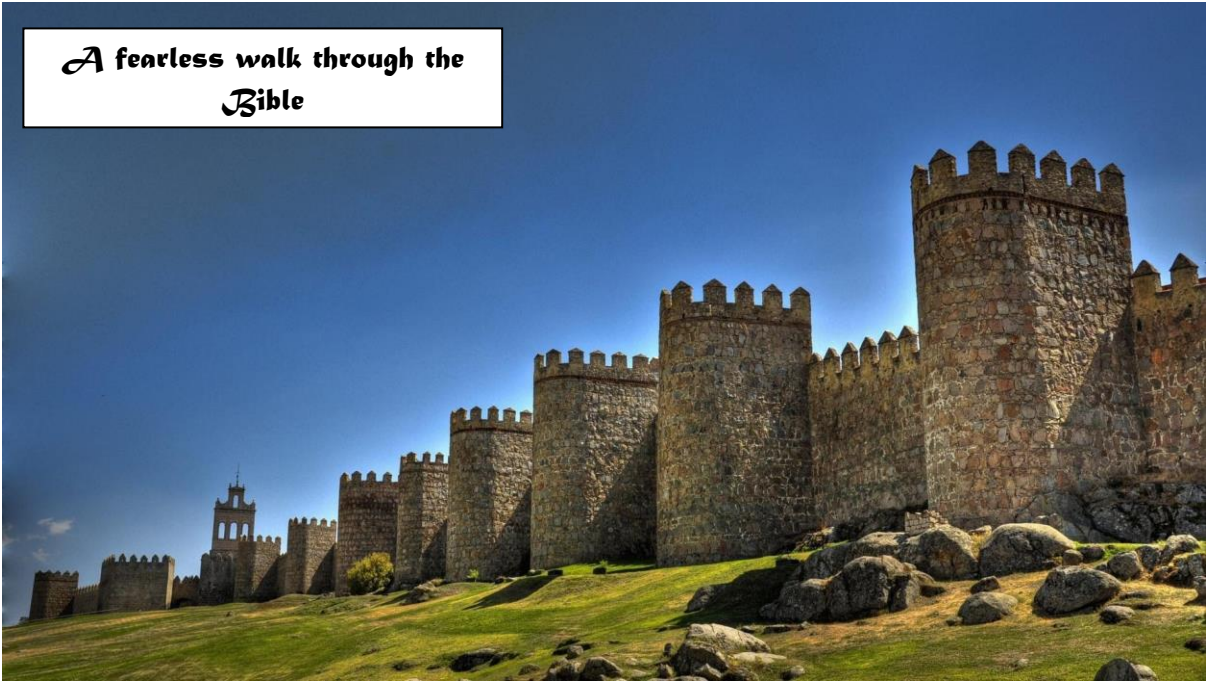


God is our Refuge and Strength

*A fearless walk through the
Bible*



Throughout Scripture, in all kinds of situations, God has encouraged people, and people have encouraged other people, not to fear.

Here is a compilation of verses on the theme of not being afraid, not worrying, not fearing, not being anxious, etc.

Some speak for themselves, for some you will need to read them in context to get the full message.

May they encourage us all to exchange fear for trust in God, who has said: "Never will I leave you; never will I forsake you."

Scripture quotations [marked NIV] taken from the Holy Bible, New International Version Anglicised
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Genesis

(Gen 15:1 NIV) After this, the word of the LORD came to Abram in a vision: "Do not be afraid, Abram. I am your shield, your very great reward."

(Gen 21:17 NIV) God heard the boy crying, and the angel of God called to Hagar from heaven and said to her, "What is the matter, Hagar? Do not be afraid; God has heard the boy crying as he lies there."

(Gen 26:24 NIV) 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; I will bless you and will increase the number of your descendants for the sake of my servant Abraham."

(Gen 46:3 NIV) "I am God, the God of your father," he said. "Do not be afraid to go down to Egypt, for I will make you into a great nation there."

(Gen 50:19 NIV) But Joseph said to them, "Don't be afraid. Am I in the place of God?"

(Gen 50:21 NIV) So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them.

Exodus

(Exo 14:13 NIV) Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again."

(Exo 20:20 NIV) Moses said to the people, "Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning."

