

*“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?” – Psalm 27:1*

*“Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.” - Psalm 55:22*

*“The Lord is on my side; I will not fear. What can man do to me?” – Psalm 118:6, NKJV*

*“The fear of man brings a snare, but whoever trusts in the Lord shall be safe.” - Proverbs 29:25, NKJV*

*“Do not be afraid; only believe.” - Mark 5:36, NKJV*

*“Don’t worry about anything; instead pray about everything.” – Philippians 4:6*

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” - 2 Timothy 1:7, NKJV*

*“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.” – 1 John 4:18, NKJV*

*“He laid His right hand on me, saying to me, ‘Do not be afraid; I am the First and the Last.’” – Revelation 1:17, NKJV*

*I look up to the mountains— does my help come from there? My help comes from the LORD, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, he who watches over Israel never slumbers or sleeps. The LORD himself watches over you! The LORD stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The LORD keeps you from all harm and watches over your life. The LORD keeps watch over you as you come and go, both now and forever.—Psalm 121 NLT*

# Defeat Fear & Anxiety



**Joshua 1:9 NLT**  
**This is my command—  
be strong and courageous!  
Do not be afraid or  
discouraged.  
For the Lord your God is  
with you wherever you go.”**



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*“Fear has no place in the lives of believers. Sure, it tries to sneak in at every turn—your health, your family, your safety and possessions, but it doesn’t belong. Satan knows it, but he’ll always try to get you to take the bait. He’ll use things like bad reports, discouraging thoughts, a negative word from a co-worker or family member, and unpleasant circumstances to get you out of faith and in fear.*

*The good news is, you can defeat fear and experience the peace of God. Fear doesn’t have to be part of your life anymore, but it’s going to take an active fight to keep it from taking hold of your thoughts.” -Kenneth Copeland*

To go to war against the enemy, you have to choose your weapon and be well practised in using it. My number one weapon is the Sword of the Word. As I use it daily, I have become well known with it and also found that I am becoming more and more skilled in using it.

Here are some scripture on fear, anxiety and worry that will get you fighting fit through reading, memorizing and meditating on them. Apply them when the enemy attacks. You may even want to create positive affirmations by inserting your name into the scriptures, and saying them every day. Then eagerly await as you overcome fear, anxiety and worry—scripture by scripture.

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*“The Lord your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.” - Zephaniah 3:17*

*“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.” - Romans 8:38 -39*

*“Be strong and courageous! Do not be afraid*

*and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.” -*

**Deuteronomy 31:6**

*“I prayed to the Lord, and he answered me. He freed me from all my fears.”Psalm 34:4*

*“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.” - Isaiah 41:10*

*“But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine.” - Isaiah 43:1*

*“For I, the Lord your God, will hold your right hand, saying to you, ‘Fear not, I will help you. Do not be afraid, for I myself will help you,’ declares the Lord, your Redeemer, the Holy One of Israel.” - Isaiah 41:13-14*