

## **Fear and Anxiety Scriptures – Speak Them Out Loud**

*(Prayer is Below)*

**Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, with passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:6-7**

**Oh give thanks to the Lord, call upon His name; make known His deeds among the peoples. Sing to Him, sing praises to Him; Speak of all His wonders. Glory in His holy name; Let the heart of those who seek the Lord be glad Seek the Lord and His strength; Seek His face continually. Remember His wonderful deeds which He has done, his marvels and the judgments from His mouth, O seed of Israel his servant, Sons of Jacob, His chosen ones! 1 Chronicles 16:8-13**

**Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? Matthew 6:25-27 (NIV)**

**...O you of little faith? So do not worry, saying, 'What shall we eat?' Or 'What shall we drink?' Or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:30b-34**

**Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you. 1 Peter 5:6-7**

**Thou wilt keep him in perfect peace whose mind is stayed on Thee. Isaiah 26:3**

**But even the very hairs of your head are all numbered, Fear not therefore; ye are of more value than many sparrows. Luke 12:7**

**The Lord will perfect that which concerneth me; thy mercy, O Lord, endureth forever; forsake not the works of thine own hands. Psalms 138:8**

**Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me. Palms 23:4**

**Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen Thee, yea, I will help thee, yea, I will uphold thee with the right hand of My righteousness. Isaiah 41:10**

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

**God is love; and he that dwelleth in love dwelleth in God, and God in him. Herein is our love made perfect, that we may have boldness in the day of judgment; because as he is, so are we in this world. There is no fear in love, but perfect love casteth out fear; because fear has torment. He that feareth is not made perfect in love. We love him because He first loved us. 1 John 4:16-19**

**And the Lord, He it is that doth go before thee; He will be with thee, He will not fail thee, neither forsake thee; FEAR NOT, NEITHER BE DISMAYED. Deuteronomy 31:8**

**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? Psalms 27:1**

**I sought the Lord, and He heard me, and delivered me from all my fears. Psalms 34:4**

**Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day. Psalms 91:5**

**The Name of the Lord is a strong tower; the righteous runneth into it and it is safe. Proverbs 18:10**

**....Io, I am with you always, even unto the end of the world. Matthew 28:20**

**Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things. Philippians 4:8**

**For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bring into captivity every thought to the obedience of Christ. 2 Corinthians 10:4,5**

**He that overcometh shall inherit all things; an I will be his God, and he shall be my son. But the fearful and unbelieving, and the abominable,...shall have their part in the lake which burneth with fire and brimstone; which is the second death. Revelation 21:7-8**

**For ye have not received the spirit of bondage again to fear; Romans 8:15a**

**But the Lord is faithful, who shall establish you, and keep you from evil. 2 Thessalonians 3:3**

**In God have I put my trust: I will not be afraid what man can do to me. Psalms 56:11**

**The FEAR OF MAN brings a snare; but whoso putteth his trust in the Lord shall be safe. Proverbs 29:25**

Hearken unto me, ye that know righteousness, the people in whose heart is my law; fear ye not the reproach of men, neither be ye afraid of their revilings. Isaiah 51:7

So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me. Hebrews 13:6

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven. Luke 10:19

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able, but will with the temptation also make a way to escape, that ye may be able to bear it. 1 Corinthians 10:13

In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:4-6

Rejoice always, pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

## **PRAYER AGAINST FEAR & ANXIETY**

***(As always, get on your knees humbly before God and pray out loud)***

### **Prayer for Fear and Anxiety**

*Thank you, Lord, that You are my strength. I trust You and I will not fear, for You are with me. If You are with me, who can be against me? I rejoice that You have given me a spirit of love, power, and a sound mind. I give You my fears (name them). Lord, I commit all these things to You that You would*

*establish them and cause my thoughts to become agreeable with Your will. Thank you that You will show me the way out of anxious thoughts and give me courage. Thank you that as I make my requests known to You with thanksgiving, You give me peace in my heart and mind. You are my strength and my power.*

*In Jesus name, I cast down all imaginations of rejection, failure, worthlessness, and any thoughts that are contrary to Your Word. I rebuke the spirit of fear that would try to torment me and I command it to flee in Jesus' name. I have been made righteous by Your blood, Jesus, and I can do all things through You because You strengthen me and give me favor and wisdom. I choose not to think negatively or worry about what man thinks of me, but I will think about things that are good and praiseworthy. I will put into practice the things You have taught me, and I will follow Your leading. I will fear no evil for You are with me. You go before me, Lord, and You are my rear guard. You comfort me when I feel weak. Your plans for me are for good and not for calamity. I praise You, Lord, for Your unfailing love and faithfulness. You are awesome and almighty and I am humbled by Your grace.*

*Help me to comprehend Your unfailing love for me, for Your love is perfect and casts out all fear. I want to walk in Your peace that surpasses understanding. Help me to put You first in my life above all else keeping my mind focused on You and Your faithfulness and grace.*

*I submit my life to You, Lord, and I give You the glory for every good thing for all good things are from You. You are glorious and just and I praise Your Holy name.*

*In Jesus' name, Amen.*