



LIBERTY YOUTH
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M I N I S T R I E S

Take Heart!

LYC2020

John 16:33 *I have told you these things so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.*

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Jesus' Private Ministry

The Upper Room Discourse

John 13-17

These chapters in John are such an amazingly special and intimate time in Jesus' ministry with his closest followers...his disciples. Jesus' public ministry had ended in John 12 and beginning in John 13 until his arrest in John 18, we see how Jesus chooses to spend his last hours. We see His love, His specific prayers for protection, joy, hope and peace for those who believe in Him, His encouragement, and His example.

This week, we have the beautiful privilege of entering into the "Upper Room" as believers in Christ to see exactly what it was that Jesus wanted us to see. We will learn how, in the midst of the most challenging times, Jesus shows how He is the way to peace beyond understanding and the fullest joy. We will learn about Jesus as THE Way, the only Way to abundant and eternal life. We will learn that no matter how messy life gets – whether of our own doing, or things beyond our control, Jesus shows us that His unconditional love is solely based on who HE is and what HE has done.

Throughout the Bible, God urges His people to "Fear Not!" for He is with them, and during Jesus' time on Earth, He continues this message to those who believe in Him. We are assured of His love in His actions during His ministry, and ultimately, His final and complete act of love on the cross. In all these things, Jesus urges us to TAKE HEART! He has overcome the world!

Tuesday – Fear Not

Fear Not – *In our camp theme this week of “Take Heart!”, we learn WHY we can take heart. Jesus says in John 14:1 “Do not let your hearts be troubled”. The first step of that is our decision of faith; trusting what God tells us is true, trusting in the One God sent; Jesus Christ. When Jesus tells us to not let our hearts be troubled, He follows it with “You believe in God, believe also in Me.” God tells us in so many ways to Fear Not throughout His Word – He does this because He knows us so well. He KNOWS that we are going to have times of worry, anxiety and fear. His response: Just TRUST ME! He gives us the answer to our troubled hearts...JESUS CHRIST!*

As the Disciples gather together with Jesus in the upper room for the Last Supper, we see Jesus preparing them, not only for what is to come with His death on the cross, but what it means and what is to come AFTER His death on the cross. They don't really get it – they don't really understand what He is trying to tell them, and so many times neither do we.

They WERE scared. They did believe in Jesus Christ as their Messiah and knew He came from God and was God, but they just didn't know how this was going to work.

Who were the twelve disciples?

Think about the group of men that gathered there. Fishermen, a tax-collector, perhaps a politician, a thief; common men who most did not consider particularly special or gifted. Jesus called them and they responded by faith.

Jesus has called us, too.

Can we remember the time Jesus called us to Himself and we responded by faith? Can you recall the moment that you knew you were His; that you had been wonderfully made exactly as you are through Jesus Christ and that God had such amazing love and purpose for your life? If it's been a while since you've thought about that moment – if it's been too long since you thanked God for His grace and basked in the warmth of His unfailing love, please do so now. If you have never believed in Jesus as your Savior, please know that you can do that now and we are always here to talk and pray with you. Believing in Jesus Christ as your Savior is all that God asks of us to receive Eternal Life.

John 3:16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Prayer Preparation: Let's pray together as we prepare for our teaching; thanking God for His Son, for this opportunity to come together and learn about Him, for the Holy Spirit to guide us and be our teacher, leaning on Him by faith, as we learn more about this special time Jesus shared with His disciples.

Pray: Ask if any of your campers would like to pray.

We don't have time to cover all of the Upper Room Discourse (John 13-John 17) but we do pray you will make time on your own to read through these amazing chapters in the Gospel of John.

Today, we are talking about "Fear Not". A big part of our theme this week of "Take Heart" is the understood command of "Fear Not". God tells us 365 different times and ways in the Bible not to be afraid (Check out reference verses in your journal for just a few of them!). He is our constant and ultimate Comforter and Healer. He is our unfailing source of Hope and He constantly reminds us we have no reason to fear. However, faith is our constant struggle - we find ourselves focusing on the problems rather than the solution...God Himself.

