

Overcoming Fear and Divine Protection

Confessions of Faith

I am not fearful. I am strong in faith.

Mark 4:40 – And he saith unto them, Why are ye so fearful? How is it that ye have no faith?

I fear not. It is my Father's good pleasure to give me the Kingdom.

Luke 12:32 – Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

I hearken unto wisdom and the Holy Spirit, and I am quiet from fear of evil.

Proverbs 1:33 – But whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil.

Jesus has left peace with me. He has given me His peace. I do not let my heart be troubled or afraid.

Proverbs 3:24 – Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

The eyes of the Lord are on me, and His ears are open to my prayers. I am not afraid or troubled by threats.

1 Peter 3:12-14 – For the eyes of the Lord are on the righteous, And His ears are open to their prayers; But the face of the Lord is against those who do evil.” 13 And who is he who will harm you if you become followers of what is good? 14 But even if you should suffer for righteousness' sake, you are blessed. “And do not be afraid of their threats, nor be troubled.”[b]

In righteousness I am established. I am far from oppression for I shall not fear. I am far from terror. It shall not come near me.

Isaiah 54:14 – In righteousness you shall be established; You shall be far from oppression, for you shall not fear; And from terror, for it shall not come near you.

No weapon formed against you shall prosper, and every tongue which rises against me in judgment I shall condemn. This is my heritage as a servant of the Lord, and my righteousness is from Him.

Isaiah 54:17 - No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from Me,” Says the Lord.

I did not receive the spirit of bondage again to fear, but I received the Spirit of adoption by whom I cry out, “Abba, Father.”

Romans 8:15 – 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, Father.”

There is always help for me in God. He is my glory and the Lifter of my head. I lay down and sleep. I awake for the Lord sustains me. I will not be afraid of ten thousands of people who have set themselves against me all around.

Psalms 3 – Lord, how they have increased who trouble me! Many are they who rise up against me.

2 Many are they who say of me, “There is no help for him in God.” Selah 3 But You, O LORD, *are* a shield for me, My glory and the One who lifts up my head. 4 I cried to the LORD with my voice, And He heard me from His holy hill. Selah 5 I lay down and slept; I awoke, for the LORD sustained me. 6 I will not be afraid of ten thousands of people Who have set *themselves* against me all around. 7 Arise, O LORD; Save me, O my God! For You have

struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. ⁸ Salvation *belongs* to the LORD. Your blessing *is* upon Your people. *Selah*

I am not afraid of sudden terror, nor of trouble from the wicked when it comes. For the Lord will be my confidence and will keep my foot from being caught.

Proverbs 3:25-26 – Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; ²⁶ For the LORD will be your confidence, And will keep your foot from being caught.

I am bold as a lion.

Proverbs 28:1 – The wicked flee when no one pursues, But the righteous are bold as a lion

I am Your servant. You have chosen me and have not cast me away. I fear not, for You are with me. I am not dismayed, for You are my God. You will strengthen me. Yes, you will help me. You will uphold me with Your righteous right hand. You are the Lord my God. You hold my right hand. Thank you for helping me. I am not afraid.

Isaiah 41:8-13 – “But you, Israel, *are* My servant, Jacob whom I have chosen, The descendants of Abraham My friend. ⁹ You whom I have taken from the ends of the earth, And called from its farthest regions, And said to you, ‘You *are* My servant, I have chosen you and have not cast you away: 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.’ ¹¹ “Behold, all those who were incensed against you Shall be ashamed and disgraced; They shall be as nothing, And those who strive with you shall perish. ¹² You shall seek them and not find them— Those who contended with you. Those who war against you Shall be as nothing, As a nonexistent thing. ¹³ For I, the LORD your God, will hold your right hand, Saying to you, ‘Fear not, I will help you.’

I am not afraid of those who kill the body but cannot kill the soul. I fear Him who is able to destroy both soul and body in hell.

