

Fear: bad things will happen (unwanted things, lacking good)	Promise: God brings good out of evil intent	Fear: Death	Promise: eternal LIFE
Gen. 50:20 As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.	Rom. 8:28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.	1 Jn. 5:11 And this is the testimony: God has given us eternal life, and this life is in his Son.	Jn. 6:47 Very truly I tell you, the one who believes has eternal life.
Fear: to be without (loss, wanting)	Promise: provision/daily bread	Fear: Evil (darkness)	Promise: victory over sin, death, the devil
Mt. 6:31-33 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But see first the kingdom and his righteousness, and all these things will. Be given to you as well.	Phi. 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.	Psa. 23:4 I will fear no evil, for you are with me; your rod and your staff, they comfort me.	Rom. 8:38-39 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.
Fear: Weakness, powerlessness (losing, cowardice)	Promise: when you are weak, He is strong	Fear: Not good enough (Failure, being wrong)	Promise: Christ is perfect and He is enough for you
Isa. 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.	2 Cor. 12:9 But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weakness, so that Christ's power may rest on me.	Gal. 2:20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.	2 Cor. 9:8 And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.
Fear: Not being in control (Not knowing)	Promise: God is all knowing, all powerful, in control	Fear: Pain and suffering (loss of independence, autonomy)	Promise: Jesus suffered for us and with us
Pro. 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.	Jer. 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.	Heb. 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.	1 Pet. 2:21 For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.
Fear: Loneliness, being alone (Forgotten, lost, isolated)	Promise: Never to leave us or forsake us	Fear: Judgment and punishment (Reputation, prestige)	Promise: forgiveness and salvation
Deu. 31:8 It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.	Psa. 139:8 If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!	1 Pet. 2:24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.	Rom. 3:23-24 for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus.
Fear: Unloved or unlovable (Not accepted)	Promise: the Lord's steadfast love endures forever	Fear: Chaos, disorder	Promise: rest and order
Jn. 3:16 For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.	Lam. 3:22 The steadfast love of the Lord never ceases; his mercies never come to an end.	Mt. 11:28 Come to me, all you who are weary and burdened, and I will give you rest.	1 Cor. 14:33 For God is not a God of confusion but of peace.

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