Numbers

(Num 14:9 NIV) Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them."

(Num 21:34 NIV) The LORD said to Moses, "Do not be afraid of him, for I have delivered him into your hands, along with his whole army and his land. Do to him what you did to Sihon king of the Amorites, who reigned in Heshbon."

Deuteronomy

(Deu 1:17 NIV) Do not show partiality in judging; hear both small and great alike. Do not be afraid of anyone, for judgment belongs to God. Bring me any case too hard for you, and I will hear it."

(Deu 1:21 NIV) See, the LORD your God has given you the land. Go up and take possession of it as the LORD, the God of your ancestors, told you. Do not be afraid; do not be discouraged."

(Deu 1:29 NIV) Then I said to you, "Do not be terrified; do not be afraid of them."

(Deu 3:2 NIV) The LORD said to me, "Do not be afraid of him, for I have delivered him into your hands, along with his whole army and his land. Do to him what you did to Sihon king of the Amorites, who reigned in Heshbon."

(Deu 3:22 NIV) Do not be afraid of them; the LORD your God himself will fight for you."

(Deu 7:18 NIV) But do not be afraid of them; remember well what the LORD your God did to Pharaoh and to all Egypt."

(Deu 20:1 NIV) When you go to war against your enemies and see horses and chariots and an army greater than yours, do not be afraid of them, because the LORD your God, who brought you up out of Egypt, will be with you."

(Deu 31:6 NIV) Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

(Deu 31:8 NIV) The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Joshua

(Jos 1:9 NIV) Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

(Jos 8:1 NIV) Then the LORD said to Joshua, "Do not be afraid; do not be discouraged. Take the whole army with you, and go up and attack Ai. For I have delivered into your hands the king of Ai, his people, his city and his land.

(Jos 10:8 NIV) The LORD said to Joshua, "Do not be afraid of them; I have given them into your hand. Not one of them will be able to withstand you."

(Jos 10:25 NIV) Joshua said to them, "Do not be afraid; do not be discouraged. Be strong and courageous. This is what the LORD will do to all the enemies you are going to fight."

(Jos 11:6 NIV) The LORD said to Joshua, "Do not be afraid of them, because by this time tomorrow I will hand all of them, slain, over to Israel. You are to hamstring their horses and burn their chariots."

Judges

(Jdg 6:23 NIV) But the LORD said to him, "Peace! Do not be afraid. You are not going to die."

1 Samuel

(1Sa 12:20 NIV) "Do not be afraid," Samuel replied. "You have done all this evil; yet do not turn away from the LORD, but serve the LORD with all your heart.

(1Sa 23:16-17 NIV) And Saul's son Jonathan went to David at Horesh and helped him find strength in God. "Don't be afraid," he said. "My father Saul will not lay a hand on you. You will be king over Israel, and I will be second to you. Even my father Saul knows this."

1 Kings

(1Ki 17:13 NIV) Elijah said to her, "Don't be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son.

2 Kings

(2Ki 6:16 NIV) "Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them."

(2Ki 1:15 NIV) The angel of the LORD said to Elijah, "Go down with him; do not be afraid of him." So Elijah got up and went down with him to the king.

(2Ki 19:6 NIV) Isaiah said to them, "Tell your master, 'This is what the LORD says: Do not be afraid of what you have heard--those words with which the underlings of the king of Assyria have blasphemed me."

(2Ki 25:24 NIV) Gedaliah took an oath to reassure them and their men. "Do not be afraid of the Babylonian officials," he said. "Settle down in the land and serve the king of Babylon, and it will go well with you."

1 Chronicles

(1Ch 22:13 NIV) Then you will have success if you are careful to observe the decrees and laws that the LORD gave Moses for Israel. Be strong and courageous. Do not be afraid or discouraged.

(1Ch 28:20 NIV) David also said to Solomon his son, "Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished.

2 Chronicles

(2Ch 20:15 NIV) He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.

(2Ch 20:17 NIV) You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the LORD will be with you.'"

(2Ch 32:7 NIV) "Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria and the vast army with him, for there is a greater power with us than with him.

Nehemiah

(Neh 4:14 NIV) After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes."

Psalms

(Psa 3:6 NIV) I will not fear though tens of thousands assail me on every side.

