

20 VERSES TO ENCOURAGE YOUR HEART

1. Psalm 4:8 – In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.
2. 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.
3. 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?
4. Psalm 91:5 – You will not fear the terror of night, nor the arrow that flies by day
5. Psalm 118:6 – The Lord is with me; I will not be afraid. What can mere mortals do to me?
6. Proverbs 3:24 – When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.
7. Proverbs 3:25 – Have no fear of sudden disaster or of the ruin that overtakes the wicked.
8. Proverbs 29:25 - The fear of man brings a snare, But whoever trusts in the Lord shall be safe.
9. Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

10. 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.’
11. Isaiah 41:10 – So 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.
12. Matthew 6:25-34 – Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes: Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? So do not worry, saying “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
13. Matthew 14:27 – But Jesus immediately said to them: ‘Take courage! It is I. Don’t be afraid.’

14. Mark 5:36 – Overhearing what they said, Jesus told him, ‘Don’t be afraid; just believe.’
15. Luke 12:7 – Indeed, the very hairs of your head are all numbered. Don’t be afraid; you are worth more than many sparrows.
16. John 14:27 – 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.
17. Romans 8:15 - For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.”
18. Philippians 4:6 – Do not be anxious about anything but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
19. 2 Timothy 1:7 - For God has not given us a spirit of fear, but of power and of love and of a sound mind.
- 20.1 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.