



# Jesus and Fears



A guide to help you learn what Jesus says about feeling fearful and how he will help you.

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**1. Jesus is with me when I feel afraid of the future.**

Jesus stays with me, even when I feel unsure.



**2. Jesus understands when I feel overwhelmed.**

Jesus knows my feelings and gives me rest.



**3. Jesus helps me take small steps.**

I can go slowly—Jesus gives me strength.



**4. Jesus speaks truth when fear feels loud.**

Fear is not in charge—Jesus brings calm.



**5. Jesus gives me hope for the future.**

My future is safe—God has good plans for me.

Each section includes contemporary Christian Worship songs to remind you of the Bible truths. You can add your own ideas, songs and notes too.

Psalm 56:3

When I am afraid, I put my trust in you.

# Jesus and Fears

## 1. Jesus is with me when I feel afraid of the future

### Focus on Jesus



- Jesus is always with me.
- He does not leave me, even when I feel unsure.

### What fear can feel like

- I don't know what will happen next
- My mind worries about "what if..."
- I feel unsafe because things are uncertain

### Bible Promise

Jesus says I am not alone.  
He stays with me wherever I go.

"And you can be sure that I am always with you, to the very end." (Matthew 28:20)

### Songs to listen to:

"Whom Shall I Fear" – Chris Tomlin  
"Fear Is Not My Future" – Maverick City Music & Kirk Franklin

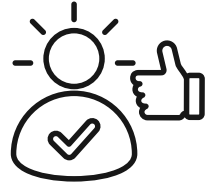


# Jesus and Fears

## 2. Jesus understands when I feel overwhelmed.

### Focus on Jesus

- Jesus understands my feelings.
- He knows what it is like to feel pain and sadness.



### What fear can feel like

- I feel overwhelmed.
- My body feels tense or tired.
- I worry I might feel low again

### Bible Promise

Jesus invites me to come to Him and rest.

“Come to me, all you who are tired and are carrying heavy loads. I will give you rest..”

(Matthew 11:28)

### Songs to listen to:

“Living Hope” - Phil Wickham

“Fear Has No Power” – Phil Wickham



# Jesus and Fears

## 3. Jesus helps me take small steps.

### Focus on Jesus

- Jesus gives me strength for today.
- I do not have to fix everything at once.



### What fear can feel like

- feel stuck and unable to start.
- Trying new things feels too big.
- I am scared of failing.

### Bible Promise

Jesus gives me strength for each step.

“I can do all things through Christ who gives me strength.”  
(Philippians 4:13)

### Songs to listen to:

“Promises” – Maverick City Music  
“Still Waters” – Leanna Crawford

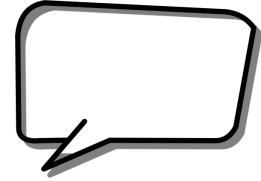


# Jesus and Fears

## 4. Jesus speaks truth when fear feels loud

### Focus on Jesus

- Jesus speaks truth to me.
- Fear is not in charge of me.



### What fear can feel like

- My thoughts feel very loud.
- Fear tells me I can't cope.
- I believe the worst might happen.

### Bible Promise

God gives me power, love, and a calm mind.

“God has not given us a spirit of fear...”  
(2 Timothy 1:7)

### Songs to listen to:

- “Fear Is a Liar” – Zach Williams
- “No Longer Slaves” – Bethel Music
- “When Fear Comes Knockin'” – Gaither Vocal Band

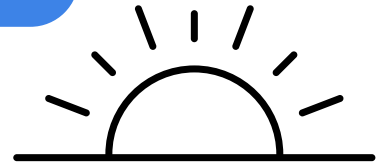


# Jesus and Fears

## 5. Jesus gives me hope for the future

### Focus on Jesus

- Jesus holds my future.
- He is already there, even when I cannot see it.



### What fear can feel like.

- I feel unsure about what is ahead.
- I worry things might go wrong again.
- I feel like hope is far away.

### Bible Promise

God has good plans and gives me hope.

“I know the plans I have for you... plans to give you hope and a future.” (Jeremiah 29:11)

### Songs to listen to:

“Haven’t Seen It Yet” – Danny Gokey  
“Overcomer” – Mandisa



# Jesus and Fears

## What can I do?

Things that can help when you feel anxious:

- Try to trust God, even when it feels hard.
- Talk to God in prayer – you can tell Him exactly how you feel.
- Tell yourself to think and notice good and hopeful things.
- Spend time helping or caring for others, even in small ways. Say kind things to others - it make others feel good too.
- Take one day at a time – most worries never actually happen.



A simple prayer you can use:

Dear God,  
You are my safe place and my strength.  
When I feel afraid, please help me feel calm.  
Thank You that You are always with me.  
Help me to feel your love, your peace, and your  
strength today.  
Please look after me and the people I care about.  
Amen.

# Jesus and Fears

## More from the Bible

### 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.

### Isaiah 41:13

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

### Isaiah 41:14

Do not be afraid, you worm Jacob, little Israel, do not fear, for I myself will help you," declares the Lord, your Redeemer, the Holy One of Israel.

### Isaiah 43:1

But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

### Psalms 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.

### Psalms 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?

### Psalms 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.

### Lamentations 3:57

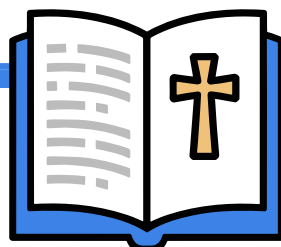
You came near when I called you, and you said, "Do not fear."

### Romans 8:15

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father.

### 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.



# Jesus and Fears

## Going Deeper

**Q: What's the difference between our fear and fearing God?**

*A: From the writings of the Rev. Billy Graham*

Fear is a twofold word. First it refers to an emotion marked by dread and anxious concern. But, second, it also means **awe and wonder and profound reverence.**

This second meaning is the fear that inspires trust and confidence. The Bible calls us to have the latter kind of fear.

When we fear God, we don't cringe before Him like a prisoner robbed of freedom by a ruthless dictator. Our fear causes us to treat God with respect and trust. It is a reverence that comes from seeing the majesty and holiness and power of a loving Heavenly Father.

There is no shame in being afraid. We're all afraid from time to time. But there's an interesting paradox here, in that if we truly fear [reverence] God, we really have nothing to be afraid of. God's people need not fear the enemy or his schemes, evil people, or uncertain days, because we trust in God who is in complete control.

Here is what the Bible says: "What does the Lord your God require of you, but to fear the Lord your God, to walk in all His ways and to love Him" (Deuteronomy 10:12).

Fear can paralyze us and keep us from exercising faith in God. Anxiety and fear are like baby tigers; the more we feed them, the stronger they grow. The devil loves a fearful Christian, because fear can banish faith, but remember—faith can banish fear.

**Find peace with God today.**

What other questions do you have? Write them here.  
Find someone to talk to about them.