

Whistling in the Dark



The Bible's encouraging promises and commands about fear and worry

Compiled by Pastor Lee Eclov
From *The New International Version*

OLD TESTAMENT

Gen 15:1 After this, the word of the LORD came to Abram in a vision: “Do not be afraid, Abram. I am your shield, your very great reward.”

Gen 21:17 God heard the boy crying, and the angel of God called to Hagar from heaven and said to her, “What is the matter, Hagar? Do not be afraid; God has heard the boy crying as he lies there.”

Gen 26:24 That night the LORD appeared to him (Isaac) and said, “I am the God of your father Abraham. Do not be afraid, for I am with you; I will bless you and will increase the number of your descendants for the sake of my servant Abraham.”

Gen 46:3 “I am God, the God of your father,” he said (to Jacob). “Do not be afraid to go down to Egypt, for I will make you into a great nation there.”

Ex 14:13 Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again.”

Ex 20:18 When the people saw the thunder and lightning and heard the trumpet and saw the mountain in smoke, they trembled with fear. They stayed at a distance ¹⁹ and said to Moses, “Speak to us yourself and we will listen. But do not have God speak to us or we will die.” ²⁰ Moses said to the people, “Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning.”

Num 14:9 “(Joshua, one of the spies, said to the people,) “Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will swallow them up. Their protection is gone, but the LORD is with us. Do not be afraid of them.”

Num 21:34 The LORD said to Moses, “Do not be afraid of him, for I have handed him over to you, with his whole army and his land. Do to him what you did to Sihon king of the Amorites, who reigned in Heshbon.”

Deut 1:17 Do not show partiality in judging; hear both small and great alike. Do not be afraid of any man, for judgment belongs to God. Bring me any case too hard for you, and I will hear it.

Deut 1:21 See, the LORD your God has given you the land. Go up and take possession of it as the LORD, the God of your fathers, told you. Do not be afraid; do not be discouraged.

Deut 1:29 Then I (Moses) said to you, “Do not be terrified; do not be afraid of them.”

Deut 7:21 Do not be terrified by them, for the LORD your God, who is among you, is a great and awesome God.

Deut 20:1 When you go to war against your enemies and see horses and chariots and an army greater than yours, do not be afraid of them, because the LORD your God, who brought you up out of Egypt, will be with you. ² When you are about to go into battle, the priest shall come forward and address the army. ³ He shall say: “Hear, O Israel, today you are going into battle against your enemies. Do not be fainthearted or afraid; do not be terrified or give way to panic before them. ⁴ For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory.”

Deut 31:6 “Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

Deut 31:7 Then Moses summoned Joshua and said to him in the presence of all Israel, “Be strong and courageous, for you must go with this people into the land that the LORD swore to their forefathers to give them, and you must divide it among them as their inheritance. ⁸ The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Josh 1:5 (God speaking to Joshua) “No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. ⁶ Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. ⁷ Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.”

Josh 8:1 Then the LORD said to Joshua, “Do not be afraid; do not be discouraged. Take the whole army with you, and go up and attack Ai. For I have delivered into your hands the king of Ai, his people, his city and his land.”

Josh 10:8 The LORD said to Joshua, “Do not be afraid of them; I have given them into your hand. Not one of them will be able to withstand you.”

Josh 10:25 Joshua said to them, “Do not be afraid; do not be discouraged. Be strong and courageous. This is what the LORD will do to all the enemies you are going to fight.”

Josh 11:6 The LORD said to Joshua, “Do not be afraid of them, because by this time tomorrow I will hand all of them over to Israel, slain. You are to hamstring their horses and burn their chariots.”

Jdg 6:23 But the LORD said to him (Gideon), “Peace! Do not be afraid. You are not going to die.”²⁴ So Gideon built an altar to the LORD there and called it The LORD is Peace.

1Sam 1:15 (When Eli suspected her of being drunk:) “Not so, my lord,” Hannah replied, “I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the LORD.”

1Sam12:20 “Do not be afraid,” Samuel replied (to the people who had asked for a king). “You have done all this evil; yet do not turn away from the LORD, but serve the LORD with all your heart.”

