

Fear in Scripture

A categorized theological study + clinical counseling manual (OT + NT)

Includes: (1) 'Do not fear' imperatives, (2) anxiety/personal fear texts, (3) fear of the Lord, (4) Hebrew/Greek word study, and (5) printable worksheets.

How to use: This manual is designed for counseling sessions, devotionals, and homework. Verse content is provided primarily as references to avoid translation copyright constraints; use your preferred Bible translation to read the full text.

Part 1 — A Biblical & Clinical Framework for Fear

Two main categories are often conflated:

- **Sinister fear (anxiety/terror):** alarm, dread, rumination, hypervigilance, avoidance.
- **Holy fear (fear of the Lord):** reverence, awe, worship, humility, obedience.

Clinical integration (trauma/anxiety): 'Do not fear' is rarely a scolding command; it is most often paired with a stabilizing reality: *God's presence, God's promises, and God's power.*

Practical counseling sequence:

- Regulate the body (grounding/breath prayer).
- Name the fear (trigger → body sensations → emotion).
- Identify the thought (catastrophic prediction, mind-reading, self-blame).
- Restructure with truth (balanced thought + Scripture anchor).
- Re-engage with values (obedient next step, relational repair, spiritual practice).

Part 2 — ‘Do Not Fear / Do Not Be Afraid’ (Core Imperatives)

Scripture uses several equivalent imperatives: *fear not, do not fear, do not be afraid, do not be dismayed, take courage*. Below is a high-coverage list of the most pastorally/clinically useful commands across OT/NT. For a fully exhaustive concordance-style list, see Part 8.

A. Patriarchs & early Israel

- Genesis 15:1
- Genesis 26:24
- Genesis 46:3
- Exodus 14:13
- Exodus 20:20
- Deuteronomy 1:21; 1:29–30
- Deuteronomy 3:2; 3:22
- Deuteronomy 7:18
- Deuteronomy 20:1; 20:3
- Deuteronomy 31:6; 31:8

B. Conquest & leadership courage

- Joshua 1:9
- Joshua 8:1
- Joshua 10:25
- Judges 6:23
- 1 Samuel 12:20
- 2 Chronicles 20:15; 20:17

C. Psalms & wisdom reassurance

- Psalm 23:4
- Psalm 27:1
- Psalm 34:4
- Psalm 46:1–2
- Psalm 56:3–4; 56:11
- Psalm 91:1–6
- Proverbs 3:25–26

D. Prophets

- Isaiah 7:4
- Isaiah 35:4
- Isaiah 41:10; 41:13–14

- Isaiah 43:1–2; 43:5
- Isaiah 44:2
- Jeremiah 1:8; 1:17
- Jeremiah 30:10
- Lamentations 3:57
- Ezekiel 2:6
- Daniel 10:12; 10:19
- Haggai 2:5
- Zephaniah 3:16–17

E. Gospels & Acts

- Matthew 10:28; 10:31
- Matthew 14:27
- Mark 5:36
- Luke 12:7; 12:32
- John 14:1; 14:27
- Acts 18:9–10
- Acts 27:24

F. Epistles

- Romans 8:15
- 2 Timothy 1:7
- Hebrews 13:5–6
- 1 Peter 3:13–15
- 1 John 4:18

Part 3 — Anxiety & Personal Fear (Clinical Relevance)

These passages map well onto clinical targets: rumination, catastrophic prediction, avoidance, hyperarousal, and reassurance seeking.

A. 'Do not worry / do not be anxious'

- Matthew 6:25–34
- Luke 12:22–32
- Philippians 4:6–9
- 1 Peter 5:6–7

B. Regulation, reassurance, and inner calm

- Psalm 94:19
- Psalm 42:5; 42:11
- Psalm 131:2
- Isaiah 26:3
- John 16:33

C. Threat/trauma contexts

- Psalm 46:1–3; 46:10
- Psalm 91:1–6
- Isaiah 43:1–2
- Romans 8:31–39
- 2 Corinthians 4:8–9

Clinical prompt: Pair one anxiety verse with one balanced thought you can repeat during activation.

Part 4 — Fear of the Lord (Theological Category)

In Scripture, fear of the Lord is typically **reverential awe** that produces wisdom, obedience, humility, and security (not panic).

