



It is so easy to worry and be fearful,  
but God has made it possible for us not to be afraid.  
He tells us so many times in the Bible not to fear –  
He knows how much we need to hear it!

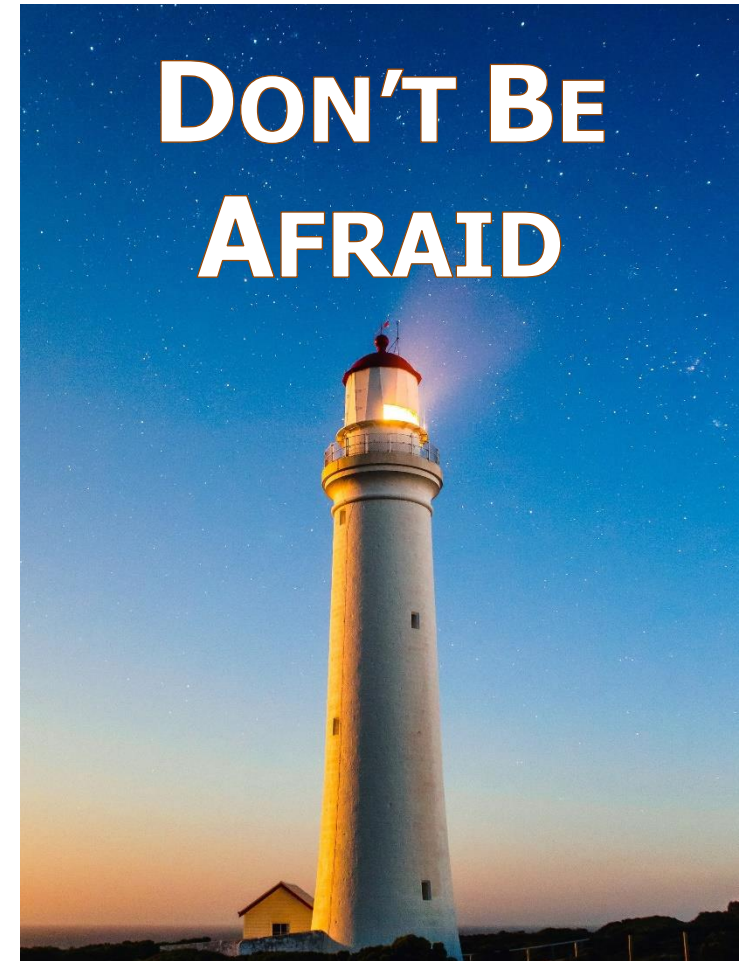
Discover how you can stop being afraid  
and find the victory Jesus has won for you over it.  
Start to enjoy God's perfect love for you  
and find you can live free from fear.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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# DON'T BE AFRAID

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'Don't Be Afraid'  
by  
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Unless otherwise indicated  
all Scripture quotations are taken from  
the World English Bible British Edition (WEBBE)  
(Any words in brackets are not in the original text  
but are included to help understanding)

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## Being Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. Everything you’ve ever done wrong or ever will do wrong is forgiven, and after this life is over, you’ll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

## DON'T BE AFRAID

Do you know that ‘don’t be afraid’ or a similar phrase, occurs many times in the Bible? God knows that it is very easy for us to be fearful, so He put this command in His Word so often to keep reminding us that we don’t have to be afraid of anything.

I’m writing this booklet in 2020 during the coronavirus lockdown and the race protests across America and here in Britain, and both are causing increased fear. But these words in the Bible, telling us not to be afraid are for all times.

Notice that they are always given as a command – ‘Do not fear,’ ‘Don’t be afraid,’ ‘Do not be fearful’. If God commands us, then it must be possible for us to do it. He would never tell us to do something that was impossible.

Let’s look at some examples. First, here are 2 examples of God talking directly to you –

- Isaiah 41:10 – *“Don’t you be afraid, for I am with you. Don’t be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.”*
- Joshua 1:9 – *“Haven’t I commanded you? Be strong and courageous. Don’t be afraid. Don’t be dismayed, for the LORD your God is with you wherever you go.”*

And now here are 2 examples of Jesus talking directly to you –

- John 14:27 – *“Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don’t let your heart be troubled, neither let it be fearful.”*

- Revelation 1:17-18 – “Don’t be afraid. I am the first and the last, <sup>18</sup>and the Living one. I was dead, and behold, I am alive forever and ever.”