(Psa 27:3 NIV) Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

(Psa 46:2 NIV) Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

(Psa 56:4 NIV) In God, whose word I praise-- in God I trust and am not afraid. What can mere mortals do to me?

(Psa 56:11 NIV) in God I trust and am not afraid. What can man do to me?

(Psa 91:5 NIV) You will not fear the terror of night, nor the arrow that flies by day,

(Psa 118:6 NIV) The LORD is with me; I will not be afraid. What can mere mortals do to me?

Proverbs

(Pro 3:24 NIV) When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Isaiah

(Isa 7:4 NIV) Say to him, 'Be careful, keep calm and don't be afraid. Do not lose heart because of these two smoldering stubs of firewood--because of the fierce anger of Rezin and Aram and of the son of Remaliah.

(Isa 8:12 NIV) "Do not call conspiracy everything this people calls a conspiracy; do not fear what they fear, and do not dread it.

(Isa 10:24 NIV) Therefore this is what the Lord, the LORD Almighty, says: "My people who live in Zion, do not be afraid of the Assyrians, who beat you with a rod and lift up a club against you, as Egypt did.

(Isa 35:4 NIV) say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."

(Isa 37:6 NIV) Isaiah said to them, "Tell your master, 'This is what the LORD says: Do not be afraid of what you have heard--those words with which the underlings of the king of Assyria have blasphemed me.

(Isa 40:9 NIV) You who bring good news to Zion, go up on a high mountain. You who bring good news to Jerusalem, lift up your voice with a shout, lift it up, do not be afraid; say to the towns of Judah, "Here is your God!"

(Isa 41:10 NIV) So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

(Isa 41:13 NIV) For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.

(Isa 41:14 NIV) Do not be afraid, you worm Jacob, little Israel, do not fear, for I myself will help you," declares the LORD, your Redeemer, the Holy One of Israel.

(Isa 43:1 NIV) But now, this is what the LORD says-- he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

(Isa 43:5 NIV) Do not be afraid, for I am with you; I will bring your children from the east and gather you from the west.

(Isa 44:2 NIV) This is what the LORD says-- he who made you, who formed you in the womb, and who will help you: Do not be afraid, Jacob, my servant, Jeshurun, whom I have chosen.

(Isa 44:8 NIV) Do not tremble, do not be afraid. Did I not proclaim this and foretell it long ago? You are my witnesses. Is there any God besides me? No, there is no other Rock; I know not one."

(Isa 51:7 NIV) "Hear me, you who know what is right, you people who have taken my instruction to heart: Do not fear the reproach of mere mortals or be terrified by their insults.

(Isa 54:4 NIV) "Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.

(Isa 54:14 NIV) In righteousness you will be established: Tyranny will be far from you; you will have nothing to fear. Terror will be far removed; it will not come near you.

Jeremiah

(Jer 1:8 NIV) Do not be afraid of them, for I am with you and will rescue you," declares the LORD.

(Jer 10:5 NIV) Like a scarecrow in a cucumber field, their idols cannot speak; they must be carried because they cannot walk. Do not fear them; they can do no harm nor can they do any good."

(Jer 30:10 NIV) "'So do not be afraid, Jacob my servant; do not be dismayed, Israel,' declares the LORD. 'I will surely save you out of a distant place, your descendants from the land of their exile. Jacob will again have peace and security, and no one will make him afraid.

(Jer 40:9 NIV) Gedaliah son of Ahikam, the son of Shaphan, took an oath to reassure them and their men. "Do not be afraid to serve the Babylonians," he said. "Settle down in the land and serve the king of Babylon, and it will go well with you.

(Jer 42:11 NIV) Do not be afraid of the king of Babylon, whom you now fear. Do not be afraid of him, declares the LORD, for I am with you and will save you and deliver you from his hands.

(Jer 46:27 NIV) "Do not be afraid, Jacob my servant; do not be dismayed, Israel. I will surely save you out of a distant place, your descendants from the land of their exile. Jacob will again have peace and security, and no one will make him afraid.

(Jer 46:28 NIV) Do not be afraid, Jacob my servant, for I am with you," declares the LORD. "Though I completely destroy all the nations among which I scatter you, I will not completely destroy you. I will discipline you but only in due measure; I will not let you go entirely unpunished."

