

Since You are my light and salvation,  
Lord, what should I be afraid of? You  
are my stronghold-so why should I fear  
anything?

(Psalm 27:1)



You are with me, Lord, so I won't be  
afraid. What can human beings do to  
me when I have You?

(Psalm 118:6)



You did not give me a timid spirit, God,  
but a spirit of power, of love, and of self-  
discipline.

(2 Timothy 1:7)

## Fear



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

Psalm 46:1-2



Lord, You are my light and my salvation.  
Whom shall I fear? You are the strength  
of my life. Of whom shall I be afraid?  
When my emotional enemies attack me,  
they will stumble and fall. Though an  
entire army of fears come against me, my  
heart will be strong. Even in the midst  
of a war, I can be confident in You,  
because I ask You for only one thing;  
that I may dwell in Your house all the  
days of my life, seeing Your beauty. For  
I know in the time of trouble, You will  
hide me in Your pavilion. You will tuck  
me away inside a secret nook inside  
Your tabernacle; You will set me on a  
rock where I will be safe, where I can lift  
up my head and see over the heads of  
my enemies. And that is why, Lord, I  
sing to You with joy!

(Psalm 27:1-6)

Fear is a normal and healthy biological  
reaction that alerts us to danger.  
Unfortunately, in our lives, fear and  
danger no longer necessarily go together.  
Instead, fear can exist all on its own.  
When that happens, fear becomes  
destructive and crippling. As Franklin  
D. Roosevelt said, "The only thing we  
have to fear is fear itself."

When we find ourselves in bondage to  
fear, God holds the key that can set us  
free. When life seems threatening, filled  
with unknown (and possibly imaginary)  
dangers, He will be our refuge. He is  
always there. In Him, we can always be  
secure.

Thank You, Jesus, that You have given  
me Your peace. I know Your peace is  
not like anything the world has to offer  
me. Because of You, I will not let my  
heart be troubled, neither will I  
let it be afraid.

(John 14:27)



For You, Lord, have not given me a  
spirit of bondage to fear. Instead, Your  
Spirit has adopted me. And now,  
whenever I am scared, I can cry,  
"Daddy! Father!"

(Romans 8:15)