

SCRIPTURE FOR HOPE WITH PRACTICAL HELP

Fear is a strong emotional reaction to imminent danger. It acts as a protective device designed by God to activate our physical systems to propel us to action. While it is an unpleasant feeling, fear is a neutral emotion.

Psalm 139: 23

Search me, O God, and know my heart; test me and know my anxious thoughts.

Psalm 27:3

Though an army besiege my heart will not fear; though war break out against me, even then I will be confident.

Fear of Fear: Fear of experiencing panic in a place where escape could be difficult or embarrassing. It comes as a result of having felt highly unpleasant frightening feelings. Thus, any situation that could cause a sense of panic is avoided.

Example: Being so afraid of having a panic attack in a public place that a person becomes homebound or even room bound.

Job 31:34

I so feared the crowd and so dreaded the contempt of the clans that I kept silent and would not go outside.

Analyze the reason for your fear and tell yourself the truth about the past and the present.

Psalm 55:5

Fear and trembling have beset me;
horror has overwhelmed me.

Psalm 51:6

Surely You desire truth in the inner parts;
You teach me wisdom in the inmost place.

Rather than avoiding threatening situations:

"I think it will go away in time."

"I won't go anywhere that raises my anxiety level."

"I evaluate everything through the filter of feeling overwhelmed and powerless."

Analyze the reason for your fear and ask the Lord to help you face your fears.

Isaiah 41:13

I am the Lord your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

Isaiah 41:10

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.

Hope gives us stability when we find ourselves overcome by despair. It is based upon God's unchanging Word and is anchored in God's goodness and eternal love for us.

Romans 15:4

...Everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

Psalm 62:5-7

Find rest, O my soul, in God alone; my hope comes from Him. He alone is my rock and my salvation; He is my fortress, I will not be shaken. My salvation and my honor depend on God; He is my mighty rock, my refuge.

When your life is anchored in God's hope, you are held secure. You will find:
Courage to go forward in life
Confidence in the assurance of eternity
Comfort when all seems lost

Psalm 71:5

You have been my hope, O Sovereign Lord, my confidence since my youth.

Psalm 33:22

May your unfailing love rest upon us, O Lord, even as we put our hope in you.

2 Corinthians 1:3

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles.

Hebrews 6:19

We have this hope as an anchor for the soul, firm and secure.

Lamentations 3:32-33

Though He brings grief, He will show compassion, so great is His unfailing love. For He does not willingly bring affliction or grief to the children of men.

Psalm 118:5

In my anguish I cried to the Lord and He answered by setting me free.