Definitional texts

- Proverbs 1:7
- Proverbs 8:13
- Proverbs 9:10
- Psalm 111:10
- Ecclesiastes 12:13

Fruit of holy fear

- Proverbs 14:26–27
- Proverbs 16:6
- Proverbs 19:23
- Proverbs 28:14
- Psalm 34:9; 34:11

New Testament continuity

- Luke 1:50
- Acts 9:31
- 2 Corinthians 7:1
- Hebrews 12:28–29
- 1 Peter 1:17

Pastoral distinction: If 'fear of God' feels like dread/condemnation, assess for shame-based theology, scrupulosity, or trauma transfer. Biblical holy fear draws people toward God in worship and obedience.

Part 5 — Hebrew/Greek Word Study of Fear

Organize ‘fear’ by meaning (threat vs reverence) rather than English wording.

Language	Key Term	Core Sense	Common Clinical Correlate	Example References
Hebrew	יָרֵא (yare')	fear/reverence/awe	awe vs anxiety/distinction	Prov 1:7; Ex 20:20
Hebrew	פָּחַד (pachad)	dread/terror	panic, threat alarm	Job 3:25; Prov 3:25
Hebrew	חָרָא (charad)	tremble	somatic shaking/startle	Isa 66:2,5
Hebrew	אָרַת (arats)	be terrified	overwhelm/helplessness	Deut 31:6; Isa 8:12
Greek	φόβος (phobos)	fear/terror or reverence	threat vs reverence	Matt 14:26; 1 Pet 1:17
Greek	δειλία (deilia)	cowardice/timidity	avoidant fear	2 Tim 1:7
Greek	μεριμνή (merimna)	be anxious/worry	rumination	Phil 4:6; Matt 6:25
Greek	ταρασσω (tarass)	troubled/agitated	physiological agitation	John 14:1,27

Interpretive tip: Many ‘fear not’ texts address threat-terror (*pachad/phobos*), while ‘fear of the Lord’ expresses reverence (*yare'/phobos*).

Part 6 — Printable Counseling Worksheets

1) Cognitive Restructuring: Fear Thought Record

- Trigger / Situation: _____
- Body sensations (0–10): _____ Emotion(s): _____
- Automatic thought: _____
- Distortion (circle): catastrophizing / mind-reading / personalization / all-or-nothing / emotional reasoning / fortune-telling
- Balanced thought (truth + Scripture reference): _____
- Action step (values-based): _____
- Outcome (distress 0–10 after): _____

2) Trauma-Trigger Tracking Sheet (Weekly)

- Date: _____ Trigger: _____ Intensity (0–10): _____
- Body sensations: _____
- Primary thought: _____
- Regulation skill used: _____
- Scripture anchor (reference): _____
- Balanced thought after: _____
- Time to calm: _____ What helped most? _____

3) 'Do Not Fear' Exposure Plan (Graded)

- Feared situation: _____
- Step 1 (easy): _____
- Step 2 (moderate): _____
- Step 3 (hard): _____
- Before (distress 0–10): _____ After: _____ What I learned: _____

Part 7 — 30-Day Devotional/Counseling Plan on Fear

Daily flow: (1) read verse, (2) write one truth sentence, (3) do one small practice, (4) pray one paragraph.

Day	Verse	Truth	Practice
Day 1	Psalm 34:4	God hears fear; fear is not final.	Name your fear; breathe 4–6 for 2 minutes.
Day 2	Isaiah 41:10	Presence replaces panic.	Write: 'God is with me in ____.'
Day 3	Philippians 4:6–7	Prayer redirects rumination.	Turn one worry into a request + thanksgiving.
Day 4	2 Timothy 1:7	The Spirit forms courage.	Do one avoided task for 5 minutes.
Day 5	John 14:27	Peace is given, not earned.	Breath prayer: 'Prince of Peace, steady me.'
Day 6	Psalm 56:3–4	Trust is action inside fear.	List 3 evidences of past help.
Day 7	Matthew 6:34	Stay in today's grace.	Write: 'Today I can handle ____.'

Continue Days 8–30 by selecting verses from Parts 2–4 (rotate: 2 'do not fear', 2 anxiety/worry, 1 fear-of-the-Lord each week).

Part 8 — How to Generate an Exhaustive Verse Inventory

If you need an exhaustive list (every occurrence), use a concordance/lemma search in a Bible tool (e.g., Logos or similar).

- Search English phrases: “fear not”, “do not fear”, “do not be afraid”, “be not afraid”, “do not be frightened”, “do not be dismayed”.
- Search Hebrew lemmas: yare', pachad, charad, arats.
- Search Greek lemmas: phobos, deilia, merimna■, tarass■.
- Export results as verse references and sort by OT/NT and category.

This manual provides interpretation and structure; a concordance provides exhaustive indexing.