

A 28 Day Regimen to Get Our Thinking Right and Defeat Fear

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.

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?

Psalm 46: 1 – 3

God *is* our refuge and strength, A^[a] very present help in trouble. ² Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the ^[b]midst of the sea;
³ *Though* its waters roar *and* be troubled, *Though* the mountains shake with its swelling. *Selah*

Isaiah 41: 13

¹³ For I, the LORD your God, will hold your right hand, Saying to you, 'Fear not, I will help you.'

Psalm 91: 4 – 5

He shall cover you with His feathers, And under His wings you shall take refuge; His truth *shall be your shield* and ^[a]buckler. You shall not be afraid of the terror by night, *Nor* of the arrow *that* flies by day,

Deuteronomy 3: 22

You must not fear them, for the LORD your God Himself fights for you.'

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.

Psalm 115: 11

You who fear the LORD, trust in the LORD; He *is* their help and their shield.

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."

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.'

Jeremiah 42: 11

Do not be afraid of the king of Babylon, of whom you are afraid; do not be afraid of him,' says the LORD, 'for I *am* with you, to save you and deliver you from his hand.

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.

Jeremiah 46: 27

"But do not fear, O My servant Jacob, And do not be dismayed, O Israel! For behold, I will save you from afar, And your offspring from the land of their captivity; Jacob shall return, have rest and be at ease; No one shall make *him* afraid.

Joel 2: 21

²¹ Fear not, O land; Be glad and rejoice, For the LORD has done ^[a]marvelous things!

Matthew 10: 26 - 28

Therefore do not fear them. For there is nothing covered that will not be revealed, and hidden that will not be known. "Whatever I tell you in the dark, speak in the light; and what you hear in the ear, preach on the housetops. 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.

Matthew 10: 31

³¹ Do not fear therefore; you are of more value than many sparrows

Luke 12: 32

³² "Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom.

Philippians 2: 12

¹² Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling;

Hebrews 13: 6

⁶ So we may boldly say: "The LORD *is* my helper; I will not fear. What can man do to me?"

Joshua 1:9

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."

2 Timothy 1:7

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Deuteronomy 31:6

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.”

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; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

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.

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.”

Psalms 56: 3 – 4

³ Whenever I am afraid, I will trust in You. ⁴ In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

Isaiah 26:3

³ You will keep *him* in perfect peace, *Whose* mind *is* stayed *on* You, Because he trusts in You.

Psalms 103:13

¹³ As a father pities *his* children, So the LORD pities those who fear Him.