The Good News! But God uses fallen people to spread His gospel; God uses imperfect people to fulfill His plan. That's you and me! He can use, He will use and He wants to use US -- we just have to trust Him. It was no different with the twelve disciples.

Back to the Upper Room -- We can only imagine that as Jesus looked around the room before the meal with His beloved friends, He had on His mind what He wanted to say and to teach in these final moments. Possibly, He was remembering fond moments when He called each

of them to Himself and they believed. Maybe He smiled to Himself at times as He remembered certain things in His three years with the disciples.

For our time together today, we're going to look at Peter during the Upper Room Discourse and take a little trip down memory lane with him as Jesus might have done that night. Peter later became one of the founding members of the Church; He preached to thousands, suffered for Christ, and helped spread the truth of the gospel; but He had his own share of challenges and struggles and times of fear. Just like us, he had to constantly make the decision to walk by faith.

Fear in our Past – Jesus is There

Do you remember that it was Peter that Jesus called to walk out on the water? Turn to **Matthew 14:22-33** and read together:

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. ²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. ²⁷ But Jesus immediately said to them: "**Take courage! It is I. Don't be afraid.**" ²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "**Come,**" he said

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

³¹ Immediately Jesus reached out his hand and caught him. “**You of little faith,**” he said, “**why did you doubt?**” ³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

**** Can you think of a time in your past when you stopped focusing on Jesus as He called you onto the water and you became consumed by the wind and the waves?***

**** In other words, can you think of a time when what was going on the world and in your life, caused you pain, worry, depression, fear when you took your eyes off of God and stopped trusting Him? Can you remember Him reaching His hand out to you as you sank beneath the waters and pulled you up?***

That’s what He did for Peter and that’s what He does for us. He tells us to “Fear Not” and keep our eyes fixed on Him. As Jesus sat with the disciples in the Upper Room, perhaps Jesus was remembering that day...perhaps Peter was, too.

Do Not Fear Tomorrow – God is in Control

John 13:33 – 13:38³³ “My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come.” ³⁴ “A new command I give you: Love one another. As I have loved you, so you must love one another.” ³⁵ By this everyone will know that you are my disciples, if you love one another.” ³⁶ Simon Peter asked him, “Lord, where are you going?” Jesus replied, “**Where I am going, you cannot follow now, but you will follow later.**” ³⁷ Peter asked, “Lord, why can’t I follow you now? I will lay down my life for you.” ³⁸ Then Jesus answered, “**Will you really lay down**

your life for me? Very truly I tell you, before the rooster crows, you will disown me three times!

John 14:1-6 “Do not let your hearts be troubled. You believe in God; believe also in me. ² My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴ You know the way to the place where I am going.” ⁵ Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” ⁶ Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.”

Even as Peter sat with Jesus at the Last Supper, he was still troubled. He didn’t understand why He couldn’t go with Jesus now. He didn’t understand how He could go where Jesus was going.

*** How are you dealing with things you don’t understand right now? Sometimes it’s hard to have faith when we can’t see how things can be worked out - that is the faith part for us. We look at Peter and see ourselves, don’t we?**

Peter did deny knowing Jesus three times just as Jesus said He would. He let his fear guide him in that moment instead of his faith.

John 18:26-27 ²⁶ One of the high priest’s servants, a relative of the man whose ear Peter had cut off, challenged him, “Didn’t I see you with him in the garden?” ²⁷ Again Peter denied it, and at that moment a rooster began to crow.

And again, just as Jesus reached out His hand to Peter when he was sinking beneath the waves, Jesus restored Peter after His resurrection and sent Him out to fulfill God's plan for his life.

John 21:15-19 ¹⁵ When they had finished eating, Jesus said to Simon Peter, "**Simon son of John, do you love me more than these?**" "Yes, Lord," he said, "you know that I love you." Jesus said, "**Feed my lambs.**" ¹⁶ Again Jesus said, "**Simon son of John, do you love me?**" He answered, "Yes, Lord, you know that I love you." Jesus said, "**Take care of my sheep.**" ¹⁷ The third time he said to him, "**Simon son of John, do you love me?**" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "**Feed my sheep.**" ¹⁸ **Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go.**" ¹⁹ Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "**Follow me!**"

In our Camp verse, John 16:33, Jesus tells the disciples all these things so that they may have peace - in this world, we WILL have trouble, but take heart! He has overcome the world! And THAT is why we are to **FEAR NOT!**

John 4:4 *You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.*

We are assured we will be with our Lord and Savior in Heaven for all Eternity! How amazing that He has gone to prepare a place for us there and will return to bring us to Him so that where He is we may be also. Amen!

