

FEAR AND ANXIETY VERSES

John 14:27

²⁷ **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.**

Psalm 3

¹ LORD, how many are my foes!
How many rise up against me!
² Many are saying of me,
"God will not deliver him."^[b]
³ **But you, LORD, are a shield around me,
my glory, the One who lifts my head high.**
⁴ **I call out to the LORD,
and he answers me from his holy
mountain.**
⁵ **I lie down and sleep;
I wake again, because the LORD sustains
me.**
⁶ **I will not fear though tens of thousands
assail me on every side.**
⁷ Arise, LORD!
Deliver me, my God!
Strike all my enemies on the jaw;
break the teeth of the wicked.
⁸ From the LORD comes deliverance.
May your blessing be on your people.

Psalm 4

¹ **Answer me when I call to you,
my righteous God.
Give me relief from my distress;
have mercy on me and hear my prayer.**
² How long will you people turn my glory into
shame?
How long will you love delusions and seek false
gods?
³ Know that the LORD has set apart his faithful
servant for himself;
the LORD hears when I call to him.
⁴ **Tremble and^[a] do not sin;
when you are on your beds,
search your hearts and be silent.**
⁵ Offer the sacrifices of the righteous
and trust in the LORD.
⁶ Many, LORD, are asking, "Who will bring us
prosperity?"
Let the light of your face shine on us.

⁷ Fill my heart with joy
when their grain and new wine abound.

⁸ **In peace I will lie down and sleep,
for you alone, LORD,
make me dwell in safety.**

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?**
² When the wicked advance against me
to devour^[a] me,
it is my enemies and my foes
who will stumble and fall.
³ **Though an army besiege me,
my heart will not fear;**
though war break out against me,
even then I will be confident.
⁴ **One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD
all the days of my life,
to gaze on the beauty of the LORD
and to seek him in his temple.**
⁵ **For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred
tent
and set me high upon a rock.**

Psalm 28

⁶ Praise be to the LORD,
for he has heard my cry for mercy.
⁷ **The LORD is my strength and my shield;
my heart trusts in him, and he helps me.**
My heart leaps for joy,
and with my song I praise him.

Psalm 31

¹⁹ How abundant are the good things
that you have stored up for those who fear you,
that you bestow in the sight of all,
on those who take refuge in you.
²⁰ In the shelter of your presence you hide them
from all human intrigues;
**you keep them safe in your dwelling
from accusing tongues.**

Psalm 55

¹Listen to my prayer, O God,
do not ignore my plea;
²hear me and answer me.
My thoughts trouble me and I am distraught
³**because of what my enemy is saying,**
because of the threats of the wicked;
for they bring down suffering on me
and assail me in their anger.
⁴**My heart is in anguish within me;**
the terrors of death have fallen on me.
⁵**Fear and trembling have beset me;**
horror has overwhelmed me.
⁶I said, "Oh, that I had the wings of a dove!
I would fly away and be at rest.
⁷I would flee far away
and stay in the desert;^[a]
⁸I would hurry to my place of shelter,
far from the tempest and storm."

¹⁶**As for me, I call to God,**
and the LORD saves me.
¹⁷**Evening, morning and noon**
I cry out in distress,
and he hears my voice.
¹⁸**He rescues me unharmed**
from the battle waged against me,
even though many oppose me.
¹⁹God, who is enthroned from of old,
who does not change—
he will hear them and humble them,
because they have no fear of God.
²⁰My companion attacks his friends;
he violates his covenant.
²¹His talk is smooth as butter,
yet war is in his heart;
his words are more soothing than oil,
yet they are drawn swords.
²²**Cast your cares on the LORD**
and he will sustain you;
he will never let
the righteous be shaken.

Psalm 73 ²³**Yet I am always with you;**

you hold me by my right hand.

²⁴**You guide me with your counsel,**
and afterward you will take me into
glory.

²⁵**Whom have I in heaven but you?**
And earth has nothing I desire besides you.

²⁶**My flesh and my heart may fail,**
but God is the strength of my heart
and my portion forever.

