

FEAR - What does the Bible mean when it tells us to fear not?

The Bible often says things like, “Do not fear,” “Do not be afraid,” and “Fear not.” The fear that the Bible tells us to avoid is concern mixed with anxiety or dread; it is the feeling of alarm we have when we expect trouble or danger. Followers of Christ are not to live in a state of worry or anxiety. We have higher expectations than simply anticipating trouble. In fact, we have the means to rise above fear.

The commands like “do not fear, do not be afraid, fear not” do not contradict the command to “fear God”.

Read 1 Peter 2:17 in your Bible and then read it in the Amplified Bible.

Amplified Bible - 1 Peter 2:17 says, “Show respect for all people, love the brotherhood of believers, fear God, honor the king [those in authority over you].”

When the Bible tells us to “fear God” it usually carries the idea of worshipping God, loving, honoring, showing respect, trusting, and obeying God.

1. Why should we fear God?

The fear of God keeps us from sin; the fear of man leads to sin, and that is what we are to avoid. Read Proverbs 29:25 from several translations of the Bible.

“If you are afraid of what people think about you, you will never feel safe. But if you trust in the Lord, he will keep you safe.”

EASY

“Fear and intimidation is a trap that holds you back. But when you place your confidence in the Lord, you will protect your mind.”
TPT

“The fear of human opinion disables; trusting in God protects you from that.” MSG

2. Why should we trust God and not be fearful of what people think?

The biblical command “do not fear” does not negate the need for discretion and caution in this world. We are not to be careless but prayerful in the face of danger.

Read 2 Timothy 1:7 in your Bible and then read it from several other translations of the Bible.

“For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].” 2 Timothy 1:7 AMP

“Be strong, because God has given us his Spirit. And his Spirit does not cause us to be afraid. Instead, his Spirit causes us to be powerful to serve God. He helps us to love God and other people. And he helps us to control ourselves properly.” 2 Timothy 1:7
EASY

3. What do you discovery from this verse? What 2 things does God give us?

God's command to "fear not" is applied in several ways in the Bible.

Read 1 Samuel 15:1-25.

4. What was Saul's confession in verse 24. Why did he not obey God?

Read John 9:1-22.

5. Why did the parents of the blind man react the way they did?

6. Does the fear of what other people think prevent us from obeying the Lord?

7. What principle can you come up with that will help you when you are confronted with a difficult decision concerning obey God or listening to people?

Read Luke 12:4-7.

8. What do you learn from these verses about fearing a lack of need in our lives?

Read Psalm 37:1-2, 9-17, 35-38.

9. Why should we not fear the plans of the wicked, even when they rise to power?

When the Bible tells us, "Do not fear," it means we are not to allow anxiety or fretfulness to rule our lives or take root in our hearts. We are not to be people of panic. We are to be people of faith.

Read Romans 8:1.

10. Since we have been justified [made right with God] why should we not fear divine condemnation?

Read Ephesians 1:4-6, Luke 12:32 and Jude 1:24.

11. Since we have been chosen by God, why should we not fear His rejection?

Read Psalm 121.

12. Our Father God is the Maker of heaven and earth. He is watching over us at all times. Why should we not fear anything?

Read Psalm 91.

David speaks of the one who “dwells in the shelter of the Most High” and who says of God, “He is my refuge and my fortress, my God, in whom I trust” (verses 1–2).

Those who trust in God can live fearlessly: “You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you” (verses 5–7).

There is a direct correlation between faith and the confidence to face the dangers of life: “If you say, ‘The Lord is my refuge,’ and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent” (verses 9–10).

We rest in God’s promise: “‘Because he loves me,’ says the Lord, ‘I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble’” (verses 14–15).

13. What are some spiritual principles that you can take away from this passage?