2Ki 6:15 When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. “Oh, my lord, what shall we do?” the servant asked.¹⁶ “Don’t be afraid,” the prophet answered. “Those who are with us are more than those who are with them.”¹⁷ And Elisha prayed, “O LORD, open his eyes so he may see.” Then the LORD opened the servant’s eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.

2Ki 19:6 (When Sennacherib threatened Israel) Isaiah said to them, “Tell your master, ‘This is what the LORD says: Do not be afraid of what you have heard—those words with which the underlings of the king of Assyria have blasphemed me.’” (also Is. 37:6)

1Chron 22:13 (David to Solomon) “Then you will have success if you are careful to observe the decrees and laws that the LORD gave Moses for Israel. Be strong and courageous. Do not be afraid or discouraged.”

¹Chron 28:20 David also said to Solomon his son, “Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished.”

²Chron 20:15 He (the prophet Jahaziel) said: “Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: ‘Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s... ¹⁷ You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the LORD will be with you.’ ”

²Chron 32:7 (King Hezekiah to Israel) “Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria and the vast army with him, for there is a greater power with us than with him. ⁸ With him is only the arm of flesh, but with us is the LORD our God to help us and to fight our battles.” And the people gained confidence from what Hezekiah the king of Judah said.

Ezra 3:3 Despite their fear of the peoples around them, they built the altar on its foundation and sacrificed burnt offerings on it to the LORD, both the morning and evening sacrifices.

Neh 4:14 After I (Nehemiah) looked things over, I stood up and said to the nobles, the officials and the rest of the people, “Don’t be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes.”

Ps 3:5 I lie down and sleep;
I wake again, because the LORD sustains me.
⁶ I will not fear the tens of thousands
drawn up against me on every side.

Ps 23:4 Even 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.

Ps 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? ...

³ Though an army besiege me,
my heart will not fear;
though war break out against me,
even then will I be confident.

Ps 34:7 The angel of the LORD encamps around those who fear him,
and he delivers them.

Ps 46:1 God is our refuge and strength,
an ever-present help in trouble
² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea...

Ps 49:5 Why should I fear when evil days come,
when wicked deceivers surround me—

Ps 56:3 When I am afraid,
I will trust in you.
⁴ In God, whose word I praise,
in God I trust; I will not be afraid.
What can mortal man do to me? ...
¹¹ in God I trust; I will not be afraid.
What can man do to me?

Ps 91:4 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...

Ps 94:19 When anxiety was great within me,
your consolation brought joy to my soul.

Ps 112:7 He will have no fear of bad news;
his heart is steadfast, trusting in the LORD.
⁸ His heart is secure, he will have no fear;
in the end he will look in triumph on his foes.

Ps 118:6 The LORD is with me; I will not be afraid.
What can man do to me?

Ps 139:23 Search me, O God, and know my heart;
test me and know my anxious thoughts.
²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Prov 1:32 For the waywardness of the simple will kill them,
and the complacency of fools will destroy them;
³³ but whoever listens to me will live in safety
and be at ease, without fear of harm.”

Prov 3:21 My son, preserve sound judgment and discernment,
do not let them out of your sight;
²² they will be life for you,
an ornament to grace your neck.
²³ Then you will go on your way in safety,
and your foot will not stumble;
²⁴ when you lie down, you will not be afraid;
when you lie down, your sleep will be sweet.
²⁵ Have no fear of sudden disaster
or of the ruin that overtakes the wicked...

Prov 12:25 An anxious heart weighs a man down,
but a kind word cheers him up.

Prov 29:25 Fear of man will prove to be a snare,
but whoever trusts in the LORD is kept safe.

Isa 8:12 “Do not call conspiracy
everything that these people call conspiracy;
do not fear what they fear,
and do not dread it.
¹³ The LORD Almighty is the one you are to regard as holy,
he is the one you are to fear,
he is the one you are to dread...

Isa 12:2 Surely God is my salvation;
I will trust and not be afraid.
The LORD, the LORD, is my strength and my song;
he has become my salvation.

Isa 33:6 He will be the sure foundation for your times,
a rich store of salvation and wisdom and knowledge;
the fear of the LORD is the key to this treasure.

Isa 35:4 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.”

