



Revealing Words Bible Study

“Fear Not”

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The phrase “fear not” is more than a biblical repetition—it’s a divine reassurance woven throughout Scripture. While some debate whether it appears exactly 365 times, the true power lies not in the count but in the consistency. God knew we would face fear daily, and He responded not with condemnation, but with comfort. Whether spoken once or hundreds of times, “fear not” is God’s gentle whisper to our anxious hearts: “I am with you.” It’s a reminder that nothing surprises Him, and nothing is beyond His control. As Christians, we are invited to live not in fear, but in faith—anchored in the unshakable truth of God’s love.

Our reality is this: we are never alone. Isaiah 41:13-14 paints a vivid picture of God reaching out to take our hand, promising help and protection. Romans 8:38-39 echoes this assurance, declaring that nothing—absolutely nothing—can separate us from His love. Not death, not demons, not today’s fears or tomorrow’s uncertainties. This is the foundation of our peace. When we truly grasp that God’s love is constant and His presence unwavering, fear loses its grip. We begin to see that our security isn’t found in circumstances, but in the character of our Redeemer.

Perspective shapes everything. Psalm 27:1 reminds us that when the Lord is our light and salvation, fear becomes irrelevant. David, a young shepherd, stood before Goliath not with armor, but with confidence in God. His perspective wasn’t shaped by the size of the giant, but by the greatness of his God. That same perspective is available to us. When we fix our eyes on the One who fights for us, we stop measuring our problems by their magnitude and start measuring them by the might of our Savior, Jesus Christ.

Our attitude in the face of fear matters. Psalm 118:6-7 declares, “The Lord is with me; I will not be afraid.” This isn’t denial—it’s defiance against fear’s power. Jesus Himself taught us not to worry about tomorrow, because each day carries its own grace. Fear thrives in the unknown, but faith flourishes in the present. When we choose trust over worry, we align our hearts with heaven’s rhythm. We begin to live with courage, not because we know what’s coming, but because we know Who’s coming with us.

Finally, our actions must reflect our trust. Psalm 55:22 calls us to cast our cares on the Lord, with the promise that He will sustain us. This is not passive surrender—it's active faith. To cast is to release, to let go of the burdens we were never meant to carry. When we live this way, fear loses its power, and peace takes its place. So let us walk boldly, love deeply, and trust fully. Not because life is easy, but because God is faithful. And that, above all, is a beautiful reason to “fear not.”

God's Repetition Is Our Reassurance

1. Why do you think God repeats “fear not” so many times in Scripture? What does this say about His understanding of our human nature?
2. How does knowing that “nothing surprises God” change the way you respond to fear or uncertainty in your life?
3. What fears do you face daily, and how might God's consistent message of “fear not” help you confront them?

Our Reality—We Are Never Alone

4. Read Isaiah 41:13-14 and Romans 8:38-39. What promises stand out to you most in these verses?

5. What does it mean to you personally that “nothing can separate us from God’s love”? How does this truth affect your sense of security?
6. Can you recall a moment when you felt alone but later realized God was holding your hand through it?

Our Perspective—Seeing Through God’s Eyes

7. Psalm 27:1 asks, “Whom shall I fear?” How would your life look different if you truly lived out that question?
8. How did David’s perspective empower him to face Goliath? What “giants” in your life could be defeated by shifting your perspective?
9. What practical steps can you take to align your perspective with God’s truth when fear tries to take over?

Our Attitude—Faith Over Fear

10. Psalm 118:6-7 and Matthew 6:34 speak to our attitude toward fear and worry. What attitudes do you need to release or adopt to live more fearlessly?
11. How does trusting God with tomorrow help you live more fully today?
12. What does it mean to you that “the Lord is with me”? How can this truth shape your daily mindset?