

# 30 DAYS TO Taming YOUR Fears

## Fear Fighting Scriptures © Deborah Smith Pegues

All Scripture references are from the New Kings James Version (NKJV) of the Bible, unless otherwise noted. Other references: KJV= King James Version; NLT = New Living Translation; NIV= New International Version

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1	Fear of Dying*	<p>So teach us to number our days, that we may apply our hearts unto wisdom. <b>Psalms 90:12 KJV</b></p> <p>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. <b>Psalm 23:4</b></p> <p>Lord, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. <b>Psalms 39:4 NLT</b></p> <p>For we walk by faith, not by sight. We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord. <b>2 Corinthians 5:7-8</b></p>
2	Fear of Dentists /Needles	<p>For God has not given us a spirit of fear, but of power and of love and of a sound mind. <b>2 Timothy 1:7</b></p> <p>The Lord keeps you from all harm and watches over your life. <b>Psalms 121:7 NLT</b></p>
3	Fear of Becoming Disabled	<p>Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. <b>3 John 2 KJV</b></p> <p>My son, do not forget my law, But let your heart keep my commands. 8 It will be health to your flesh, and strength to your bones. <b>Proverbs 3:1, 8</b></p>
4	Fear of Creepy, Crawly Things	<p>...thou hast created all things, and for thy pleasure they are and were created. <b>Revelation 4:11 KJV</b></p> <p>Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. <b>Luke 10:19</b></p>
5	Fear of Dogs	<p>I sought the Lord, and He heard me, and delivered me from all my fears. <b>Psalms 34:4</b></p> <p>Whenever I am afraid, I will trust in You. <b>Psalms 56:3</b></p>
6	Fear of Enclosed Spaces	<p>Whenever I am afraid, I will trust in You. <b>Psalms 56:3</b></p> <p>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. <b>John 14:27</b></p>

7	<b>Fear of Heights</b>	Praise the Lord from the heavens; praise Him in the heights! <b>Psalms 148:1</b> Whenever I am afraid, I will trust in You. <b>Psalms 56:3</b>
8	<b>Fear of Flying</b>	Your love, O Lord, reaches to the heavens, your faithfulness to the skies. <b>Psalms 36:5 NIV</b> For He shall give His angels charge over you, To keep you in all your ways. <b>Psalms 91:11 NKJV</b>
9	<b>Fear of Natural Disasters</b>	Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. <b>Psalms 91:7 NLT</b> The disciples were amazed. "Who is this man?" they asked. "Even the winds and waves obey him!" <b>Matthew 8:27 NLT</b>
10	<b>Fear of Drowning</b>	The Lord keeps you from all harm and watches over your life. <b>Psalms 121:7 NLT</b> Therefore submit to God. Resist the devil and he will flee from you. <b>James 4:7</b>
11	<b>Fear of Terrorism</b>	Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; For the Lord will be your confidence, And will keep your foot from being caught. <b>Proverbs 3:25-26</b> 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. <b>Isaiah 54:14</b>
12	<b>Fear of Criminal Violence</b>	He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. You shall not be afraid of the terror by night, Nor of the arrow that flies by day, <b>Psalms 91:1, 5 NKJV</b> No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. <b>Psalms 91:10-11</b>
13	<b>Fear of Loneliness*</b>	Be strong and of good courage, and do it; do not fear nor be dismayed, for the Lord God — my God — will be with you. He will not leave you nor forsake you... <b>1 Chronicles 28:20</b> A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother. <b>Proverbs 18:24</b>
14	<b>Fear of Commitment</b>	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. We love Him because He first loved us. <b>1 John 4:18-19</b> Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. <b>Prov. 3:5-6 NKJV</b>