Isa 38:14 I cried like a swift or thrush,
I moaned like a mourning dove.
My eyes grew weak as I looked to the heavens.
I am troubled; O Lord, come to my aid!

Isa 40:9 You who bring good tidings to Zion,
go up on a high mountain.
You who bring good tidings to Jerusalem,
lift up your voice with a shout,
lift it up, do not be afraid;
say to the towns of Judah,
“Here is your God!”

Isa 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.

Isa 41:13 For I am the LORD, your God,
who takes hold of your right hand
and says to you, Do not fear; I will help you.

¹⁴ Do not be afraid, O worm Jacob, O little Israel,
for I myself will help you,” declares the LORD,
your Redeemer, the Holy One of Israel.

Isa 43:1 But now, this is what the LORD says—
he who created you, O Jacob,
he who formed you, O Israel:
“Fear not, for I have redeemed you;
I have summoned you by name; you are mine.

² When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.

When you walk through the fire,
you will not be burned;

the flames will not set you ablaze.
³ For I am the LORD, your God,
the Holy One of Israel, your Savior;
I give Egypt for your ransom,
Cush and Seba in your stead.
⁴ Since you are precious and honored in my sight,
and because I love you,
I will give men in exchange for you,
and people in exchange for your life.
⁵ Do not be afraid, for I am with you;
I will bring your children from the east
and gather you from the west.”

Isa 44:8 Do not tremble, do not be afraid.
Did I not proclaim this and foretell it long ago?
You are my witnesses. Is there any God besides me?
No, there is no other Rock; I know not one.

Isa 51:7 Hear me, you who know what is right,
you people who have my law in your hearts:
Do not fear the reproach of men
or be terrified by their insults.

Isa 51:11 The ransomed of the LORD will return.
They will enter Zion with singing;
everlasting joy will crown their heads.
Gladness and joy will overtake them,
and sorrow and sighing will flee away.
¹² I, even I, am he who comforts you.
Who are you that you fear mortal men,
the sons of men, who are but grass...

Isa 54:4 Do not be afraid; you will not suffer shame.
Do not fear disgrace; you will not be humiliated.
You will forget the shame of your youth
and remember no more the reproach of your widowhood.

Isa 54:14 In righteousness you will be established:
Tyranny will be far from you;
you will have nothing to fear.
Terror will be far removed;
it will not come near you

Jer 1:7 But the LORD said to me (Jeremiah), "Do not say, 'I am only a child.' You must go to everyone I send you to and say whatever I command you. ⁸ Do not be afraid of them, for I am with you and will rescue you," declares the LORD. ⁹ Then the LORD reached out his hand and touched my mouth and said to me, "Now, I have put my words in your mouth. ⁸ Do not be afraid of them, for I am with you and will rescue you," declares the LORD.

Jer 1:17 (God speaking to Jeremiah) "Get yourself ready! Stand up and say to them whatever I command you. Do not be terrified by them, or I will terrify you before them."

Jer 10:2 This is what the LORD says:
"Do not learn the ways of the nations
or be terrified by signs in the sky,
though the nations are terrified by them...
⁵ Like a scarecrow in a melon patch,
their idols cannot speak;
they must be carried
because they cannot walk.
Do not fear them;
they can do no harm
nor can they do any good."

Jer 17:7 "But blessed is the man who trusts in the LORD,
whose confidence is in him.
⁸ He will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."

Jer 17:18 Let my persecutors be put to shame,
but keep me from shame;
let them be terrified,
but keep me from terror.
Bring on them the day of disaster;
destroy them with double destruction.

Jer 23:4 I will place shepherds over them who will tend them, and they will no longer be afraid or terrified, nor will any be missing," declares the LORD.

Jer 30:10 “So do not fear, O Jacob my servant;
do not be dismayed, O Israel,”
declares the LORD.

“I will surely save you out of a distant place,
your descendants from the land of their exile.
Jacob will again have peace and security,
and no one will make him afraid. “

Jer 39:17 But I will rescue you on that day, declares the LORD; you will not
be handed over to those you fear.

Jer 42:11 Do not be afraid of the king of Babylon, whom you now fear. Do
not be afraid of him, declares the LORD, for I am with you and will save
you and deliver you from his hands.

