

# SCRIPTURES, CONFESSIONS, AND PRAYER FOR OVERCOMING FEAR AND WORRY

The Bible says to meditate on God's Word day and night (*Joshua 1:8*). If you are dealing with fear, please read these scriptures and their corresponding confessions aloud twice each day. Pray the prayer for power over fear and worry, and watch the peace and joy of the Lord rise up in you.

## 1. **2 Timothy 1:7 KJV**

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

I do not have a spirit of fear. I walk in love, power, and a sound mind.

## 2. **Job 3:25 KJV**

*For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.*

Things I fear will not come to me.

## 3. **Matthew 24:6 KJV**

*And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.*

I shall not be troubled by the things that come to pass.

## 4. **Romans 8:15 NKJV**

*For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba,<sup>[a]</sup> Father."*

I do not receive the bondage of fear.

## 5. **1 John 4:18 NKJV**

*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.*

My God loves me, and that love casts out fear.

## 6. **Isaiah 41:10, 13 NLT**

*<sup>10</sup> Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand... <sup>13</sup> For I hold you by your right hand— I, the LORD your God. And I say to you, 'Don't be afraid. I am here to help you.*

The Lord is with me. I shall not be discouraged. I am strengthened because He helps me, and He holds me up. Therefore I will not be afraid.

## 7. **Joshua 1:9 NLT**

*This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.*

I am strong and courageous. I am not afraid because the Lord is with me wherever I go.

## 8. **Deuteronomy 6:8 NLT**

*Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.*

I am not in fear because the Lord goes ahead of me. He is with me. He will not fail me or abandon me.

**9. John 14:1, 27 NLT**

*<sup>1</sup> Don't let your hearts be troubled. Trust in God, and trust also in me... <sup>27</sup> "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.*

I will not let my heart be troubled because I trust in the Lord who gives me peace, therefore I cannot fear.

**10. Psalm 27:1 NLT**

*The LORD is my light and my salvation— so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?*

I will not fear because the Lord is my light, salvation, and fortress. I am protected from all danger.

**11. 1 Peter 5:7 NLT**

*Give all your worries and cares to God, for he cares about you.*

I cast all my cares upon the Lord because He cares for me.

**12. Philippians 4:7 AMP**

*And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].*

I walk in God's peace. That peace reassures and guards my heart and mind.

**13. Psalm 34:4 NLT**

*I prayed to the LORD, and he answered me. He freed me from all my fears.*

I am freed from all my fears.

**14. Psalm 55:22 NLT**

*Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.*

I give every burden of fear to the Lord because the Lord takes care of me and will not let me fall.

**15. Psalm 23:4 NLT**

*Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.*

When I walk through dark places, I will not be afraid because He is close beside me.

**16. Psalm 56:3-4 NLT**

*<sup>3</sup> But when I am afraid, I will put my trust in you. <sup>4</sup> 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?*

When I trust God, I cannot be afraid of what people can do to me.

**17. Psalm 46:1-2 NLT**

*<sup>1</sup> God is our refuge and strength, always ready to help in times of trouble. <sup>2</sup> So we will not fear when earthquakes come and the mountains crumble into the sea.*

God is my refuge and strength, and He helps me in times of trouble.

**18. Isaiah 12:2 NLT**

*See, God has come to save me. I will trust in him and not be afraid. The Lord God is my strength and my song; he has given me victory.*

I trust the Lord because He comes to save me. He gives me strength and victory. Therefore, I'm not afraid.

**19. Psalm 112:7-8 NLT**

*7 They do not fear bad news; they confidently trust the LORD to care for them. 8 They are confident and fearless and can face their foes triumphantly.*

I do not fear bad news because I trust in God with confidence. This makes me fearless and able to face any foe.

**20. Psalm 125:1 NLT**

*Those who trust in the LORD are as secure as Mount Zion; they will not be defeated but will endure forever.*

I trust the Lord, and I am as secure as a mountain. I will not be defeated and will endure forever.

**21. John 16:33 KJV**

*These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.*

I have peace through tribulation because Jesus has already overcome the world.

**22. Psalm 94:19 AMP**

*When my anxious thoughts multiply within me, Your comforts delight me.*

Whenever I am anxious in my thoughts, the Lord comforts me.

**23. Deuteronomy 31:6 AMP**

*Be strong and courageous, do not be afraid or tremble in dread before them, for it is the LORD your God who goes with you. He will not fail you or abandon you.*

I am strong, courageous, and not afraid. The Lord goes with me. He will not fail or abandon me.

## ***Prayer for Overcoming Fear and Worry***

- I decree that I am strong and of good courage. I am not afraid or dismayed, for the Lord is with me wherever I go (*Joshua 1:9*).
- I have the strength of God in my spirit (*Psalm 29:11*).
- The Lord has delivered me from all my fears (*Psalm 34:4*).
- I am delivered from all trouble (*Psalm 34:7*).
- I commit my way unto the Lord, and I trust in Him (*Psalm 37:5*).
- I praise the Lord, for He is the health of my countenance (*Psalm 42:11*).
- I cast my burden upon the Lord, for He sustains me (*Psalm 55:22*).
- I am the righteousness of God, and nothing shall move me (*Psalm 55:22*).
- I walk in great peace (*Psalm 119:165*).
- My heart shall not walk in heaviness (*Proverbs 12:25*).
- I put on the garment of praise for the spirit of heaviness (*Isaiah 61:3*).
- Because I commit all things to God, He establishes my thoughts (*Proverbs 16:3*).
- My mind is stayed on the Lord (through His Word). Because I trust Him, my mind is in perfect peace (*Isaiah 26:3*).

- I take no thought for tomorrow because as I seek the kingdom of God first in all things are added unto me (*Matthew 6:33-34*).
- I shall not fear because it is the Father's good pleasure to give me the kingdom (*Luke 12:32*).
- God is faithful, and He will not allowed me to be tried and tested above what I am able (*1 Corinthians 10:13*).
- I will not be careful or anxious for nothing. I thank God, and He gives me a peace that passes all understanding (*Philippians 4:6-7*).
- The peace of God rules my heart (*Colossians 3:15*).
- The Lord will never leave me nor forsake me. He is my helper, and I will not fear what man shall do unto me (*Hebrews 13:5-6*).
- I cast every care on the Lord because I know He cares for me (*1 Peter 5:7*).

Therefore I plead the blood of Jesus over my spirit, soul and body. I command every spirit that seeks to cause my mind to worry or fear to cease from your activity. My mind is covered from fiery darts or thoughts of worry. I speak the peace of God over my mind in the name of Jesus.