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Ministry Resources Hub

Fear vs. Faith

A free resource from JesusOnline Ministries.

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Free media and discipleship resources for pastors, leaders, and growing disciples.

Fear vs. Faith

Feeling afraid? Is fear keeping you in bondage? Do you want to change?

Fear's family of behaviors includes disbelief, worry, and anxiety. These can be replaced with *faith*.

Discover how to overcome fear in its various forms through time-tested insights that really work!



Self-Test

Are You Fearful?

The following self-evaluation quiz will help you determine whether you have a tendency toward fear and worry.

- Are you scared of losing your health or wealth or of something bad happening to the one you love?
- Do you have trouble sleeping because you are up at night imagining all the things that could go wrong?
- Do you tend to have anxious thoughts about the same thing over and over?
- Do others ever kid you about being a worrywart?
- Do you have a nervous habit, like tapping your foot or drumming your fingers?
- Have you ever sought treatment for stress-related symptoms?
- Do you hesitate to make plans because you are worried that things will not turn out well?
- Are your thoughts of the future filled with fear instead of hope?

Fear: From Doubt to Dread

Do you know someone who circles back again and again to the same place of fear or anxiety, whether it relates to their health, their family, their finances, or whatever else may be troubling them? Some fears may be natural and acceptable. But living in fear because you refuse to move on is another matter: it is sin. A person can have a sinful fear habit just as surely as an immorality habit or a drunkenness habit. ([read more](#))

Five Steps to Overcome Fear

Are you struggling with fear, worry, or a related habit? We have outlined a five-step process to help you change and heal in this area of your life. Take all the time you need with each of the steps included in this process. ([read more](#))

Finding Freedom - A True Story

“It’s agonizing. Any gathering of people frightens me. In a traffic jam, I feel like jumping out of the car and running away. I force myself to go to church and sit there with a feeling of suspense. Nothing ever happens. Even a few customers lined up to buy something in my place of business frighten me. I feel trapped.” ([read more](#))

Related Verses

Meditate on these verses related to fear, and ask God to show you anything that you need to confess and repent of:

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand. (Isaiah 41:10, NKJV)

You can go to bed without fear; you will lie down and sleep soundly. You need not be afraid of sudden disaster or the destruction that comes upon the wicked, for the LORD is your security. He will keep your foot from being caught in a trap. (Proverbs 3:24-26, NLT2)

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (2 Timothy 1:7, KJV)

So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." (Romans 8:15, NLT2)

God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge! (Psalm 46:1-3, NLT2)

[Read more Bible verses.](#)