

## 7 Biblical Truths to Help You Overcome Fear & Anxiety

It's no secret that we live in fear-inducing and anxiety-inducing times. The news is full of troubling things to worry about. And that's not even accounting for the fears that happen inside our own heads...the fear of not being good enough, fear of failure, etc.

Thankfully, the Bible has plenty to say about how to deal with fear! **These seven truths will guide you in how to overcome fear and anxiety Biblically, and also, to replace that fear with love.**

**Y'all, these are trying times.** Terror, violence, and now a pandemic of epic proportions...and I'll admit, sometimes I look at these things on the news (happening far away), and feel deeply saddened and distressed by it all. But then, when these things happen in our own backyard, that's when the real FEAR sets in. And panic, and freaking out, and all manner of unhealthy responses to that fear.

Whether you're facing THAT kind of fear—the acute fear of something that's threatening in your own backyard, like a contagious disease that your neighbor down the street now has, and you're afraid you and your family may get it too—or a milder kind of fear, such as worrying about the future of your career, it's important to remember that FEAR IS A LIAR. As in, straight from the devil.

### What does the Bible say about fear?

Lately, I've been hearing a lot of pastors and other folks mention the fact that there are [more than 365 verses about "fear not" in the Bible](#)—at least one for every day of the year! And for good reason: so much turmoil and uncertainty is happening in the world, it's easy for us to be afraid and wonder if God is even there.

**So, what does God say about fear and anxiety? BE. NOT. AFRAID.** Over and over again, He reminds everyone from Moses and the Israelites (in Exodus 20:20), to Paul (Acts 18:9) and Timothy (2 Timothy 1:7), to not be afraid. Yes, there are scary things, even downright painful or utterly terrifying things that happen in this life. But it's essential to remember, that God is in control, and He is always with us. Witness what David wrote in the beloved **Psalms 23**:

*Even though I walk  
through the darkest valley,*

*I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.*

Psalm 23:4 (NIV)

## How to Overcome Fear and Anxiety Biblically: 3 Truths to Help You

**So, how can you overcome your fears?** As David and so many other Bible characters who overcome fear know, *God himself is THE ONLY ONE who can truly quiet our fears.* You and I, we can sometimes fool ourselves into thinking we have things under control. But God actually IS in control, both now and forever, AMEN!

### 1) Remind yourself of God's goodness.

In this world, things can look (and BE) so scary. From Satan's influences, to the consequences of our own sin and the sins of others, it's all too easy to let anxiety set in. The devil would like nothing more than for us to be so consumed with fear that we forget that God is in control!

But we know from these verses below, that God is a GOOD GOD, full of love and care for those who follow him. Yes, we experience troubles in this world, but God hasn't forgotten us—quite the opposite in fact!

*[Jesus said]: "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."*

John 14:27

*But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

Romans 5:8 (NIV)

*And 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 (NIV)

## **2) Because God is good, you can trust in Him.**

I don't know about you, but sometimes when the troubles of the world surround me, I find it hard to trust in God. I wonder how to overcome fear and anxiety Biblically, when the Bible clearly acknowledges that bad things will still happen in this life? That's when it helps to remember, that if our eyes are in this world, we will question God's goodness...BUT if our eyes are on the cross, we know that He is absolutely good.

We know that God is for us and not against us, because of what Jesus did for us on the cross. God has proven time and again, that He cares for us, and that His is trustworthy. Not only did He provide a way for our sins to be forgiven, and for us to have peace and joy here on earth, but He has also prepared a glorious future for us in eternity (see [Revelation 21:1-4](#))! So, we know we can trust Him with our fears and our troubles.

*Don't love money; be satisfied with what you have. For God has said,  
"I will never fail you.*

*I will never abandon you."*

*So we can say with confidence,*

*"The Lord is my helper,*

*so I will have no fear.*

*What can mere people do to me?"*

Hebrews 13:5-6 (NLT)

*Cast all your anxiety on him because he cares for you.*

1 Peter 5:7 (NIV)

## **3) Take advantage of the fact that God is always with you—by praying continually.**

And part of trusting Him with our fears, means crying out to Him. Every day, all day, it's so helpful to voice our concerns to the Lord. From the littlest thing (you're worried about

passing a test, or nervous about a job interview), to the biggest thing (you're experiencing strange symptoms that your doctor can't diagnose, and you're worried about what disease you might have or what it means for your future)... cry out to God, and know that He hears you.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 4:6-7 (NIV)

I think of all the Bible verses about fear and worry, Philippians 4:6-7 sums it up most beautifully: Don't be anxious, just pray.

## Replacing Fear with Love: 4 Things to Do Instead of Being Afraid

So, now that we've gone over three essentials for how to overcome fear and anxiety Biblically, I want to add a few more helpful points for you. These four things are specific actions we can take, to push out anxiety, and replace it with love.

### 4) Instead of just sitting and worrying, do something about it!

One of the greatest ways for how to overcome fear and anxiety Biblically, is— SURPRISE! — to saturate yourself with Scripture. The verses I've listed in this post are just the tippy-tip-tip of the iceberg, so to speak. To continue pushing out fear with God's love, study His Word. Memorize a few Bible verses about fear. Do a [Bible journal](#) on Joshua 1:9. Read Psalm 23 aloud, over and over again.

*"...so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." (NIV)*

Isaiah 55:11

From the verse above, we know that His Word is what will shape our perspective, away from fear, and towards His amazing love and perfect peace.

## 5) Stay connected with the people in your life.

So many times in life, the devil uses our fears to isolate us. Have you ever thought, *'nobody wants to spend time with me'*, or *'I'm not good/pretty/smart enough, so I'll just stay away'*? I certainly have! But just remember, your friends and family need you, and you need them! God designed us for community, with Him and with each other. Please don't let Satan's lies of fear keep you from sharing your story, listening to the concerns of others, and engaging in deeper, more meaningful relationships. Even if you're limited in how you can connect (maybe you're disabled and stuck at home), you can always reach out via technology. FaceTime a friend, join a Facebook group and participate in the discussions, or write a snail-mail letter to a family member. Stay connected however you're able!

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.*  
Hebrews 10:24-25 (NIV)

## 6) Don't just retreat inside your own fears...help someone else!

Likewise, if you're fearful or upset about something, getting lost in your own head won't help. I know I can't be the only one who has succumbed to a spiral of fearful thoughts, before finally dusting off and deciding to focus on someone other than myself. Have you been there too?

Instead, let's remember to shift those worries into ways to help others! Here are just a few ideas:

- Worried about making ends meet? Try volunteering at a homeless shelter or soup kitchen.
- Feeling discouraged? Write a sweet note of encouragement for your friends or co-workers.
- Thinking you're the only one suffering from XYZ? Find a local support group or online Facebook group, where you can share your experiences and help others who are going through something similar.

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*

Philippians 2:3-4 (NIV)

## **7) Finally, pray for others.**

Another way you can help (and thus get outside of your own anxiety), is by praying for other people. If you're riding out a storm, pray for your neighbors who are doing the same. Or if you worry you're not "good enough", pray for all the young women out there who are growing up with even more anxiety and self-esteem issues than you might've experienced. Praying intercessory prayers for others is such a great way to set aside your own issues, and remember that those around you also have many worries and concerns they're grappling with. Perhaps you can ease their burden, and ask the Lord to give them peace, through your prayers.

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

James 5:16 (NIV)

**I hope that these seven truths from Scripture help you fear less, and love more!**

The more we can rely on God, and trust Him with every detail of our lives, the less fear we will have. Always remember, you are loved greatly by your Father in Heaven!