It’s so easy to just read or listen to passages like this from the Bible and find them comforting, but then go away and carry on being worried, anxious or fearful. So how can we actually stop being afraid?

## ***How to Do It***

Remember it’s a command from God so it’s got to be possible to do it. Many people think that they can't control their thoughts or their emotions but the Bible tells us that we can.

### **Control Your Thoughts and Imagination**

We can spend lots of time trying to stop worrying about something. 2 Corinthians 10:5 says we are to be – ‘... *throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ.*’ So instead of trying not to think about the things that make us afraid, we have to turn away from those thoughts and replace them with thoughts that are in line with the truth of Jesus. Instead of trying to stop worrying, start to think about something else. And what can be better to turn our thoughts to, than God's Word – His truth and promises.

Turn away from fear and imagining worrying scenarios that may never happen, and turn to the truth of God's Word. Choose to trust Him and His Word. Even if something bad does happen, you will be able to deal with it better because you’ve been focusing your attention on Him instead of wearing yourself out with fear.

### Isaiah 41:10 – Declaration

I declare that I will not be afraid, for God is with me;

I will not be dismayed, for the Lord God is my God.

I declare that He will strengthen me and help me.

I declare that He will uphold me with the right hand of His righteousness.

Now let’s look at one of the verses where Jesus is speaking directly to you – John 14:27

### John 14:27 – Prayer

Thank You Jesus for leaving Your peace with me. Thank You for giving Your peace to me. Thank You that it’s not the sort of temporary peace the world gives. Thank You that I can stop my heart from being troubled and fearful. Amen

### John 14:27 – Declaration

Jesus, I declare that You have left me Your peace.

You have given me Your peace;

Not the sort of temporary peace the world gives, but Your perfect peace.

I determine that I will not let my heart be troubled,

I will not let it be fearful.

## ***Don’t Be Afraid***

Let me encourage you to decide today to turn away from fear and replace it with God's truth. Go through this booklet again, picking out all the Bible verses. Read them out – make them into prayers and make them into your own declarations of faith in Jesus and see fear crumble. God commands us to do it so it is possible. Thank You Jesus.

But for that freedom to become reality in you, you have to believe in it, take hold of it and seek to live it out. However difficult they may find it, all born-again believers can walk free from fear because Jesus has won the victory over it. (To read more about being born-again, go to the end of this booklet.)

God didn't tell us to ask Him to take fear away. No, He's already dealt with it. Instead, He told us to not be afraid. It's up to us. No-one else can do it for us – we have to do it ourselves. I can't do it for you and you can't do it for me. But we can encourage each other and help each other, and as we seek to obey God in this, He will help us. So let me encourage you now to decide to obey God's command to not be afraid. Practise it, trust God as you do it, and see what a difference it makes to your life.

## *Prayers and Declarations*

Let's go back to two of the verses I quoted at the beginning and use them to help you not to be afraid. We have seen that God's Word is powerful, so using it as the basis for prayer must be powerful. And we've seen that speaking His Word out loud is really powerful. I encourage you to pray these prayers sincerely from your heart, and declare the truth out loud with confidence in God and His love for you.

So let's take one of the verses where God is speaking to you – [Isaiah 41:10](#) and use it as both a prayer and a declaration.

### Isaiah 41:10 – Prayer

Thank You Lord that I do not have to be afraid because You are with me. Thank You that I don't have to be dismayed because You are my God. Thank You for strengthening me and helping me. Thank You for upholding me with the right hand of Your righteousness." Amen

## **Speak God's Word Out Loud**

God's Word is powerful beyond description. He created the whole world just by speaking – that's amazingly powerful. And we are made in His image, so our words are powerful too. [Proverbs 18:21](#) says – '*Death and life are in the power of the tongue.*' Think about that – everything you say has power and it's either negative power or positive power. We all know that things people say to us have the power to hurt us or encourage us, to make us despair or give us hope. So instead of speaking about how fearful you are, choose to speak life by speaking out God's promises and all Jesus has done and won for you. Make a decision to do it. [Psalm 91:2](#) says – '*I will say of the LORD, "He is my refuge and my fortress; My God, in whom I trust."*'

### **Practise It**

As with everything that is good for us, we need to practise it. Practise turning away from fear in less important situations and you will find it easier to do when the big ones hit. Don't wait for something huge to come along and then expect it to be easy to not be afraid. You'll find it much more difficult if you've never practised it before. Make a decision to start right now and then keep at it. The earlier you recognise fearful thoughts when they come, the easier it is to turn away from them. And the more you do it, the better you will get at it.

Some people find it more difficult to stop being afraid than others and you may be in the middle of a very stressful situation at the moment. But God's Word never changes. He didn't make any exceptions when He told us not to be afraid. He didn't say that this command won't apply when the coronavirus is around in 2020. So however difficult you may find it, know that it is possible. This command applies in any situation at any time.

## The Truth

The world turns to all sorts of ways to try and stop being afraid and worried. Some of them may be able to control fear to some extent but they can only do so superficially. The only way to get rid of fear at its root is by replacing it with God's truth.

So what is this truth? It is the truth of who God is, all that Jesus has done and won for us and who we are in Him as a result. Jesus said in John 8:32 – “*You will know the truth, and the truth will make you free.*” The truth of God will set you free from fear, but only if you know what it is and believe in it. Although we need to make a decision not to be afraid and determine to walk in that, we can only succeed because of Jesus. We can only truly beat fear because Jesus has already beaten it for us.

Jesus said in John 16:33 – “*In the world you have trouble; but cheer up! I have overcome the world.*” We know that trouble comes along, but because Jesus has won the victory over it all on the Cross we really can choose to be cheerful. He didn't say that He would overcome it for us when it came; He said He'd already done it – it's job done! So when we put our faith in Jesus and His victory, we can overcome it too. 1 John 5:4-5 says – “*This is the victory that has overcome the world: your faith. <sup>5</sup>Who is he who overcomes the world, but he who believes that Jesus is the Son of God?*” It is our faith in Jesus that overcomes everything the world would throw at us.

## Perfect Love Casts Out Fear

The whole truth of God is summed up in love. The bedrock of all God's truth is His love shown to us in Jesus. God doesn't just love us – He actually is love itself, so He can't not love us. John 3:16

says – “*For God so loved the world, that he gave his only born Son, that whoever believes in him should not perish, but have eternal life.*” It was God's perfect love for you that made Him send Jesus to earth to die for you personally.

If we truly understood just how wonderful and infinite and unconditional God's love for us is, there would be no place in our minds or hearts for fear. 1 John 4:18 says – “*There is no fear in love; but perfect love casts out fear.*” God's love for you is perfect. Go to His Word and read verses and passages that tell you about God's love for you. You could start with 1 John. Let the truth of His love for you settle in your thinking and sink into your heart. Feed on it and you will find fear is on its way out and so much easier to turn away from. The more you know God's perfect love for you, the less you will fear. And remember to use the power of your words – speak the truth of God's love for you in Jesus out loud. It will build your faith up. Romans 10:17 says – “*So faith comes by hearing, and hearing by the word of God.*”

## It's Up to Us

When Jesus died on the Cross He won our freedom – He set us free from anything and everything that would try and come against us. Jesus said in John 10:10 – “*The thief only comes to steal, kill, and destroy. I came that they may have life, and may have it abundantly.*” Only good comes from God. Anything that tries to steal, kill or destroy is from the devil. Fear steals your peace. It will rob you of sleep. It will negatively affect you and the people around you and your relationship with them. 2 Timothy 1:7 says – “*God didn't give us a spirit of fear, but of power, love, and self-control.*” Fear is from the devil and Jesus won the victory over the devil through His death and resurrection. So Jesus won the victory over fear for you.