Jer 46:27 Do not fear, O Jacob my servant;
do not be dismayed, O Israel.
I will surely save you out of a distant place,
your descendants from the land of their exile.
Jacob will again have peace and security,
and no one will make him afraid.

Jer 46:28 “Do not fear, O Jacob my servant,
for I am with you,” declares the LORD.
“Though I completely destroy all the nations
among which I scatter you,
I will not completely destroy you.
I will discipline you but only with justice;
I will not let you go entirely unpunished.”

Jer 51:46 Do not lose heart or be afraid
when rumors are heard in the land;
one rumor comes this year, another the next,
rumors of violence in the land
and of ruler against ruler.

Lam 3:55 I called on your name, O LORD,
from the depths of the pit.

⁵⁶ You heard my plea: “Do not close your ears
to my cry for relief.”

⁵⁷ You came near when I called you,
and you said, “Do not fear.”

Ezek 2:6 (God challenging Ezekiel) “And you, son of man, do not be afraid of them or their words. Do not be afraid, though briars and thorns are all around you and you live among scorpions. Do not be afraid of what they say or terrified by them, though they are a rebellious house...

Ezek 3:9 (God to Ezekiel) “I will make your forehead like the hardest stone, harder than flint. Do not be afraid of them or terrified by them, though they are a rebellious house.”

Dan 10:12 Then he (the angel) continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them...

¹⁹ “Do not be afraid, O man highly esteemed,” he said. “Peace! Be strong now; be strong.” When he spoke to me, I was strengthened and said, “Speak, my lord, since you have given me strength.”

Joel 2:21 Be not afraid, O land;
be glad and rejoice.
Surely the LORD has done great things.

Zeph 3:13 The remnant of Israel will do no wrong;
they will speak no lies,
or will deceit be found in their mouths.
They will eat and lie down
and no one will make them afraid.”

¹⁴ Sing, O Daughter of Zion;
shout aloud, O Israel!
Be glad and rejoice with all your heart,
O Daughter of Jerusalem!

¹⁵ The LORD has taken away your punishment,
he has turned back your enemy.
The LORD, the King of Israel, is with you;
never again will you fear any harm.

¹⁶ On that day they will say to Jerusalem,
“Do not fear, O Zion;
do not let your hands hang limp.”

Hag 2:4 “Be strong, all you people of the land,” declares the LORD, “and work. For I am with you,” declares the LORD Almighty. ⁵ “This is what I covenanted with you when you came out of Egypt. And my Spirit remains among you. Do not fear.”

Zech 8:13 As you have been an object of cursing among the nations, O Judah and Israel, so will I save you, and you will be a blessing. Do not be afraid, but let your hands be strong.”¹⁴ This is what the LORD Almighty says: “Just as I had determined to bring disaster upon you and showed no pity when your fathers angered me,” says the LORD Almighty,¹⁵ “so now I have determined to do good again to Jerusalem and Judah. Do not be afraid.”

New Testament

Matt 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 important than food, and the body more important than clothes?²⁶ Look 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 Who of you by worrying can add a single hour to his life?²⁸ “And why do you worry about clothes? See how the lilies 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, O 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.

Matt 10:19 But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say,²⁰ for it will not be you speaking, but the Spirit of your Father speaking through you....²⁶ “So do not be afraid of them. There is nothing concealed that will not be disclosed, or hidden that will not be made known...²⁸ Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.²⁹ Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father.³⁰ And even the very hairs of your head are all numbered.³¹ So don’t be afraid; you are worth more than many sparrows.”

Matt 14:26 When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear.²⁷ But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

²⁸ “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

²⁹ “Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

³¹ Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

Matt 17:6 (At the transfiguration) When the disciples heard this (God’s voice from heaven), they fell facedown to the ground, terrified. ⁷ But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.”

Matt 28:4 (At the resurrection) The guards were so afraid of him that they shook and became like dead men. ⁵ The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶ He is not here; he has risen, just as he said. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.”

⁸ So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. ⁹ Suddenly Jesus met them. “Greetings,” he said. They came to him, clasped his feet and worshiped him. ¹⁰ Then Jesus said to them, “Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me.”

