

Bible verses of

COURAGE

for those experiencing **worry, anxiety and fear**

We can confidently say, 'The Lord is my helper; I will not fear; what can man do to me?'"

—**Hebrews 13:6**

"Do not be anxious about anything, 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 your minds in Christ Jesus."

—**Philippians 4:6-7**

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

—**Psalms 34:4**

"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God."

—**Psalms 42:5**

"Do not worry about tomorrow, for tomorrow will worry about itself."

—**Matthew 6:34**

"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed."

—**2 Corinthians 4:8-9**

"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my

head with oil; my cup overflows. Surely goodness and loving kindness will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

—**Psalm 23:1-6**

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”

—**1 Peter 5:5-7**

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

—**Revelation 21:4**

How can I deal with the fear and anxiety?

Let us impress upon you the fact that God cares about you and about what you are going through. He says, “You are precious to me . . . and I love you” (Isaiah 43:4). The very reason Jesus Christ came to earth was to offer Himself in sacrifice for our sin so that we might be reconciled to God and experience His kindness and mercy as His dearly loved children. It is His desire that you be completely set free from fears, torment, and oppression so that you might experience His abundant life (John 10:10). The Lord considers you to be very special, as it states in Zechariah 2:8: “Whoever touches you touches the apple of his eye.” Therefore, you can be assured of His desire to bring comfort to your troubled heart. See also 2 Corinthians 1:4, 7:6.

There are practical steps you can take as you seek freedom from your fears. In the book “Happiness Is a Choice” by Frank Minirth, M.D. and Paul D. Meier, M.D., a number of suggestions are listed as helps to decrease anxiety:

- Determine to obey God. God commands us not to be anxious (Philippians 4:5).
- Pray. God promised Daniel He would answer and Daniel was not to fear (Philippians 4:6, Daniel 10:12).
- Meditate on positive thoughts: “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is

excellent or praiseworthy—think about such things” (Philippians 4:8). See also Psalm 34:4, 86:15; Isaiah 40:28-31; Proverbs 1:33; John 14:27.

- Divert attention from self to others (Philippians 4:10, 2:3-4). As an individual gets his mind off his own problems by helping others, his anxiety also decreases.
- Set a time limit on your worries. Probably 98 percent of the things we are anxious about or worry about never happen. Learning to live one day at a time is an art that can be cultivated.

In his book, “Walking Through the Darkness,” Neil Anderson suggests the following prayer for those troubled by fear:

“Dear Heavenly Father, You are the fortress, shield and strength of my life. I refuse to be intimidated by any fear object. I choose to sanctify Christ as the Lord of my life. You are the only omnipotent, omnipresent God. You have not given me a spirit of fear. By Your presence in my life I have power, love and a sound mind. Your power enables me to live a responsible life. Your presence in my life has made me a partaker of Your divine nature so I can love others as You love them. You are my sanctuary, and I ask You to protect my family ... Amen.”

If your anxieties continue or increase, we suggest that you see a competent Christian counselor for additional help. For referral to Christian counselors in our area you might [contact Focus on the Family](#).

How Do I Connect with God?

STEP 1

God loves you and has a plan for you.

The Bible says, “God so loved the world that He gave His one and only Son, [Jesus Christ], that whoever believes in Him shall not perish, but have eternal life” (John 3:16).

Jesus said, “I came that they may have life and have it abundantly” — a complete life full of purpose (John 10:10).

STEP 2

Here's the problem: people are sinful and separated from God.

We have all done, thought or said bad things, which the Bible calls "sin." The Bible says, "All have sinned and fall short of the glory of God" (Romans 3:23).

The result of sin is death, spiritual separation from God (Romans 6:23).

The good news?

STEP 3

God sent His Son to die for your sins.

Jesus died in our place so we could have a relationship with God and be with Him forever.

"God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us" (Romans 5:8).

But it didn't end with His death on the cross. He rose again and still lives!

"Christ died for our sins. ... He was buried. ... He was raised on the third day, according to the Scriptures" (1 Corinthians 15:3-4).

Jesus is the only way to God. Jesus said, "I am the way, and the truth, and the life; no one comes to the Father, but through Me" (John 14:6).

STEP 4

Would you like to receive God's forgiveness?

We can't earn salvation; we are saved by God's grace when we have faith in His Son, Jesus Christ. All you have to do is believe you are a sinner, that Christ died for your sins, and ask His forgiveness. Then turn from your sins—that's called repentance. Jesus Christ knows you and loves you. What matters to Him is the attitude of your heart, your honesty. We suggest praying the prayer below to accept Christ as your Savior.

PRAY NOW

"Dear God, I know I'm a sinner, and I ask for your forgiveness. I believe Jesus Christ is Your Son. I believe that He died for my sin and that you raised Him to life. I want to trust Him as my Savior and follow Him as Lord, from this day forward. Guide my life and help me to do your will. I pray this in the name of Jesus. Amen."

Did you pray this prayer? Please contact us at [813.986.9100](tel:813.986.9100)

We invite you to join us online this Sunday at CypressPoint.church

