



HELP AND HOPE FOR THE HURTING: BIBLICALLY OVERCOMING FEAR AND ANXIETY

“He maketh the storm a calm. . .” (Psalm 107:21-30)

1. Joshua 1:9 - Have not I commanded thee? Be strong and of a good **courage**; be not afraid, neither be thou dismayed: for the LORD thy **God is with thee** whithersoever thou goest. (Jeremiah 1:8; Philippians 4:13, 19)
2. Psalm 23:4 - Yea, though I walk **through** the valley of the shadow of death, I will **fear no evil**: for thou art with me; thy rod and thy staff they comfort me. (Psalm 100)
3. Psalm 27:1 - The LORD is my **light** and my **salvation**; whom shall I fear? the LORD is the **strength** of my life; of whom shall I be afraid? (Psalm 28:7)
4. Psalm 27:13-14 - I had fainted, unless I had believed to see the **goodness** of the LORD in the land of the living. **Wait** on the LORD: be of good **courage**, and he shall **strengthen thine heart**: wait, I say, on the LORD. (Psalm 37:3-7)
5. Psalm 51:10 - Create in me a **clean** heart, O God; and renew a **right** spirit within me. (Proverbs 16:32; 25:28)
6. Psalm 73:26 - My flesh and my heart faileth: but God is the **strength** of my heart, and my portion **for ever**. (Psalm 73:28)
7. Psalm 118:6 - The LORD is on **my** side; I will **not** fear: what can man do unto me? (Psalm 56:11)
8. Proverbs 3:24-25 - When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy **sleep** shall be **sweet**. **Be not afraid** of sudden fear, neither of the desolation of the wicked, when it cometh. (Psalm 4:8)
9. Isaiah 26:3 - Thou wilt keep him in perfect **peace**, whose mind is **stayed** on thee: because he **trusteth** in thee. (I John 4:18)
10. Isaiah 40:31 - But they that wait upon the LORD shall **renew their strength**; they shall mount up with wings as eagles; they shall **run**, and **not be weary**; and they shall **walk**, and **not faint**. (Psalm 33:18-22)
11. Isaiah 41:10 - Fear thou not; for I am with thee: be not **dismayed**; for I am thy God: I will **strengthen** thee; yea, I will **help** thee; yea, I will **uphold** thee with the right hand of my righteousness. (Psalm 121:1-2)
12. Nahum 1:7 - The LORD is **good**, a **strong hold** in the day of trouble; and he knoweth them that **trust** in him. (Psalm 46:1; I Peter 1:6-7)
13. Matthew 11:28-30 - **Come** unto me, all ye that labour and are heavy laden, and I will give you **rest**. Take my yoke upon you, and **learn of me**; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is **easy**, and my burden is **light**. (II Corinthians 4:14-18)
14. John 14:1-3; 27 - Let not your **heart** be **troubled**: ye **believe in God**, believe **also in me**. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. Peace I leave with you, **my peace I give unto you**: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. (John 1:12; 3:16-17, 36; 5:24; 6:37; 10:28; 20:31)
15. John 16:33 - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good **cheer**; I have **overcome** the world. (Mark 4:35-41)

16. Romans 5:1 - Therefore being justified by **faith**, we have **peace** with God **through our Lord Jesus Christ**: Romans 6:23 - For the wages of sin is death; but the **gift** of God is eternal life **through Jesus Christ our Lord**. (Romans 3:23-24, 6:23, 5:8-9, 10:9-10, 13) Trusting the Lord Jesus is the key to true peace!
17. Romans 8:38-39 - For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, **nor any other creature**, shall be able to **separate us from the love of God**, which is in Christ Jesus our Lord. (Ephesians 3:17-21)
18. Philippians 4:6-7 - Be careful for nothing; but in every thing by **prayer** and **supplication** with **thanksgiving** let your **requests** be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. (I Thessalonians 5:16-18)
19. II Timothy 1:7 - For God hath not given us the spirit of fear; but of **power**, and of **love**, and of a **sound mind**. (Romans 8:31-32)
20. II Corinthians 1:3-4 - Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of **all** comfort; Who **comforteth** us in **all** our tribulation, that we may be able to comfort them which are in **any trouble**, by the comfort wherewith we ourselves are comforted of God. (II Corinthians 8:9; 12:9)
21. Hebrews 4:16 - Let us therefore come boldly unto the throne of grace, that we may obtain **mercy**, and find **grace to help in time of need**. (Psalm 34:4-6)
22. Hebrews 13:5-6 - Let your conversation be without covetousness; and **be content** with such things as ye have: for he hath said, **I will never leave thee, nor forsake thee**. So that we may boldly say, The Lord is my helper, and **I will not fear** what man shall do unto me. (Psalm 118:24)
23. I Peter 5:7 - Casting **all** your care upon him; for **he careth for you**. (Jeremiah 33:3)
24. I John 4:4 - Ye are of God, little children, and have overcome them: because **greater** is he that is **in** you, than he that is in the world. (I John 5:4)
25. Hebrews 4:2 - For unto us was the gospel preached, as well as unto them: but the word preached **did not profit** them, **not being mixed with faith** in them that heard it. (Hebrews 11:6)

Memory Verse: Hebrews 12:2 ~ Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

* PLEASE NOTE: Bold text indicates key words or phrases. Most of these verses come from the “Biblically Overcoming Fear and Anxiety” lesson, which is included in the FREE Bible study course on the book of John. More than sixty Bible study courses and other resources have been produced by the H.E.A.R.T. Ministry (a ministry of Broadview Heights Baptist Church) and are available for immediate download at kjvhearthehelps.com. These key scriptures are designed not only to minister to you, but to give you confidence when ministering “help and hope” to hurting folks that are in your life. (Philippians 1:6, II Timothy 2:2, 15)

*This lesson is dedicated to the memory of Pastor Rick Hine (Bedford Baptist Church).
Pastor Hine faithfully ministered “help and hope” to the hurting whenever and
wherever he could, and has inspired many others to do the same.*