Summary Over and over, Jesus is comforting, guiding, praying, and demonstrating the truth of “Fear Not”. As He Himself prepared to endure the hardest thing He would ever face on the cross, He thought not of Himself, but of those who believed in Him, trusting in the one who sent Him.

Do not fear the circumstances of the world – Peter was walking on the water toward Jesus until He became distracted by the storm. Pray that you won’t be distracted by the wind and waves that can seem overwhelming. God is bigger than them all! And Don’t worry! If you falter, Jesus will be there, reaching His hand down beneath the waves to pull you up – just as he did for Peter.

Do not fear that you’re not good enough – God uses the broken ones to let His light shine through...and we are all broken. He restores us, He strengthens us and He leads us and there is nothing we need to fear.

Do not fear persecution from those around you. Whether in mockery from kids at school, or in prison as so many Christians are around the world for their faith, God says “Fear Not”, I am with you. Peter, along with all the other disciples, endured hardship and persecution for their faith, and they were blessed through it. Remember that Jesus said in this world there will be trouble, but to **Take Heart!** He has overcome the world!

Close in Prayer.

Wednesday – God’s Love

God Loves You – We can be assured of God’s love for us. God the Father provided the way for us through His Son, Jesus Christ, for Salvation, and He provides His Spirit for us in our life here on Earth to fulfill His plan. God has provided all that we need to “Take Heart” through His unfailing and unconditional love demonstrated by **Jesus’ work on the cross**. Before His death, Jesus demonstrated His love in many other ways: **His washing of the disciples’ feet** – He humbled Himself to others’ needs. **His prayer** – He showed that true Godly love leads us to pray for one another. **His time** – in His last hours on this earth, He spent it serving His disciples and thinking about them.

Prayer Preparation: Let’s pray together as we prepare for our teaching; thanking God for His Son, for this opportunity to come together and learn about Him, for the Holy Spirit to guide us and be our teacher, leaning on Him by faith, as we learn more about this special time Jesus shared with His disciples.

Pray: Ask if any of your campers would like to pray.

Yesterday, we talked a lot about “Fear Not”. We looked at Peter as an example of how, even as believers in Jesus Christ, we can be challenged by fear and have to make the decision every day to walk by faith. Jesus tells us that in Him we may have peace. We are not guaranteed a life

without trouble – in fact, Jesus says in this life there WILL be trouble. But, in Him, through His perfect Love, we can have peace and indescribable joy.

God's Love Today, we are going to talk about God's unconditional and unfailing love for us. THIS incredible LOVE is the basis for everything Jesus did for us. It is the reason why God sent Him to die for us. It is why Jesus gave up everything for us. It's why the Holy Spirit comes to live inside of us as soon as we believe in Jesus Christ.

We are going to come back to the Upper Room where Jesus so gently, so intentionally, so prayerfully demonstrated His love for His disciples and ultimately, to all of those who have believed in Him.

Unexpected Service In Jesus' time, washing your feet when you walked into a home was as common as us washing our hands before dinner. It was something you did yourself or a servant would do for you – certainly not something you would expect your Lord and Savior to humble Himself to do – but that is exactly what Jesus did for the disciples. For those fishermen, that tax-collector, even the very man who would betray Him. It is so hard to understand, but Jesus had already humbled Himself in becoming man, the Word made flesh, to be born on this Earth, strictly for the purpose of dying on the cross for US – to pay the price for our sins that we could never pay.

Philippians 2:6-8

Who, being in very nature God,
did not consider equality with God something to be used to his own
advantage;

⁷ rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.

⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!