Lamentations

(Lam 3:57 NIV) You came near when I called you, and you said, "Do not fear."

Ezekiel

(Eze 2:6 NIV) And you, son of man, do not be afraid of them or their words. Do not be afraid, though briars and thorns are all around you and you live among scorpions. Do not be afraid of what they say or be terrified by them, though they are a rebellious people.

(Eze 3:9 NIV) I will make your forehead like the hardest stone, harder than flint. Do not be afraid of them or terrified by them, though they are a rebellious people."

Daniel

(Dan 10:12 NIV) Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

(Dan 10:19 NIV) "Do not be afraid, you who are highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength."

Joel

(Joe 2:21 NIV) Do not be afraid, land of Judah; be glad and rejoice. Surely the LORD has done great things!

(Joe 2:22 NIV) Do not be afraid, you wild animals, for the pastures in the wilderness are becoming green. The trees are bearing their fruit; the fig tree and the vine yield their riches.

Zechariah

(Zec 8:13 NIV) Just as you, Judah and Israel, have been a curse among the nations, so I will save you, and you will be a blessing. Do not be afraid, but let your hands be strong."

(Zec 8:15 NIV) "so now I have determined to do good again to Jerusalem and Judah. Do not be afraid.

Zephaniah

(Zep 3:16 NIV) On that day they will say to Jerusalem, "Do not fear, Zion; do not let your hands hang limp.

Haggai

(Hag 2:5 NIV) 'This is what I covenanted with you when you came out of Egypt. And my Spirit remains among you. Do not fear.'

Matthew

(Mat 1:20 NIV) But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.

(Mat 6:25 NIV) "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

(Mat 6:28 NIV) "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

(Mat 6:31 NIV) So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

(Mat 6:34 NIV) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

(Mat 10:26 NIV) "So do not be afraid of them, for there is nothing concealed that will not be disclosed, or hidden that will not be made known.

(Mat 10:28 NIV) Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.

(Mat 10:31 NIV) So don't be afraid; you are worth more than many sparrows.

(Mat 14:27 NIV) But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

(Mat 17:7 NIV) But Jesus came and touched them. "Get up," he said. "Don't be afraid."

(Mat 28:5 NIV) The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified.

(Mat 28:10 NIV) Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

Mark

(Mar 5:36 NIV) Overhearing what they said, Jesus told him, "Don't be afraid; just believe."

(Mar 6:50 NIV) because they all saw him and were terrified. Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid."

Luke

(Luk 1:13 NIV) But the angel said to him: "Do not be afraid, Zechariah; your prayer has been heard. Your wife Elizabeth will bear you a son, and you are to call him John.

(Luk 1:30 NIV) But the angel said to her, "Do not be afraid, Mary; you have found favor with God.

(Luk 2:10 NIV) But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people.

(Luk 5:10 NIV) and so were James and John, the sons of Zebedee, Simon's partners. Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people."

(Luk 8:50 NIV) Hearing this, Jesus said to Jairus, "Don't be afraid; just believe, and she will be healed."

(Luk 12:7 NIV) Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

(Luk 12:4 NIV) "I tell you, my friends, do not be afraid of those who kill the body and after that can do no more.

(Luk 12:22 NIV) Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

(Luk 12:29 NIV) And do not set your heart on what you will eat or drink; do not worry about it.

(Luk 12:32 NIV) "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

John

(Joh 6:20 NIV) But he said to them, "It is I; don't be afraid."

(Joh 12:15 NIV) "Do not be afraid, Daughter Zion; see, your king is coming, seated on a donkey's colt."

(Joh 14:27 NIV) Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

(Joh 14:1 NIV) "Do not let your hearts be troubled. You believe in God; believe also in me.

Acts

(Act 18:9 NIV) One night the Lord spoke to Paul in a vision: "Do not be afraid; keep on speaking, do not be silent.

(Act 27:24 NIV) and said, 'Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.'

Philippians

(Php 4:6 NIV) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

1 Peter

(1Pe 3:14 NIV) But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened."

(1Pe 5:7 NIV) Cast all your anxiety on him because he cares for you.

Revelation

(Rev 1:17 NIV) When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last.

(Rev 2:10 NIV) Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you life as your victor's crown.