

Overcoming Fear, Anxiety & Stress

If we are going to overcome fear, anxiety and stress, then we must abide in Christ and in His Word. In simple terms, this means that we must trust Him and obey Him. As we do that, we then learn to take our thoughts captive and compare those thoughts with what God has spoken in His Word. Here are a few things that God has said in His Word about FEAR - ANXIETY - STRESS:

FEAR

Psalm 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.

Isaiah 41:10 - Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Isaiah 41:13 - For I, the LORD your God, will hold your right hand, Saying to you, 'Fear not, I will help you.'

Deuteronomy 31:6 - Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He *is* the One who goes with you. He will not leave you nor forsake you."

Psalm 27:1 - The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid?

Psalm 56:3-4 - But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?

II Timothy 1:7 - For God has not given us a spirit of fear and timidity, but of power, love, and self-control.

I John 4:16,18 - And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him. . . . There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

Psalm 91:2,4-7 - I will say of the LORD, "*He is my refuge and my fortress; My God, in Him I will trust.*" . . . He shall cover you with His feathers, And under His wings you shall take refuge; His truth *shall be your* shield and buckler. You shall not be afraid of the terror by night, *Nor* of the arrow *that* flies by day, *Nor* of the pestilence *that* walks in darkness, *Nor* of the destruction *that* lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; *But* it shall not come near you.

ANXIETY

1 Peter 5:7 - casting all your anxiety upon Him, because He cares for you.

Philippians 4:6-7 - Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Jeremiah 29:11 - For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you a future and a hope.

Matthew 6:31-34 - Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Isaiah 26:3 - You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

John 14:1, 27 - Let not your hearts be troubled. Believe in God; believe also in me. . . Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

STRESS

Psalms 55:22 - Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved.

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

Romans 8:28 - And we know that for those who love God all things work together for good, for those who are called according to his purpose.

James 1:12 - Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

Psalms 9:9-10 - The LORD also will be a refuge for the oppressed, A refuge in times of trouble. And those who know Your name will put their trust in You; For You, LORD, have not forsaken those who seek You.

Jeremiah 32:27 - "Behold, I *am* the LORD, the God of all flesh. Is there anything too difficult for Me?"