

A photograph of a wooden desk with a glass vase containing purple flowers, a cork notebook, and a pen. The background is a blurred office setting with a white chair and a laptop. The text is overlaid on the image.

15 Power Promises

To Fight Fear and Anxiety

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~ Power Promises to Fight Fear & Anxiety ~

God, you did not give me a spirit of fear. You gave me one of power.

“For God gave us a spirit not of fear but of power and love and self-control.” 2 Timothy 1:7 (ESV)

God, you say I should not fear. You promise YOU are with me and will help me.

“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.” Isaiah 41:10 (NIV)

God, you promise YOU are greater than anything I am dealing with.

*“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.”
1 John 4:4 (KJV)*

God, YOU are for me. So, no one can be against me.

“What then shall we say to these things? If God is for us, who can be against us?” Romans 8:31 (ESV)

God, you tell me not to be anxious about anything, but instead to talk to YOU.

“Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.” Philippians 4:6 (AMP)

God, I do not trust in man. I trust in YOU.

“Some trust in chariots and some in horses, but we trust in the name of the LORD our God.” Psalm 20:7 (ESV)

God, you have replaced my spirit of fear with YOUR Spirit of freedom.

*“So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, ‘Abba, Father.’”
Romans 8:15 (NLT)*

God, you promise I can confidently lean on YOU as my helper.

“So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can man do to me?’” Hebrews 13:6 (NIV 1984)

God, you tell me not to fear, but to give YOU all my worries because you care for me.

*“Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.”
1 Peter 5:7 (AMP)*

God, you promise if I seek YOU, you will take care of me.

“Who of you by worrying can add a single hour to your life? ... And do not set your heart on what you will eat or drink; do not worry about it. ... But seek his kingdom, and these things will be given to you as well.” Luke 12:25,29,31 (NIV)

God, you say if I trust in YOU I will be safe.

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

God, you are present and YOUR help is proven in my times of trouble.

“God is our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble.” Psalm 46:1 (AMP)

God, you promise all things are possible through YOU!

“Jesus looked at them and said, ‘With man this is impossible, but with God all things are possible.’” Matthew 19:26 (NIV)

God, I don’t have to fear because you promise everything in my life is approved by YOUR divine authority.

“For from him and through him and to him are all things. To him be glory forever. Amen.” Romans 11:36 (ESV)

God, you promise no matter what I face, YOUR strength is all I need.

“I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.” Philippians 4:12-13 (NLT)