Godly love serves others. Godly love sees a need and meets that need. Jesus demonstrated the kind of love we're to use as our example and told the disciples they were to do the same:

John 13:12-17 ¹² When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³ "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵ I have set you an example that you should do as I have done for you. ¹⁶ Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.

We are to love one another as Christ has loved us. THIS is how the world will know about Jesus!

John 13:34-35 "A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another."

If you've ever been to a nail salon or even an athletic trainer for an injury and had someone take care of your feet, maybe you can recall the thankfulness you had for that person stooped down over your feet, providing the

care you need. NOW, imagine that person is Jesus. Put yourself in that room that night with Jesus and the 12 and imagine Jesus, your friend and Savior, God Himself, showing you how very valuable you are, what a treasure you are to Him, how very precious and loved you are.

Can you see Him there? Tenderly, but with strong hands, making your feet clean. We cannot fathom it. THIS is how we are to love one another, Jesus tells us. Putting ourselves aside, focused entirely on the needs of those that God puts in our path each day – knowing this is how others will learn of the love of Christ.

The Power of Prayer In John 17, we read the breathtaking prayer of Jesus to God the Father. His prayer for Himself, for the disciples and ultimately for all believers. He was getting ready to go to the cross and we were on His mind. How can this be? Talk about humbling! Hours before Jesus would be crucified on the cross, He was praying for you and me. Jesus demonstrates that true love for one another compels us to pray for one another. What did He pray for His disciples and for us?

John 17:11-13 I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. ¹² While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled. ¹³ “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them.

John 17:20-24 “My prayer is not for them alone. I pray also for those who will believe in me through their message,²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.²² I have given them the glory that you gave me, that they may be one as we are one—²³ I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.²⁴ “Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

***Have you ever had a friend share something hard that they were going through, a loss they had endured or family trouble? How did you respond?**

So many times, the words “I’ll be praying for you” may feel like an inadequate response to our friend’s struggle. Nothing can be further from the truth! Someone might ask us to pray for them and we might say “Well, yes, I’ll pray, but what else can I do?”. We should never underestimate the value of our prayer for ourselves and one another.

Philippians 4:6-7 *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.*

We are able to pray to God the Father at ANY time! This is one of so many incredible blessings we receive when we believe in Jesus Christ as our Savior! Jesus is our intercessor, our mediator, our BRIDGE to God the Father. Because of the price He paid on the cross and His righteousness that we receive when we believe in Him, we can FREELY talk to our Heavenly Father. In fact, God

tells us we should be in continuous prayer with Him. Jesus demonstrated this truth throughout His ministry. The next time you are reading your Bible in the gospels, pay attention to how many times, Jesus goes to pray. In John 17 alone, we see Jesus set aside significant amounts of time to pray for Himself, for His disciples and for all of us. We are to do the same.

The Gift of Time With hours to go until Jesus arrest, He could have chosen to spend his time in isolation, preparing for the unbelievable things to come. But He didn't. Instead, Jesus made plans to share the Last Supper and His evening with His disciples. He served them, He prayed for them, and He spent time with them. He was their comfort as He got ready to fulfill the purpose for which He had been born...to die on the cross.

Jesus loves sinners During Jesus' ministry, the Pharisees could never understand why He would spend so much time, ANY time, with the unwashed...the sinners. They could not see the benefit in it – they could not see why someone who claims to be the Messiah would waste His time on the unworthy. They DEFINITELY didn't understand that they were part of those unworthy – as all of us are! Jesus came for the world...the sick! None of us are worthy of Him, nor could we ever be. Jesus spent all of His precious time on Earth with sinners. It's where He wanted to be. It's who He came for. It's why He came to die.

In demonstrating God's love to others, we are called to do the same. Not to be swayed by the opinions of man

but to seek the needs of others and show God's love by giving our time...by sharing of the gospel, serving one another, listening, and praying.

John 12:42-43 ⁴² Yet at the same time many even among the leaders believed in him. But because of the Pharisees they would not openly acknowledge their faith for fear they would be put out of the synagogue; ⁴³ for they loved human praise more than praise from God

***Can you think of when someone else showed the love of Christ to you with their time? Can you think of someone that might need that from you right now?**

The Cross In all of these things, Jesus demonstrated His love for His disciples and for all believers. Ultimately, He came to demonstrate God's love for us on the cross.

