

## TRUST VS FEAR VERSES

### **Psalm 13**

How long, O LORD? Will you forget me forever?  
How long will you hide your face from me?  
How long must I wrestle with my thoughts  
And every day have sorrow in my heart?  
How long will my enemy triumph over me?

Look on me and answer, O LORD my God.  
Give light to my eyes, or I will sleep in death:  
My enemy will say, "I have overcome him,"  
And my foes will rejoice when I fall.

But I trust in your unfailing love;  
My heart rejoices in your salvation  
I will sing to the LORD,  
For he has been good to me.

(NOTE THE PROGRESSION FROM FEELING ABANDONED BY GOD, TO A PLEA TO GOD, TO TRUST IN GOD.)

### **Psalm 46**

God is our refuge and strength, an ever present help in trouble.  
Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
Though its waters roar and foam  
And the mountains quake with their surging.      Selah.

There is a river whose streams make glad the city of God,  
The holy place where the Most High dwells.  
God is within her, she will not fall;  
God will help her at break of day...

the LORD Almighty is with us;  
the God of Jacob is our fortress.      Selah

...Be still and know that I am God...  
Selah

(If you have repented of sin, received God's forgiveness and grace, and invited Jesus Christ into your life, He is within you. He is present with you through any storm.)

**Romans 8:28** states: For we know that all things work together for good to those who love God who are the called according to His purpose.

**Romans 12:2:** Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

(Think about your thinking! – observe! Do periodic checks through the day on what you are thinking!)

**Matthew 6:29-34:** In Jesus own words gives us the antidote to fear/worry/anxiety.

**Isaiah 41:10**

Do not fear for I am with you;  
do not be dismayed for I am your God;  
I will, I will strengthen you and help you;  
I will uphold thee with my righteous right hand.

**Isaiah 43:1-3**

But now, this is what the LORD says---  
He who created you, O Jacob,  
He who formed you, O Israel,  
“Fear not, for I have redeemed you;  
I have called you by name; you are mine.

This is a significant verse to put into your heart and mind! Replace the names “Jacob, and Israel” with your own name. He Created you. Formed you. Redeemed you. He reached down, chose you and saved you. He called you by name! You are His and He is yours! You belong intimately to Him.

**Philippians 4:6,7:** Do not be anxious about anything, but by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**II Timothy 1:7:** For God has not given us the spirit of fear; but of power, of love and of a sound mind. (KJV)

**Joshua 1:9:** Be strong and of good courage; be not afraid; neither be dismayed: for the Lord your God will be with you wherever you go.

**I Peter 5:7:** Casting all your care upon Him, for He cares for you.

Choose to trust! God is not the author of fear, but of a sound mind. He offers you freedom from fear and His peace. You have only one life to live. Choose life and peace.

Janet Baylis Gassman, M.A.C.  
Counselor, Speaker, Author  
Phone: 503-658-6639  
[jlgassman@earthlink.net](mailto:jlgassman@earthlink.net)  
[www.soulstruggle.com](http://www.soulstruggle.com)