

8 Verses to Deepen Your Faith When You Feel Afraid

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Fear seems to come easy these days. It marches all around us through media, sickness, shootings, and news stories that make the heart feel sick. It doesn't take much for a heart to be gripped with fear and live in a state of unrest. If it's not all the big stuff that harms the heart, it's the personal things. Like - how will I pay the bills? How will my marriage survive? Am I messing up my kids? What if I never get married? Will I ever feel worthy or measure up? What if what I do is never enough?

While we all wrestle with our own fears, there is one common place we can run to when fear gets ahold of our hearts. God's Word offers truth, promises, and prayers as remedy to cure the heart of the uneasy worry that seems to wreck us.

Grab hold of one of these [verses](#) and claim it as your prayer and battle cry this week over your fear. There is no better place to find hope and help than God's Word! Choose a verse and say it out loud in the presence of the fear that feels overwhelming to you.

1. A Verse for Late-Night Fears

"Whenever I am afraid, I will trust in You" ([Psalm 56:3](#)).

When my mom would tuck me in as a little girl, this was the verse she would give me. I've carried it with me all these years and find myself praying it often. If you are struggling with those late-night fears, get ahold of this one and claim it as yours. Say it, mean it, and repeat it.

2. Remember That God Is with You Always

“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand” ([Isaiah 41:10](#)).

God is the only one who can hold you up through the fears of life. While friends change, and family passes on, God stays the same. He is steady and strong, always holding onto His children. Let God hold your hand and proclaim the truth about who He is and what He does. God is with you even now. He is where you will find strength to make it.

3. Suit Up and Stand Firm

“Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil” ([Ephesians 6:11](#)).

If you feel like you are being attacked on every side and like you can't get out of the constant flow of struggles, this one is for you. Suit up for battle. The battle is bigger than what we see. But God is bigger than what we face. You can make it through the fear, but only if you put on the right armor.



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4. Sing Praise in the Storm

“The LORD is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him” ([Psalm 28:6](#)).

There is never a wrong time to give God a song of praise. If you are feeling afraid, weak, and alone, lift up this song of worship to our mighty God. It's not time to stop singing. It's time to sing louder. If you don't like to sing or feel like your voice isn't worth hearing, turn up the worship music in your home or car and let the music minister to your heart.

5. God Is Your Light in the Dark

“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 27:1](#)).

Sometimes it is good to remember all God is to you. He is your light in the dark. He is your strength in weakness. When fear rises, raise up your light and your strength. Not in an “I can do it” battle cry, but in a “God will do it” victory cry. The battle is not about us, it is about Him. When we change our focus to all He is, we begin to see a glimmer of hope.

6. Remember That God Is Bigger Than Your Fears

“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](#)).

When we live in the light of God’s love and we remember who we are and whose we are, fear has to leave. Dwell on God’s love today. Grab hold of this verse and tell yourself the truth about the fear you hold or the fear that holds you. God is bigger than the fear. Let Him take care of you.



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7. A Verse for When You Can't Go On

“From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I” ([Psalm 61:2](#)).

There are some fears that captivate the heart so much, it is difficult to function. This prayer is for you if you feel like you don't have words, don't have strength, and feel like your hope is fading. Rather than pull the covers up over your head another day, get out of bed and remember your Rock. He is mighty and He is stronger than what you are going through.

8. Cry out to God

[“God is our refuge and strength, A very present help in trouble” \(Psalm 46:1\).](#)

When you feel alone, like God is not listening or near, your heart needs to be reminded of the truth. Don't stay stuck in a cycle of pity and seclusion. Cry out to God and remember He is near.

When we pray God's Word over the fears of life, we find freedom from fear. God is stronger and able to conquer your fears, but you have to use the right tools. It's not our strength or might or power, but it is His. He is the one who will help us through every storm.

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