Matthew 10:28 – And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

You will never leave me nor forsake me. The Lord is my helper. I will not fear. What can man do to me?

Hebrews 13:5-6 – Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”^[a] ⁶ So we may boldly say: “The LORD *is* my helper; I will not fear. What can man do to me?”^[b]

I am made perfect in love. Perfect love casts out fear. I do not fear. I am not tormented.

1 John 4:18 – 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.

I am strong and of good courage. I am not afraid nor dismayed for the Lord my God is with me wherever I go.

Joshua 1:9 – Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”

God is the one who comforts me. I am not afraid of a man who will die.

Isaiah 51:12 – “I, even I, am He who comforts you. Who are you that you should be afraid Of a man who will die, And of the son of a man who will be made like grass?

I do not fear men. I trust in the Lord, and I am safe.

Proverbs 29:25 – The fear of man brings a snare, But whoever trusts in the Lord shall be safe.

Scripture to Meditate On

Psalm 121

I will lift up my eyes to the hills— From whence comes my help? ² My help *comes* from the LORD, Who made heaven and earth. ³ He will not allow your foot to be moved; He who keeps you will not slumber. ⁴ Behold, He who keeps Israel Shall neither slumber nor sleep. ⁵ The LORD *is* your keeper; The LORD *is* your shade at your right hand. ⁶ The sun shall not strike you by day, Nor the moon by night. ⁷ The LORD shall preserve you from all evil; He shall preserve your soul. ⁸ The LORD shall preserve your going out and your coming in From this time forth, and even forevermore.

Psalm 23

The Lord is my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still waters. ³ He restores my soul; He leads me in the paths of righteousness For His name's sake. ⁴ Yea, 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. ⁵ You *b* prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. ⁶ Surely goodness and mercy shall follow me All the days of my life; And I will dwell^[a] in the house of the LORD Forever.

Psalm 46:1-3

God *is* our refuge and strength, A very present help in trouble. ² Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; ³ *Though* its waters roar *and* be troubled, *Though* the mountains shake with its swelling. *Selah*

Psalm 27:1-3

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? ² When the wicked came against me To eat up my flesh, My enemies and foes, They stumbled and fell. ³ Though an army may encamp against me, My heart shall not fear; Though war may rise against me, In this I *will be* confident.

Psalm 34:4

I sought the LORD, and He heard me, And delivered me from all my fears.

Psalm 91

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. ² I will say of the LORD, "*He is* my refuge and my fortress; My God, in Him I will trust." ³ Surely He shall deliver you from the snare of the fowler^[a] *And* from the perilous pestilence. ⁴ He shall cover you with His feathers, And under His wings you shall take refuge; His truth *shall be* your shield and buckler. ⁵ You shall not be afraid of the terror by night, *Nor* of the arrow *that* flies by day, ⁶ *Nor* of the pestilence *that* walks in darkness, *Nor* of the destruction *that* lays waste at noonday. ⁷ A thousand may fall at your side, And ten thousand at your right hand; *But* it shall not come near you. ⁸ Only with your eyes shall you look, And see the reward of the wicked. ⁹ Because you have made the LORD, *who is* my refuge, *Even* the Most High, your dwelling place, ¹⁰ No evil shall befall you, Nor shall any plague come near your dwelling; ¹¹ For He shall give His angels charge over you, To keep you in all your ways. ¹² In *their* hands they shall bear you up, Lest you dash your foot against a stone. ¹³ You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. ¹⁴ "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. ¹⁵ He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him. ¹⁶ With long life I will satisfy him, And show him My salvation."

Psalm 118:6

The LORD *is* on my side; I will not fear. What can man do to me?

Luke 1:73-75

The oath which He swore to our father Abraham: ⁷⁴ To grant us that we, Being delivered from the hand of our enemies, Might serve Him without fear, ⁷⁵ In holiness and righteousness before Him all the days of our life.

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Isaiah 43:1-2

But now, thus says the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine. 2 When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you.

John 14:27

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.