

THE UNSHAKEABLE WORD

52 Bible Verses on Fear

New King James Version • From the Psalms to the letters of the apostles

Fear is one of the most honest words in the Bible. God does not rebuke people for feeling it — He addresses it with presence, with promise, with tenderness. Fifty times in Scripture He says ‘fear not.’ Each time, He gives a reason. The reason is always Himself.

Read slowly. Let the reason find you.

Do Not Be Afraid: God's Direct Command

Fifty times in Scripture God says 'fear not.' Not as a suggestion. As a declaration of who He is.

1

ISAIAH 41:10

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."

God gives three promises in three breaths: I will strengthen you, I will help you, I will uphold you. But He opens with the reason behind every promise — I am with you. The presence precedes the provision. He never sends resources ahead without going Himself.

2

JOSHUA 1:9

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

This is a command, not a comfort. God does not say 'try not to be afraid.' He says do not be afraid — because I am with you. The courage is possible only because the presence is promised.

3

DEUTERONOMY 31:6

"Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you."

He will not leave you nor forsake you — spoken to a people about to enter land occupied by enemies. God's answer to the size of the opposition is not a smaller enemy. It is a bigger promise.

4

PSALM 27:1

"The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?"

David turns fear into a rhetorical question. He does not say I never feel afraid. He says: given who God is, whom exactly should I be afraid of? The question answers itself. Try naming the thing you fear alongside the name of God.

5

2 TIMOTHY 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Fear has a source, and it is not God. Paul names three replacements: power (to act), love (to connect), sound mind (to think clearly). The spirit of fear short-circuits all three. Identify the fear; then name which of these three God is restoring.

WHEN FEAR HAS ALREADY GRIPPED YOU

When Fear Has Already Grippped You

For the person in the middle of it — heart racing, thoughts spinning, unable to find ground.

6

PSALM 34:4

“I sought the Lord, and He heard me, and delivered me from all my fears.”

Delivered me from all my fears — not some, not eventually. All. And the path was seeking. Not analysis, not suppression, not distraction. Seeking the Lord. That is where deliverance begins.

7

PSALM 56:3

“Whenever I am afraid, I will trust in You.”

David does not say he will never be afraid. He says whenever. He builds trust not as a wall against fear but as the response to it. You do not have to stop being afraid before you can trust. You can trust in the middle of the fear.

8

ISAIAH 43:1

“But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: ‘Fear not, for I have redeemed you; I have called you by your name; you are Mine.’”

You are Mine. That is the ground of fearlessness. Not your capability, not your circumstances. Belonging. The creator of the universe knows your name and has claimed you. Fear loses its grip in that reality.

9

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 heart be troubled, neither let it be afraid.”

Let not — it is a choice Jesus gives you permission to make. Not by willpower but by receiving His peace. He leaves it like an inheritance. The fear is real; so is the peace He hands you. You choose which one to live inside.

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LAMENTATIONS 3:57

“You drew near on the day I called on You, and said, ‘Do not fear!’”

Jeremiah wrote this in rubble and ruin. And in the lowest point, God drew near. Not at a distance, not eventually — on the day he called. God’s nearness is His most consistent response to human fear.

FEAR OF PEOPLE: WHAT OTHERS THINK

Fear of People: What Others Think

The fear of man is a snare. Trusting God is the way out.

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PROVERBS 29:25

“The fear of man brings a snare, but whoever trusts in the Lord shall be safe.”

The fear of man is one of the most common fears in the Bible — what will they think, what will they say, what will they do? Scripture calls it a snare: a trap that tightens the more you struggle. The release is not bravado. It is trust.

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ISAIAH 51:12

“I, even I, am He who comforts you. Who are you that you should be afraid of a man who will die, and of the son of a man who will be made like grass?”

God gently reframes the object of fear: you are afraid of someone who will die, who will wither like grass. He is not minimizing the real pain people can cause. He is widening the lens. Eternal beings do not stay afraid of mortal ones.

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MATTHEW 10:28

“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.”

