

Don't be
afraid ...



bible society
of south africa

I am with you

At times we are all afraid no matter how brave or grown-up we are. We lie awake at night worrying about the many dangers that threaten us and fear the worst. Yet God sets our minds at ease in many places in the Bible.

“Do not be afraid — I am with you!
I am your God — let nothing
terrify you!

I will make you strong and help you;
I will protect you and save you.”

[Isaiah 41:10](#)

“Do not be afraid of those who kill the body but cannot kill the soul; rather be afraid of God, who can destroy both body and soul in hell. For only a penny you can buy two sparrows, yet not one sparrow falls to the ground without your Father’s consent. As for you, even the hairs of your head have all been counted. So do not be afraid; you are worth much more than many sparrows!” [Matthew 10:28-31](#)

The Bible assures us of God’s loving care

The LORD is my light and my salvation;
I will fear no one.

The LORD protects me from all danger;
I will never be afraid. [Psalm 27:1](#)

“Do not be afraid, my people!
You know that from ancient times
until now

I have predicted all that would
happen,
and you are my witnesses.

Is there any other god?

Is there some powerful god

I never heard of?” [Isaiah 44:8](#)

Trust in the goodness of God

LORD, your constant love reaches
the heavens;
your faithfulness extends
to the skies.

Your righteousness is towering
like the mountains;
your justice is like the
depths of the sea.

People and animals are in your care.

How precious, O God,
is your constant love!
We find protection under the
shadow of your wings.

We feast on the abundant food
you provide;
you let us drink from the river of
your goodness.

You are the source of all life,
and because of your light
we see the light.

Continue to love those who know you
and to do good to those who are
righteous. [Psalm 36:5-10](#)

But the Lord is faithful, and he will
strengthen you and keep you safe from
the Evil One. [2 Thessalonians 3:3](#)

May the LORD bless you
and take care of you;
May the LORD be kind
and gracious to you;
May the LORD look on you
with favour and give you peace.

[Numbers 6:24-26](#)

***Scripture verses taken from the
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