15	Fear of Intimacy	I sought the Lord, and He heard me, and delivered me from all my fears. <i>Psalms 34:4</i>  Whenever I am afraid, I will trust in You. <i>Psalms 56:3</i>
16	Fear of Rejection	Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart. And so find favor and high esteem In the sight of God and man. <i>Proverbs 3:3-4</i>  For You, O Lord, will bless the righteous; With favor You will surround him as with a shield. <i>Psalms 5:12</i>
17	Fear of Losing a Loved One	For the thing I greatly feared has come upon me, and what I dreaded has happened to me. <i>Job 3:25</i>  Casting all your care upon Him, for He cares for you. <i>1 Peter 5:7</i>
18	Fear of Social Situations	Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. <i>Philippians 4:6-7</i>  I will not leave you nor forsake you. <i>Joshua 1:5</i>
19	Fear of Inadequacy*	Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God. <i>2 Corinthians 3:5</i>  Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. <i>Ephesians 3:20</i>
20	Fear of Public Speaking	"Who makes a person's mouth? Who decides whether people speak or do not speak, hear or do not hear, see or do not see? Is it not I, the Lord? Now go! I will be with you as you speak, and I will instruct you in what to say." <i>Exodus 4:10-12 NLT</i>  And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. <i>2 Corinthians 12:9</i>
21	Fear of Gaining Weight	But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. <i>1 Corinthians 9:27</i>  Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised. <i>Proverbs 31:30</i>
22	Fear of Aging	The fear of the Lord adds length to life, but the years of the wicked are cut short. <i>Proverbs 10:27 NIV</i>  Those who are planted in the house of the Lord shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing. <i>Psalms 92:13-14</i>

23	Fear of Losing Control/Helplessness*	<p>For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. <a href="#">Isaiah 41:13</a></p> <p>Be strong and courageous. Do not be afraid or terrified ... for the Lord your God goes with you; he will never leave you nor forsake you. <a href="#">Deuteronomy 31:6</a></p>
24	Fear of Change/Letting Go	<p>And we know that all things work together for good to those who love God, to those who are the called according to His purpose. <a href="#">Romans 8:28</a></p> <p>Whenever I am afraid, I will trust in You. <a href="#">Psalms 56:3</a></p>
25	Fear of Failure	<p>Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. <a href="#">Ephesians 3:20</a></p> <p>Let the Lord be magnified, Who has pleasure in the prosperity of His servant. <a href="#">Psalms 35:27</a></p> <p>Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. <a href="#">3 John 2 KJV</a></p>
26	Fear of Success	<p>Remember the Lord your God. He is the one who gives you power to be successful... <a href="#">Deuteronomy 8:18 NLT</a></p> <p>This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. <a href="#">Joshua 1:8</a></p> <p>Riches and honor are with me, enduring riches and righteousness. <a href="#">Proverbs 8:18</a></p>
27	Fear of Lack*	<p>The Lord is my shepherd; I shall not want. <a href="#">Psalms 23:1</a></p> <p>"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. <a href="#">Matthew 6:31-34 NLT</a></p> <p>Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you. <a href="#">Luke 6:38</a></p>
28	Fear of Losing a Job	<p>Therefore, I say to you, do not worry about your life... Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? <a href="#">Matthew 6:25-26</a></p> <p>And my God shall supply all your need according to His riches in glory by Christ Jesus. <a href="#">Philippians 4:19</a></p>

29	<b>Fear of Investing/Losing Money</b>	<p>Thus, says the Lord, your Redeemer, the Holy One of Israel: "I am the Lord your God, Who teaches you to profit, Who leads you by the way you should go. <b>Isaiah 48:17</b></p> <p>Plans go wrong for lack of advice; many advisers bring success. <b>Proverbs 15:22 NLT</b></p>
30	<b>Fear of Retiring Poor</b>	<p>I will be your God throughout your lifetime— until your hair is white with age. I made you, and I will care for you. I will carry you along and save you. <b>Isaiah 46:4 NLT</b></p> <p>A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences. <b>Proverbs 22:3 NLT</b></p>

\*Indicates a CORE fear from which many other fears originate.

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