Jesus redirects fear, not eliminates it. Right-ordered fear — the fear of God — displaces wrong fear. When your fear of God is rightly sized, the fears of men and circumstances shrink in proportion.

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PSALM 118:6

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

What can man do to me? Not a rhetorical bluff — a genuine theological question. If the Lord is on your side, then the worst a person can do is still contained within God’s sovereignty. That does not make it painless. It makes it survivable.

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1 PETER 3:14

“But even if you should suffer for righteousness’ sake, you are blessed. And do not be afraid of their threats, nor be troubled.”

Do not be afraid of their threats. Peter wrote this to people who faced very real persecution. The call to fearlessness here is not naive — it is costly, grounded faith. And it is called blessed.

FEAR OF DEATH AND THE UNKNOWN FUTURE

Fear of Death and the Unknown Future

The valley is real. So is the Shepherd who walks through it with you.

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PSALM 23:4

“Yea, 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.”

Through the valley — not around it, not above it. Through. The reason for fearlessness is not that the valley is avoided. It is that God walks through it alongside you. His rod and staff are working instruments, not ornaments.

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HEBREWS 2:14–15

“That through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.”

Fear of death is called bondage. A whole lifetime enslaved to it. Jesus destroys that slavery at its root by entering death and defeating it. The resurrection is the answer to humanity’s most universal fear.

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ROMANS 8:38–39

“For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God.”

Paul lists everything the human heart fears — death, the future, unseen powers, the height of circumstances, the depths of failure — and declares none of it separable from God’s love. Not some things. Not one thing.

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REVELATION 1:17–18

“Do not be afraid; I am the First and the Last. I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death.”

The risen Christ holds the keys. Keys mean access, authority, ownership. Death is not a locked room you fall into helplessly. The One who loves you holds the key and has already been inside it and come back out.

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JOHN 11:25–26

“Jesus said to her, ‘I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die.’”

Jesus does not say I will take you to the resurrection. He says I am the resurrection. Death for the believer is not a wall — it is a door, and the One standing in the doorway has already proven He owns it.

ANXIETY AND WORRY: THE FEAR OF TOMORROW

Anxiety and Worry: The Fear of Tomorrow

Jesus addresses the tyranny of practical anxiety directly and repeatedly.

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MATTHEW 6:25

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”

Jesus does not dismiss the practical concern. He reframes the question: is life more than these things? The person consumed by provision-anxiety has shrunk life down to its smallest version. Jesus invites you to see the larger frame.

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MATTHEW 6:34

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Tomorrow is not yours yet. Worrying about it costs you today while purchasing nothing for tomorrow. Jesus gives you permission to live in the present tense — where God actually is, and where He actually meets you.

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PHILIPPIANS 4:6–7

“Be anxious for nothing, 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 minds through Christ Jesus.”

The antidote to anxiety is not willpower — it is prayer with thanksgiving. The thanksgiving is the hinge: it recalibrates your sense of reality before the answer arrives. The peace that follows does not require understanding. It guards anyway.

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1 PETER 5:7

“Casting all your care upon Him, for He cares for you.”

Casting is active and decisive. You do not accidentally release anxiety — you throw it. And you can throw it because of the four words that follow: He cares for you. Not your situation, not your reputation. You.

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LUKE 12:32

“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.”

It is His good pleasure — God gives not reluctantly, not barely, not after much convincing. He gives with delight. You are not extracting provision from a reluctant God. You are receiving from a Father whose joy it is to give.

FEAR IN CRISIS AND CATASTROPHE

Fear in Crisis and Catastrophe

When the world is shaking and the ground itself feels unreliable.

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PSALM 46:1–2

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea.”

Even though the earth be removed. This is not poetic exaggeration — it is the psalmist naming the absolute worst case and saying: even then. Even then we will not fear. The very present help makes even the unthinkable survivable.

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ISAIAH 35:4

“Say to those who are fearful-hearted, ‘Be strong, do not fear! Behold, your God will come with vengeance, with the recompense of God; He will come and save you.’”

He will come and save you. Isaiah says this to the fearful-hearted — those who feel their fear most deeply, whose hearts are already afraid. God’s word is not reserved for the already-courageous. It arrives for the trembling.

