



14 BIBLE VERSES TO DEFY FEAR

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Isaiah 41:10 (NIV):

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Psalm 23:4 (NIV):

**"Even though I walk through the darkest valley,
I will fear no evil, for you are with me; your rod and your staff,
they comfort me."**

2 Timothy 1:7 (NIV):

**"For the Spirit God gave us does not make us timid, but gives us
power, love, and self-discipline."**

Joshua 1:9 (NIV):

**"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."**

Matthew 10:31 (NIV):

"So don't be afraid; you are worth more than many sparrows."

Psalm 27:1 (NIV):

**"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?"**

Deuteronomy 31:6 (NIV):

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you."

Isaiah 43:1 (NIV):

"But now, this is what the Lord says—He who created you, Jacob, He who formed you, Israel: 'Do not fear, for I have redeemed you; I have summoned you by name; you are mine.'"

Psalms 34:4 (NIV):

"I sought the Lord, and He answered me; He delivered me from all my fears."

Romans 8:15 (NIV):

"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him, we cry, 'Abba, Father.'"

1 John 4:18 (NIV):

"There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love."

Philippians 4:13 (NIV):

"I CAN do ALL things through Christ who strengthens me"

Philippians 4:6-7 (NIV):

"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."

2 Timothy 1:7 (NIV):

"for God gave us (me) a spirit not of fear but of POWER and LOVE and SELF-CONTROL."

These verses emphasize the importance of trust, faith, and reliance on God to overcome fear and anxiety in various situations. They offer comfort, encouragement, reassurance to believers, reminding them of God's presence and strength in times of fear and uncertainty.

MEET DR. NANCY MEYER

Dr. Nancy Meyer is an author, speaker, and courage coach who engages her audiences, shedding new light on topics such as defying fear, managing stress, and achieving true healthy living.

As a licensed Chiropractic Physician and an accomplished midlife Ironman triathlete, she assists individuals of all ages in confronting their fears, overcoming their anxieties, and discovering the beauty of a victorious life.

