

**Scriptures on fear, anxiety, and encouragement**

Deuteronomy 31:8 - *He will never leave you nor forsake you. Do not be afraid; do not be discouraged.*

Isaiah 41:10 - *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.*

Isaiah 43:1 - *Don’t fear, for I have redeemed you; I have called you by name; you are Mine.*

Job 1:21b - *...the Lord gave, and the Lord has taken away; blessed be the name of the Lord.*

Job 19:25- *For I know that my Redeemer lives, and at the last he will stand upon the earth.*

Psalm 18:2 - *The LORD is my rock, my fortress and my deliverer.*

Psalm 46 – This beautiful psalm speaks of God as our “ever-present help” (this phrase means “close at hand”) in times of trouble, even when it seems like our world is coming apart.

Psalm 121:1-2 - *I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth.*

Psalm 139 – This psalm reminds us of our God Who is intimate with us and inescapable – He is with us no matter where we are or what we are facing.

Proverbs 4:23 – *Above all else, guard your heart, for it is the wellspring of life.*

Lamentations 3:22 - *The steadfast love of the Lord never ceases; His mercies never come to an end.*

Matthew 6:25-34 - *...I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?****26****Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?****27****Can all your worries add a single moment to your life?* ***28****“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing,****29****yet Solomon in all his glory was not dressed as beautifully as they are.****30****And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?* ***31****“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’****32****These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.****33Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need****.* ***34****“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.*

Matthew 28:20 - *I am with you always, to the end of the age.*

Romans 8:28 - *And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.*

II Corinthians 1:3-6 - *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,****4****who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.****5****For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.* ***6****If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer.*

Hebrews 13:8 - *Jesus Christ is the same yesterday and today and forever*

1 John 4:18 - *Perfect love casts out all fear*

I Peter 5:7-8 - *Humble yourselves, therefore, under God’s almighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.*