Mk 4:37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸ Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”

³⁹ He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.

⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?”

⁴¹ They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!” (cf. Matt. 8:24-26)

Mk 5:33 Then the woman (who was healed when she touched Jesus’ clothes), knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. ³⁴ He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

³⁵ While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. “Your daughter is dead,” they said. “Why bother the teacher any more?”

³⁶ Ignoring what they said, Jesus told the synagogue ruler, “Don’t be afraid; just believe.” (cf. Luke 8:50)

Mk 6:47 When evening came, the boat was in the middle of the lake, and he was alone on land. ⁴⁸ He saw the disciples straining at the oars, because the wind was against them. About the fourth watch of the night he went out to them, walking on the lake. He was about to pass by them, ⁴⁹ but when they saw him walking on the lake, they thought he was a ghost. They cried out, ⁵⁰ because they all saw him and were terrified. Immediately he spoke to them and said, “Take courage! It is I. Don’t be afraid.”

Lk 1:29 Mary was greatly troubled at his words and wondered what kind of greeting this might be. ³⁰ But the angel said to her, “Do not be afraid, Mary, you have found favor with God.

Lk 1:50 (Mary’s song) “His mercy extends to those who fear him, from generation to generation...

⁷⁴ to rescue us from the hand of our enemies, and to enable us to serve him without fear

Lk 2:10 But the angel said to them, “Do not be afraid. I bring you good news of great joy that will be for all the people.

Lk 5: ⁸ When Simon Peter saw this, he fell at Jesus’ knees and said, “Go away from me, Lord; I am a sinful man!” ⁹ For he and all his companions were astonished at the catch of fish they had taken, ¹⁰ and so were James and John, the sons of Zebedee, Simon’s partners. Then Jesus said to Simon, “Don’t be afraid; from now on you will catch men.” ¹¹ So they pulled their boats up on shore, left everything and followed him.

Lk 10:41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴² but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.”

Lk 12:4 “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. ⁵ But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him... ⁷ Indeed, the very hairs of your head are all numbered. Don’t be afraid; you are worth more than many

sparrows...¹¹ “When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say,¹² for the Holy Spirit will teach you at that time what you should say.” (cf. Mark 13:11)

Lk 12:22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

²³ Life is more than food, and the body more than clothes.²⁴ Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!²⁵ Who of you by worrying can add a single hour to his life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?

²⁷ “Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!²⁹ And do not set your heart on what you will eat or drink; do not worry about it.³⁰ For the pagan world runs after all such things, and your Father knows that you need them.³¹ But seek his kingdom, and these things will be given to you as well.

³² “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.³³ Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys.³⁴ For where your treasure is, there your heart will be also.”

Lk 21:14 But make up your mind not to worry beforehand how you will defend yourselves.¹⁵ For I will give you words and wisdom that none of your adversaries will be able to resist or contradict.¹⁶ You will be betrayed even by parents, brothers, relatives and friends, and they will put some of you to death.¹⁷ All men will hate you because of me.¹⁸ But not a hair of your head will perish.¹⁹ By standing firm you will gain life.

Jn 6:19 When they had rowed three or three and a half miles, they saw Jesus approaching the boat, walking on the water; and they were terrified.²⁰ But he said to them, “It is I; don’t be afraid.”²¹ Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading.

Jn 12:15 Do not be afraid, O Daughter of Zion; see, your king is coming, seated on a donkey’s colt.

Jn 14:1 Do not let your hearts be troubled. Trust in God; trust also in me.

Jn 14:27 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.

Jn 20:19 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!"

Acts 18:9 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 for a year and a half, teaching them the word of God.

Rom 8:15 For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."

Rom 13:3 For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you.

Eph 3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

Phil 4:6 Do not be anxious about anything, but in everything, 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.

Heb 2:14 Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil— ¹⁵ and free those who all their lives were held in slavery by their fear of death.

Heb 11:7 By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that comes by faith.

Heb 11:23 By faith Moses' parents hid him for three months after he was born, because they saw he was no ordinary child, and they were not afraid of the king's edict.

Heb 13:6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

1Pet 3:6 (To wives of unsaved husbands) ... You are her (Sarah's) daughters if you do what is right and do not give way to fear.