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NAHUM 1:7

“The Lord is good, a stronghold in the day of trouble; and He knows those who trust in Him.”

He knows those who trust in Him. In a crisis, the fear of being lost, overlooked, forgotten is very real. This verse answers that fear directly: He knows you. Your name is known. Your situation is known. Nothing about you is hidden from Him in the storm.

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PSALM 91:5-6

“You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.”

Night terror, daytime threat, hidden disease, visible destruction — every category of fear across every hour. The Psalm does not promise immunity from these things. It promises that the one who dwells in God’s shelter does not live in fear of them.

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2 CHRONICLES 20:15

“Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God’s.”

The battle is not yours. This was spoken to Jehoshaphat, surrounded by three armies. God did not tell him to fight harder. He told him: this is Mine. There are battles God specifically claims as His own. Your job is to show up and watch.

TRUST AS THE CURE FOR FEAR

Trust as the Cure for Fear

Every fear has a corresponding promise. Every anxiety has a God who is larger.

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PSALM 56:11

“In God I have put my trust; I will not be afraid. What can man do to me?”

Trust is the architecture of fearlessness. David does not say I have suppressed my fear. He says I have placed my trust. Fear and trust fight for the same space in the heart. Fill the space with trust and fear loses its room.

3
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ISAIAH 26:3

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

The stayed mind is the secret. Not the mind that never wanders into fear, but the one that keeps returning to God. Perfect peace is shalom shalom — doubled. The anchor of trust is what holds the mind steady enough to receive it.

3

PSALM 112:7

“He will not be afraid of evil tidings; his heart is steadfast, trusting in the Lord.”

3

Evil tidings — bad news, devastating reports, the phone call you dread. The steadfast heart is not one that never receives bad news. It is one that has settled the question of God’s trustworthiness before the news arrives.

3

ROMANS 8:15

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”

4

Abba is the intimate Aramaic — Father, Daddy. You did not receive a spirit of slavery. You received sonship. The fearful child and the adopted child live in the same house but with entirely different hearts. You are adopted.

3

PSALM 27:3

“Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident.”

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Confidence here is not the absence of danger — there is an army. It is the settled, prior decision that God’s presence outweighs the opposition. Confidence is not achieved in the crisis. It is built before it arrives.

GOD’S TENDERNESS TOWARD THE FEARFUL

God’s Tenderness Toward the Fearful

He does not rebuke your fear. He meets it with compassion.

3

PSALM 103:13

“As a father pities his children, so the Lord pities those who fear Him.”

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Pities here is the Hebrew racham — deep, tender compassion, like a mother for the child of her womb. God’s response to your fear is not impatience or disappointment. It is tender compassion. You do not embarrass Him when you are afraid.

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ZEPHANIAH 3:17

“The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.”

He will quiet you with His love. Not argue you out of your fear, not lecture you into courage. He quiets you — the way a parent stills a frightened child simply by being present and singing. You are the child He sings over.

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MATTHEW 14:27

“But immediately Jesus spoke to them, saying, ‘Be of good cheer! It is I; do not be afraid.’”

It is I. Three words that carry the weight of the whole gospel. In the storm, on the water, in the dark — the disciples’ fear was not wrong, it was misdirected. They thought they saw a ghost. Then they heard His voice. Everything changed.

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LUKE 1:30

“Then the angel said to her, ‘Do not be afraid, Mary, for you have found favor with God.’”

Favor and fear can coexist. Mary was afraid precisely because something holy was happening. The angel does not pretend the moment is small. He names her, calls her favored, and says: do not be afraid. God’s nearness is overwhelming and safe at the same time.

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REVELATION 21:4

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”

The things we fear most — death, grief, pain, loss — God names them individually, then declares them finished. Former things. Whatever has made you afraid in this life is not the final chapter. The final chapter has no fear in it at all.

LOVE CASTS OUT FEAR: THE DEEPEST CURE

Love Casts Out Fear: The Deepest Cure

The most powerful answer to fear in the New Testament is not courage. It is love.

