

Fear

Key Verse

"Do not fear, for I am with you..." Isaiah 41:10a

Basic Biblical Understanding

Some people like to be scared. They watch scary movies, go to haunted houses, ride roller coasters, or skydive out of perfectly good planes. They like the adrenaline rush or the shock of being scared. But unfortunately, millions of other people live in a state of fear. It's not a feeling they enjoy; it's a problem they endure.

Fear is an unpleasant feeling that's triggered by the perception of danger, threat, or evil (whether real or imagined). While caution and concern can be good traits to keep us from danger, fear is usually a bad trait that robs us of joy. Fear causes people to back down from challenges, give up on dreams, live in isolation, refuse to act, and miss out on memories. People who battle with fear will often experience irrational thoughts, undergo emotional stress, and shut down relationally from others.

There are three "P's" that help people address fear in a biblical way: prayer, perspective and promises. Let's take a moment to explain all three.

Prayer calms our fears. Philippians 4:6–7 teaches that we are to be anxious about nothing and pray about everything. Prayer allows us to talk with the One who can truly help. It's in prayer that God calms our anxious thoughts and helps us reframe the situation. As we pray, we gain "the peace of God" that guards our "hearts and minds in Christ Jesus" (Philippians 4:7). Your life of peace is in direct proportion to your life of prayer.

God-oriented perspectives confront our fears. David said, "I fear no evil, for You are with me" (Psalm 23:4). When we recognize and believe that God is with us, it changes our perspective of the moment. His presence brings peace. When our perspective changes, our fears fade.

Divine promises challenge our fears. God told Joshua, "Be strong and courageous...for the Lord your God is with you wherever you go" (Joshua 1:9). That is a promise from God. It's one of many promises that God gives us that will address specific fears. He promises to be with us, to provide for us, to protect us, to forgive us, to love us, to prepare a place for us in heaven, etc. There are hundreds of promises in the Bible that speak to specific fears in life. When we know the promises of God, we're better equipped to walk through uncertain and scary times.

Isaiah 26:3 says, "You will keep him in perfect peace whose mind is stayed on You" (NKJV). Our fears are calmed when we focus on God. Practice the three "P's" and allow God to be your peace.

Verses (ask God to show you how they apply to your life)

- "When I am afraid, I will put my trust in You." Psalm 56:3 (NASB)
- "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." 2 Timothy 1:7 (NLT)

Helpful Questions and Application

1. Take a moment to identify the fear(s) you're facing. Look at the verses above and ask God, "How does Your Word apply to these fears? What is my next step?"
2. Fear thrives when lies flourish. The enemy encourages us to believe lies in an effort to keep us in a fearful state. Ask God to help you identify the lies that are feeding your fears. Write down what He reveals, and leave them with God in prayer.

Additional Resources

Scripture references: Deuteronomy 31:6; Joshua 1:9; Matthew 6:25–34; Philippians 4:6–7; 1 Peter 5:7

WordTruth articles: ["Anchors of Hope for Any Trial"](#)
["From Fear to Faith"](#)