

Fear

God is our safe refuge

‘Keep me safe, my God, for in you I take refuge.’ (Ps 16:1)

‘The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.’
(Ps 9:9–10)

‘I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.’
(Ps 18:1–2)

‘God is our refuge and strength, an ever-present help in trouble.’ (Ps 46:1)

‘The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.’ (2 Tim 4:18)

‘The name of the Lord is a fortified tower; the righteous run to it and are safe.’ (Prov 18:10)

‘Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe. I long to dwell in your tent forever and take refuge in the shelter of your wings’ (Ps 61:1–4)

‘Your love, Lord, reaches to the heavens, your faithfulness to the skies. Your righteousness is like the highest mountains, your justice like the great deep. You, Lord, preserve both people and animals. How priceless is your unfailing love, O God People take refuge in the shadow of your wings. They feast on the abundance of your house; you give them drink from your river of delights. For with you is the fountain of life; in your light we see light.’
(Ps 36:5–9)

God grants us rest

‘Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honour depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. (Ps 61:5–8)

“Come to me [Jesus], all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matt 11:28–30)

‘Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.’ (Ps 62:1–2)

‘In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.’ (Ps 4:8)

Fear

God will never forsake us

‘God has said, “Never will I leave you; never will I forsake you.”’ (Heb 13:5)

‘Do not reject me or forsake me, God my Savior. Though my father and mother forsake me, the Lord will receive me.’ (Ps 27:1, 9–10)

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” (Deut 31:8)

‘[God] comforts us in all our troubles’ (2 Cor 1:4a)

‘And surely I [Jesus] am with you always, to the very end of the age’ (Matt 28:20b)

God encourages us amidst fear

‘The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?’ (Ps 27:1)

‘There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.’ (1 Jn 4:18)

‘Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.’ (Phil 4:4–9)

‘The Spirit God gave us does not make us timid, but gives us power, love and self-discipline.’ (2 Tim 1:7)

‘Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.’ (Josh 1:9)

‘But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 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.’ (Jn 14:26–27)