This is why we're here at Liberty this week. We're here to share the gospel, make sure we understand it and rejoice that we have been redeemed!

Matthew 20:28 just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

II Corinthians 5:18-20 ¹⁸ All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹ that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. ²⁰ We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

I John 2:2 He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

Death was defeated at the cross. Jesus, fully God and fully man, took upon Himself the sins of all the world for all time and paid our debt that we could never pay. Three days later, he emerged from the tomb, Resurrected and our glorious proof of Victory over sin and Eternal Life for all those who believe in Jesus Christ. THAT is God's Love!

Close in Prayer.

Thursday – Take Heart!

Take Heart – Another way to say “Take Heart” is to say “Be Courageous”. When we believe in Jesus Christ as our Savior, God the Holy Spirit comes to live inside of us forever. Throughout the Upper Room Discourse, Jesus prepares the Disciples for His departure and the coming of The Holy Spirit. He even tells them that it is good that He leaves so that the Spirit, or Advocate, may come.

John 16:7 But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send Him to you.

It is the receiving of the Holy Spirit, and trusting Him in our walk by faith, that allows us to truly “Take Heart” and live boldly in Jesus’ name.

Prayer Preparation: Let’s pray together as we prepare for our teaching; thanking God for His Son, for this opportunity to come together and learn about Him, for the Holy Spirit to guide us and be our teacher, leaning on Him by faith, as we learn more about this special time Jesus shared with His disciples.

Pray: Ask if any of your campers would like to pray.

John 14:15-17 “If you love me, keep my commands. ¹⁶ And I will ask the Father, and he will give you another advocate to help you and be with you forever—
¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

John 14:25-27 ²⁵“All this I have spoken while still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

After the special time in the Upper Room, after the time in the garden of Gethsemane in prayer, after Jesus had been arrested and went to the cross, and after Jesus' resurrection, we begin to see God the Holy Spirit at work in the disciples.

Before the Holy Spirit Before we saw fear and a lack of understanding in the disciples even as Jesus said “Fear Not”. The disciples scattered after Jesus' arrest and none but John were seen at His crucifixion just as Jesus knew would happen. But then, after Jesus appeared to the disciples and ascended into heaven, an amazing thing began to happen. God sent His Spirit to live inside every believer. And that was the beginning of the church age we live in now. From that time until now, every person who believes in Jesus Christ receives the Holy Spirit inside of them forever.

When the Holy Spirit came, the Disciples begin to boldly go out into the world to proclaim the gospel. We learn that it is the Holy Spirit who gave them this courage, God's courage. We see them do just as Jesus commanded, “Take Heart!” as they fulfill God's plan for them and take the truth of Jesus Christ and His work on the cross to those who needed to know Him. It is because of that spreading

of the gospel that you and I can know Him today.

Thank you, God, for your perfect plan and the courage you give us through trusting in your Spirit!

Every day, we have to choose to walk by faith. God tells us in His word that we are to live our life exactly in the same way we received our salvation...by faith!

Colossians 2:6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him. ⁷rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

God shows us that He has done all the work and that we can rest in that, but we still have to show up to the battle. We know that the Victory is the Lord's and we rejoice in that Victory. We demonstrate our faith by choosing to Fear Not, assured of God's love for us through His Son, and Taking Heart each day by trusting the Holy Spirit, resting in God's work and showing up for the battle!

As we close our time together in the "Upper Room" this week, let's pray that we remember these moments together in God's word, thankful for this special time with our Savior. Pray we trust God the Holy Spirit as we leave this place and go back into the world, following Jesus' command to "Take Heart!". **Close in Prayer.**

TAKE HEART Verses

John 16:33 *I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.*

Genesis 15:1 *After this, the word of the LORD came to Abram in a vision:*

*“Do not be afraid, Abram.
I am your shield,
your very great reward.”*

Deuteronomy 3:22 *Do not be afraid of them; the LORD your God himself will fight for you.*

Deuteronomy 31:6 *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.*

Joshua 1:9 *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.*

Joshua 10:25 *Joshua said to them, “Do not be afraid; do not be discouraged. Be strong and courageous. This is what the LORD will do to all the enemies you are going to fight.*

1 Chronicles 28:20 David also said to Solomon his son, “Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished.

Psalm 23:4

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.