1Pet 3:14 But even if you should suffer for what is right, you are blessed. "Do not fear what they fear; do not be frightened."

1Pet 5:7 Cast all your anxiety on him because he cares for you.

1Jn 4:18 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.

Rev 1:17 When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last. ¹⁸ I am the Living One; I was dead, and behold I am alive for ever and ever! And I hold the keys of death and Hades.

Rev 2:10 Do not be afraid of what you are about to suffer. I tell you, the devil will put some of you in prison to test you, and you will suffer persecution for ten days. Be faithful, even to the point of death, and I will give you the crown of life.

Some Key verses on "THE FEAR OF THE LORD"

Ex 3:6 Then he said, "I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob." At this, Moses hid his face, because he was afraid to look at God.

Deut 6:1 These are the commands, decrees and laws the LORD your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, ² so that you, your children and their children after them may fear the LORD your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life.

Deut 10:12 And now, O Israel, what does the LORD your God ask of you but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, ¹³ and to observe the LORD'S commands and decrees that I am giving you today for your own good?

Josh 24:14 “Now fear the LORD and serve him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and serve the LORD.

Job 28:28 And he (God) said to man,
‘The fear of the Lord—that is wisdom,
and to shun evil is understanding.’ ”

Ps 33:8 Let all the earth fear the LORD?
let all the people of the world revere him.

Ps 34:9 Fear the LORD, you his saints,
for those who fear him lack nothing.
¹⁰ The lions may grow weak and hungry,
but those who seek the LORD lack no good thing.
¹¹ Come, my children, listen to me;
I will teach you the fear of the LORD.

Ps 111:10 The fear of the LORD is the beginning of wisdom;
all who follow his precepts have good understanding.
To him belongs eternal praise.

Ps 115:12 The LORD remembers us and will bless us:
He will bless the house of Israel,
he will bless the house of Aaron,
¹³ he will bless those who fear the LORD—
small and great alike.

Ps 118:4 Let those who fear the LORD say:
“His love endures forever.”

Ps 128:1 Blessed are all who fear the LORD,
who walk in his ways.

Prov 1:7 The fear of the LORD is the beginning of knowledge,
but fools despise wisdom and discipline.

Prov 2:5 then you will understand the fear of the LORD
and find the knowledge of God.

Prov 10:27 The fear of the LORD adds length to life,
but the years of the wicked are cut short.

Prov 14:27 The fear of the LORD is a fountain of life,
turning a man from the snares of death.

Prov 15:16 Better a little with the fear of the LORD
than great wealth with turmoil.

Prov 15:33 The fear of the LORD teaches a man wisdom,
and humility comes before honor.

Prov 16:6 Through love and faithfulness sin is atoned for;
through the fear of the LORD a man avoids evil.

Prov 19:23 The fear of the LORD leads to life:
Then one rests content, untouched by trouble.

Prov 22:4 Humility and the fear of the LORD
bring wealth and honor and life.

Prov 23:17 Do not let your heart envy sinners,
but always be zealous for the fear of the LORD.

Prov 24:21 Fear the LORD and the king, my son,
and do not join with the rebellious,

Isa 11:2 The Spirit of the LORD will rest on him (the Messiah)—
the Spirit of wisdom and of understanding,
the Spirit of counsel and of power,
the Spirit of knowledge and of the fear of the LORD—
³ and he will delight in the fear of the LORD.
He will not judge by what he sees with his eyes,
or decide by what he hears with his ears;

Isa 33:6 He will be the sure foundation for your times,
a rich store of salvation and wisdom and knowledge;
the fear of the LORD is the key to this treasure.

Ac 9:31 Then the church throughout Judea, Galilee and Samaria enjoyed a
time of peace. It was strengthened; and encouraged by the Holy Spirit, it
grew in numbers, living in the fear of the Lord.

2Cor 5:11 Since, then, we know what it is to fear the Lord, we try to persuade men. What we are is plain to God, and I hope it is also plain to your conscience.

Rev 19:5 Then a voice came from the throne, saying:
“Praise our God,
all you his servants,
you who fear him,
both small and great!”