

John 16:33 NLT

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

“Fear defeats more people than any other one thing in the world.” –
Ralph Waldo Emerson

Numbers 13:31-32 NLT

³¹But the other men who had explored the land with him disagreed. “We can’t go up against them! They are stronger than we are!” ³²So they spread this bad report about the land among the Israelites: “The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge.

C – Confidence in God

U – Understanding this too shall pass

R – Remember what He has done

E – Expect His power, His presence and His provision

Mark 4:35-41 NLT

³⁵As evening came, Jesus said to his disciples, “Let’s cross to the other side of the lake.” ³⁶So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). ³⁷But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. ³⁸Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?” ³⁹When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm. ⁴⁰Then he asked them, “Why are you afraid? Do you still have no faith?” ⁴¹The disciples were absolutely terrified. “Who is this man?” they asked each other. “Even the wind and waves obey him!”

Matthew 6:25-34 NLT

²⁵“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷Can all your worries add a single moment to your life? ²⁸“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰And if God

cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? ³¹“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³²These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. ³⁴“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Meditate on these Scriptures to calm fear:

Psalms 46:1-5 NLT

¹God is our refuge and strength, always ready to help in times of trouble. ²So we will not fear when earthquakes come and the mountains crumble into the sea. ³Let the oceans roar and foam. Let the mountains tremble as the waters surge! ⁴A river brings joy to the city of our God, the sacred home of the Most High. ⁵God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it.

Luke 12:6-7 NLT

⁶What is the price of five sparrows—two copper coins? Yet God does not forget a single one of them. ⁷And the very hairs on your head are all numbered. So don’t be afraid; you are more valuable to God than a whole flock of sparrows.

Isaiah 41:10 NLT

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.

Psalms 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?

Psalms 91:1-6 NLT

¹Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. ²This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. ³For he will rescue you from every trap and protect you from deadly disease. ⁴He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. ⁵Do not be afraid of the terrors of the night, nor the arrow that flies in the day. ⁶Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday.