

Read these declarations slowly, preferably aloud, and return to the Bible passages indicated. Each point is a personal prayer or an application of Scripture, rather than a direct quotation. The purpose is to turn your heart towards God, rather than force yourself to feel a certain way. You can trust Him even when you feel afraid. Experiencing fear does not mean that God has rejected you or that you have no faith.

I am loved and accepted by God

- I am a child of God. I have received the Spirit of adoption and can approach my Father with confidence instead of living in slavery to fear. (Rom 8:15)
- I am learning to know and receive my Father's love. His perfect love frees my heart from the fear of punishment and teaches me to rest in His presence. (1 John 4:18)
- In Jesus Christ I am not condemned. I come to God on the basis of His grace and refuse to let accusation draw me away from Him. (Rom 8:1)
- No created thing can separate me from God's love in Christ. Uncertainty and difficult circumstances cannot take away my place in the Father's heart. (Rom 8:39)
- Jesus does not leave me as an orphan. I belong to Him and can turn to Him even when I feel lonely or helpless. (John 14:18)

God's presence gives me courage

- God is with me, strengthens me and helps me. When my own strength runs low, I entrust myself to Him and rely on His sustaining presence. (Isa 41:10)
- My Lord takes hold of my hand. I receive His help and am learning to respond with trust when He tells me not to be afraid. (Isa 41:13)

- Even in the darkest valley, I am not alone. My Shepherd stays beside me, so I can walk through difficulty with hope and courage. (Ps 23:4)
- In God I find refuge and strength. I do not have to carry every burden by myself, because I can seek His help in the midst of trouble. (Ps 46:1)
- The Lord is my helper. I do not give others control over my conscience or allow fear of their reaction to overshadow God's faithfulness. (Heb 13:6)

I entrust my worries to God

- When fear comes over me, I choose to trust God. I can bring Him what I am really experiencing and lean on Him in the midst of my emotions. (Ps 56:3)
- I give my Father all my concerns about my loved ones, health, work and future. He cares for me, so I can stop carrying them alone. (1 Pet 5:7)
- Instead of endlessly turning my fears over in my mind, I present my specific needs to God. I pray, ask and thank Him for His goodness and past help. (Phil 4:6)
- I receive God's peace, which surpasses my understanding. I entrust my heart and thoughts to Christ even when I do not yet know the answer. (Phil 4:7)
- Jesus gives me His peace. I listen to His assurance and am learning not to surrender my heart to the rule of fear. (John 14:27)

I learn to think in the light of God's truth

- I direct my thoughts towards God and find my support in Him. Instead of trying to feel safe by predicting everything, I am learning to trust Him steadily. (Isa 26:3)
- I allow God to renew the way I think. I am learning to discern His will so that my decisions grow out of truth rather than pressure from those around me. (Rom 12:2)
- I deliberately return my thoughts to what is true, good, pure and worthy of praise. I do not have to give all my attention to every alarming scenario. (Phil 4:8)
- God gives me His Spirit of power, love and self-control. With His help I resist intimidation and take responsible steps of faith. (2 Tim 1:7)
- God's Word lights my path. I do not have to know everything that lies ahead to take the next step in obedience to what He has already shown me. (Ps 119:105)

I rest in God and receive His guidance

- When I do not know what to do, I ask God for wisdom. I can approach Him openly because He gives generously and does not reproach me for my need. (James 1:5)
- I do not add the weight of every possible problem tomorrow to today's responsibilities. With God, I attend to what has been entrusted to me for today. (Matt 6:34)
- I come to Jesus with my weariness and burdens. I receive His invitation to rest and allow myself to seek comfort in His presence. (Matt 11:28)
- When night comes, I entrust myself and my loved ones to God. I am learning to lay aside my worries and rest, trusting His care while I sleep. (Ps 4:8)

- I put my hope in the Lord and find renewed strength in Him. Today's weariness does not take away my hope for the journey ahead with God. (Isa 40:31)

I move forward with hope and courage

- Jesus warned that I would face trouble in this world, but assured me of His victory. In Him I seek peace and courage to face difficulties. (John 16:33)
- I ask the Lord for boldness to speak His Word even in the face of opposition. I do not want intimidation to silence me or hold me back from bearing witness. (Acts 4:29)
- I draw strength from the Lord and His mighty power. My courage grows as I rely on Him instead of demanding that I be self-sufficient. (Eph 6:10)
- The God of hope fills me with joy and peace as I believe. I look to the Holy Spirit's power to strengthen my hope and lead me forward. (Rom 15:13)

Closing prayer

Father, I come to You with everything that frightens me. Thank You that I do not have to hide my thoughts from You or pretend to be stronger than I am. I entrust to You both what I can influence and what I cannot control. In Jesus' name, I reject the lies that rob me of hope and stand against intimidation. Remind me of Your truth. Holy Spirit, strengthen me to live in love, self-control and courage. Lead me step by step, so that instead of organising my life around fear, I learn to trust You. Amen.

For further reflection: Strach, bojaźń, lęk: jak pokonać? (article in Polish) https://kosciol.czest.pl/strach-bojazn-lek-jak-pokonac/



Verses (World English Bible)

The God Who Calms – Freedom from Fear, Trust and God's Peace

I am loved and accepted by God

Rom 8:15 For you didn't receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, "Abba! Father!"

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love.

Rom 8:1 There is therefore now no condemnation to those who are in Christ Jesus, who don't walk according to the flesh, but according to the Spirit.

Rom 8:38–39 For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, will be able to separate us from God's love, which is in Christ Jesus our Lord.

John 14:18 I will not leave you orphans. I will come to you.

God's presence gives me courage

Isa 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.

Isa 41:13 For I, Yahweh your God, will hold your right hand, saying to you, 'Don't be afraid. I will help you.'

Ps 23:4 Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me.
Your rod and your staff,
they comfort me.

Ps 46:1 God is our refuge and strength,
a very present help in trouble.

Heb 13:6 So that with good courage we say, "The Lord is my helper. I will not fear. What can man do to me?"

I entrust my worries to God

Ps 56:3–4 When I am afraid,
I will put my trust in you.
4 In God, I praise his word.
In God, I put my trust.
I will not be afraid.
What can flesh do to me?

1 Pet 5:7 … casting all your worries on him, because he cares for you.

Phil 4:6 In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.

Phil 4:7 And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

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

I learn to think in the light of God's truth

Isa 26:3 You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.

Rom 12:2 Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.

Phil 4:8 Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things.

2 Tim 1:7 For God didn't give us a spirit of fear, but of power, love, and self-control.

Ps 119:105 Your word is a lamp to my feet,
and a light for my path.

I rest in God and receive His guidance

James 1:5 But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him.

Matt 6:34 Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

Matt 11:28 Come to me, all you who labor and are heavily burdened, and I will give you rest.

Ps 4:8 In peace I will both lay myself down and sleep,
for you, Yahweh alone, make me live in safety.

Isa 40:31 But those who wait for Yahweh will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint.

I move forward with hope and courage

John 16:33 I have told you these things, that in me you may have peace. In the world you have oppression; but cheer up! I have overcome the world.

Acts 4:29–30 Now, Lord, look at their threats, and grant to your servants to speak your word with all boldness, 30 while you stretch out your hand to heal; and that signs and wonders may be done through the name of your holy Servant Jesus.

Eph 6:10 Finally, be strong in the Lord, and in the strength of his might.

Rom 15:13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope, in the power of the Holy Spirit.

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