Psalm 91

¹**Whoever dwells in the shelter of the Most High**
will rest in the shadow of the Almighty.^[a]
²**I will say of the LORD, "He is my refuge and**
my fortress,
my God, in whom I trust."
³Surely he will save you
from the fowler's snare
and from the deadly pestilence.
⁴**He will cover you with his feathers,**
and under his wings you will find refuge;
his faithfulness will be your shield and
rampart.
⁵**You will not fear the terror of night,**
nor the arrow that flies by day,
⁶**nor the pestilence that stalks in the**
darkness,
nor the plague that destroys at midday.
⁷A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
⁸You will only observe with your eyes
and see the punishment of the wicked.
⁹**If you say, "The LORD is my refuge,"**
and you make the Most High your
dwelling,
¹⁰**no harm will overtake you,**
no disaster will come near your tent.
¹¹**For he will command his angels concerning**
you
to guard you in all your ways;
¹²**they will lift you up in their hands,**
so that you will not strike your foot
against a stone.
¹³You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
¹⁴"Because he^[b] loves me," says the LORD, "I will
rescue him;
I will protect him, for he acknowledges my
name.
¹⁵He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
¹⁶With long life I will satisfy him
and show him my salvation."

Matthew 6

²⁵"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? ²⁶Look at the birds of the air; they do not
sow or reap or store away in barns, and yet your
heavenly Father feeds them. Are you not much

more valuable than they? **27 Can any one of you by worrying add a single hour to your life?**

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’** **32** For the pagans run after all these things, and your heavenly

Father knows that you need them.**33** But **seek first his kingdom and his righteousness**, and all these things will be given to you as well. **34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

Acts 18:

One night the Lord spoke to Paul in a vision: **“Do not be afraid; keep on speaking, do not be silent. ¹⁰ For I am with you, and no one is going to attack and harm you, because I have many people in this city.”** ¹¹ So Paul stayed in Corinth for a year and a half, teaching them the word of God.

Romans 8

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. **Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.** ³⁵ Who shall separate us from the love of Christ? **Shall trouble or hardship or persecution or famine or nakedness or danger or sword?** ³⁶ As it is written:

“For your sake we face death all day long; we are considered as sheep to be slaughtered.”

³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Hebrews 13

Keep your lives free from the love of money and **be content with what you have**, because God has said,

“Never will I leave you; never will I forsake you.”

⁶ So we say with confidence,

“The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

Philippians 4:5-8

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ **Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.** ⁷ **And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

I Peter 5:6-9

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. ⁷ **Cast all your anxiety on him because he cares for you.** ⁸ Be alert and of sober mind. **Your enemy the devil prowls around like a roaring lion looking for someone to devour.** ⁹ **Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.**

NO FEAR – CHARLES SPURGEON

“Thou shalt not be afraid for the terror by night.” Psalm 91:5

What is this terror? It may be the cry of fire, or the noise of thieves, or fancied appearances, or the shriek of sudden sickness or death. We live in the world of death and sorrow, we may therefore look for ills as well in the night-watches as beneath the glare of the broiling sun. Nor should this alarm us, for be the terror what it may, **the promise is that the believer shall not be afraid.** Why should he? Let us put it more closely, why should we? **God our Father is here, and will be here all through the lonely hours; he is an almighty Watcher, a sleepless Guardian, a faithful Friend.** Nothing can happen without his direction, for even hell itself is under his control. **Darkness is not dark to him.** He has promised to be a wall of fire around his people—and who can break through such a barrier? Worldlings may well be afraid, for they have an angry God above them, a guilty conscience within them, and a yawning hell beneath them; but we who rest in Jesus are saved from all these through rich mercy.

If we give way to foolish fear we shall dishonour our profession, and lead others to doubt the reality of godliness. We ought to be afraid of being afraid, lest we should vex the Holy Spirit by foolish distrust. Down, then, ye dismal forebodings and groundless apprehensions, God has not forgotten to be gracious,

nor shut up his tender mercies; it may be night in the soul, but there need be no terror, for the God of love changes not. Children of light may walk in darkness, but they are not therefore cast away, nay, they are now enabled to prove their adoption by trusting in their heavenly Father as hypocrites cannot do.

“Though the night be dark and dreary,

Darkness cannot hide from thee;

Thou art he, who, never weary,

Watchest where thy people be.”

If you are struggling with fear and anxiety and would like the peace of Christ in your heart, please contact us or come and visit us at Grace Church of Napa Valley, 3765 Solano Avenue. 707-255-4033

Sunday School: 8:45 am

Sunday Morning Service: 10:00 am