



Selected Bible Verses of Encouragement for Times of Fear & Overwhelm

Personalize these and pray aloud for maximum impact.

He says, "Be still, and know that I am God." Psalm 46:10

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. Matthew 11:28-30

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. 2 Chronicles 20:15

'The LORD said to my Lord: "Sit at my right hand until I put your enemies under your feet. " Matthew 22:44

I can do all things through Christ who gives me strength. Philippians 4:3

With man it is impossible, but *with God* all things are possible. Matthew 19:26

For God has not given us the spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7

But God said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9

For I know the plans I have for you, declares the Lord, plans for good and not for evil, to give you a future and a hope. Jeremiah 29:11

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Psalm 43:5

The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing. Zephaniah 3:17

"Do not be afraid...Stand firm and you will see the deliverance the LORD will bring you today. Exodus 14:13

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. I John 4:18

We know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." Deuteronomy 31:6

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6

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. Psalm 34:4-5

Psalm 23 (NLT)

A psalm of David.

1 The Lord is my shepherd;
I have all that I need.
2 He lets me rest in green meadows;
he leads me beside peaceful streams.
3 He renews my strength.
He guides me along right paths,
bringing honor to his name.
4 Even when I walk
through the darkest valley,^[a]
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.
5 You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.
6 Surely your goodness and unfailing love will
pursue me
all the days of my life,
and I will live in the house of the Lord
forever.

Psalm 91 (NIV)

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."
³ Surely 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.
⁷ A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
⁸ You 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.
¹³ You 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."
¹⁵ He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
¹⁶ With long life I will satisfy him
and show him my salvation."

"That is why 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? 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? Can all your worries add a single moment to your life?

"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, yet Solomon in all his glory was not dressed as beautifully as they are. 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?

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God^[a] above all else, and live righteously, and he will give you everything you need. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Jesus, Matthew 6:25-34 (NLT)