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1 JOHN 4:18

“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”

Perfect love casts out fear — not willpower, not theology, not discipline. Love. The love of God, received and believed, is the deepest cure for fear. Torment is the word John uses for what fear does. The antidote is not less fear. It is more love.

4
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ROMANS 8:37–39

“Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life... shall be able to separate us from the love of God.”

More than conquerors — not despite fear but through love. The love that holds you is the love that cannot be separated from you by anything you face. If love cannot be taken, then the things you fear cannot take what matters most.

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ISAIAH 43:5

“Fear not, for I am with you; I will bring your descendants from the east and gather you from the west.”

Fear not is rooted in I am with you — the simplest, deepest answer to human fear in all of Scripture. Not an explanation of why the bad thing happened. Not a plan to prevent it happening again. Just: I am with you.

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PSALM 23:1

“The Lord is my shepherd; I shall not want.”

I shall not want is a peace statement, not a prosperity claim. The one tended by a good shepherd does not lie awake in fear of lack. The shepherd’s presence is the provision. The relationship is the supply.

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HEBREWS 13:6

“So we may boldly say: ‘The Lord is my helper; I will not fear. What can man do to me?’”

Boldly say it. Not think it, not hope it, not quietly believe it. Say it out loud. The confession of fearlessness in God’s help is itself an act of faith that reshapes the atmosphere of your own heart.

Living Without Fear: A Daily Posture

Fearlessness is not a feeling you achieve. It is a posture you maintain.

4

PSALM 91:1-2

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“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress; my God, in Him I will trust.’”

Abide — not visit. The protection of God is for those who take up permanent residence in His presence. Fear is largely a posture of the unprotected. Abiding in God is the posture that changes everything.

4

ISAIAH 41:13

7

“For I, the Lord your God, will hold your right hand, saying to you, ‘Fear not, I will help you.’”

He takes you by the right hand — the hand of activity, of work, of daily living. This is not a distant declaration. It is an intimate grip. The Lord holding your hand while you go through what you are going through.

4

PSALM 16:8

8

“I have set the Lord always before me; because He is at my right hand I shall not be moved.”

Set the Lord before me — this is a deliberate, daily act of orientation. Fearlessness is not accidental. It is the result of consistently putting God in your line of sight first, before the threat, before the news, before the day begins.

4

PROVERBS 3:25-26

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“Do not be afraid of sudden terror, nor of trouble from the wicked when it comes; for the Lord will be your confidence, and will keep your foot from being caught.”

Sudden terror — the ambush fear, the unexpected blow that knocks you sideways. God speaks directly to that kind: He is your confidence against the thing you did not see coming. He was already there before it arrived.

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DEUTERONOMY 33:27

“The eternal God is your refuge, and underneath are the everlasting arms; He will thrust out the enemy from before you, and will say, ‘Destroy!’”

Underneath are the everlasting arms. When everything collapses, these arms do not give way. You cannot fall through God. However far down the bottom seems, His arms are further down still. You are held.

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ROMANS 8:28

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

All things. Not some things, not easy things, not the things that make sense. The sovereignty of God over all things is the ultimate ground of fearlessness. Not that everything feels good — but that nothing falls outside His governance.

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PSALM 34:7

“The angel of the Lord encamps all around those who fear Him, and delivers them.”

Encamps all around — a military formation of protection, on every side. The one who reverences God is surrounded, not just accompanied. Deliverance is not promised at the end of the story only. It is embedded in the story from the beginning.

Fifty-two voices across two testaments — shepherds, exiles, apostles, and the risen Christ Himself — all bringing the same answer to the same ancient fear:

God does not tell you not to feel afraid. He tells you where He is when you do.

Fear does not disqualify you from God's presence. It is often the very thing that drives you into it.

A CLOSING PRAYER

Lord, I have read Your word to the afraid.

Now speak it to me.

You know the specific thing I fear —

the name of it, the weight of it.

I bring it to You now, not when I feel ready.

You said: Fear not, for I am with you.

I choose to believe that.

Amen.

* Fear not, for I have redeemed you; I have called you by your name; you are Mine *