

Solutions to Fear

Passage	Type of Fear	Biblical Solution
I John 4:18-19: There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.	Fear of others	Demonstrate love
Proverb 3:21-26: My son, preserve sound judgment and discernment, do not let them out of your sight; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety, and your foot will not stumble; when you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be your confidence and will keep your foot from being snared.	Fear of events	Correct biblical thinking
Psalms 112:7-8: He will have no fear of bad news; his heart is steadfast, trusting in the LORD. His heart is secure; he will have no fear;	Fear of bad news	Heartfelt trust
Psalms 34:4-5; 9: I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. Fear the LORD, you his saints, for those who fear him lack nothing.	All fears	Fear God
Psalms 46:1-2; 7; 10-11: God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear ...The LORD Almighty is with us; the God of Jacob is our fortress. Selah "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The LORD Almighty is with us; the God of Jacob is our fortress. Selah	Natural disaster	Recognize God s' sovereignty
Psalms 119:39: Take away the disgrace I dread, for your laws are good	Fear of what others think	Specific prayer
Psalms 119: 134: Redeem me from the oppression of men that I may obey your precepts. Isaiah 51:12-13: I, even I, am he who comforts you. Who are you that you fear mortal men, the sons of men, who are but grass, that you forget the Lord your Maker, who stretched out the heavens and laid the foundations of the earth	Fear of oppression	Specific prayer and recognize God s' providence
Isaiah 35:3-4: Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, Be strong, do not fear, your God will come, he will come with vengeance; with divine retribution he will come to save you.	Fear of weakness	Rely on God s' strength