Psalm 27:1 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?

Psalm 34:4 I sought the LORD, and he answered me; he
delivered me from all my fears.

Psalm 46:1 God is our refuge and strength,
an ever-present help in trouble.

Psalm 55:22 Cast your cares on the LORD and he will sustain
you; he will never let the righteous be shaken.

Psalm 56:3-4

*When I am afraid, I put my trust in you.
In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?*

Psalm 91:1-16

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the LORD, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you
from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only observe with your eyes
and see the punishment of the wicked.
If you say, "The LORD is my refuge,"
and you make the Most High your dwelling,
no harm will overtake you,
no disaster will come near your tent.
For he will command his angels concerning you
to guard you in all your ways;

they will lift you up in their hands,
so that you will not strike your foot against a stone.
You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
“Because he loves me,” says the LORD, “I will rescue him;
I will protect him, for he acknowledges my name.
He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
With long life I will satisfy him
and show him my salvation.”

Psalm 94:19 *When anxiety was great within me, your consolation brought me joy.*

Psalm 118:6 *The LORD is with me; I will not be afraid.
What can mere mortals do to me?*

Proverbs 12:25 *Anxiety weighs down the heart,
but a kind word cheers it up.*

Proverbs 29:25 *Fear of man will prove to be a snare, but
whoever trusts in the LORD is kept safe.*

Isaiah 12:2 *Surely God is my salvation; I will trust and not
be afraid. The LORD, the LORD himself, is my strength and my
defense; he has become my salvation.”*

Isaiah 35:4

*Say to those with fearful hearts,
“Be strong, do not fear;
your God will come,
he will come with vengeance;
with divine retribution
he will come to save you.”*

Isaiah 41:10 *Do not fear, for I am with you; do not be afraid,
for I am your God. I will strengthen you; I will help you; I will
hold on to you with my righteous right hand.*

Isaiah 41:13

*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.*

Isaiah 43:1 *Now this is what the LORD says— the one who
created you, Jacob, and the one who formed you, Israel—
“Do not fear, for I have redeemed you; I have called you by
your name; you are mine.*

Isaiah 44:2

*This is what the LORD says—
he who made you, who formed you in the womb,
and who will help you:
Do not be afraid, Jacob, my servant,
Jeshurun, whom I have chosen.*

Daniel 12:2 Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

Zephaniah 3:17 The LORD your God is with you,
the Mighty Warrior who saves.
He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 10:29-31 Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

Mark 5:36 Overhearing what they said, Jesus told him, "Don't be afraid; just believe."

Mark 6:50 Because they all saw him and were terrified. Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid."

Luke 2:10 But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people.

Luke 12:7 *Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.*

Luke 12:32 *Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.*

John 12:15 *Do not be afraid, Daughter Zion; see, your king is coming, seated on a donkey's colt.*

John 14:1 *Do not let your hearts be troubled. You believe in God; believe also in me.*

John 14:27 *Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful.*

Romans 8:15 *For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, "Abba, Father!"*

Romans 8:38-39 *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Romans 15:13 *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Philippians 4:6-7 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.

II Thessalonians 3:5

May the Lord direct your hearts to God's love and Christ's endurance.

II Timothy 1:7 For God has not given us a spirit of fear, but one of power, love, and sound judgment.

Hebrews 13:5-6 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

I Peter 3:14 But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened.

I Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

1 John 3:16

This is how we have come to know love: He laid down his life for us. We should also lay down our lives for our brothers and sisters.

1 John 4:4 *You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.*

1 John 4:9-10

God's love was revealed among us in this way: God sent His One and Only Son into the world so that we might live through Him. Love consists in this: not that we loved God, but that he loved us and sent his Son to be the atoning sacrifice for our sins.

1 John 4:18 *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.*

Revelation 1:17 *When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last.*

Notes

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