

## FEAR AND COURAGE

# The Great Forsake and Take

FROM SEPTEMBER 2012 LIVING PROOF LIVE

SIMULCAST WITH BETH MOORE

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## *The Great Forsake and Take*

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With great joy and a heart full of belief, I share the following verses as potent ammunition in our battles with fear as we – a people called “more than conquerors”\* – fight the good fight of faith. (\*Romans 8:37 NIV) If you have trusted Jesus as your personal Savior, this victory is yours for the seeking because His Spirit dwells within you, willingly empowering you. You can also know in advance that when you pray to be courageous and filled with faith to the glory of His Name, you are praying the will of God for your life. Therefore, start even from the first day of this journey thanking Him with complete assurance, knowing that what you’re asking is already on its way.

Approach the following Scriptures taken by permission from the *Holman Christian Standard Bible* any way the Holy Spirit leads. This is the method I found most helpful: I printed them out, put them in a notebook and read a section or page of them daily, rewording them into prayer and dialogue with God. He’d speak to me through His Word and I’d speak back to Him through prayer, asking for the equipping He’d made available to me in Scripture and confessing to Him any faithlessness, reluctance or confusion. Many of the following verses can be forthrightly prayed and sought by any child of God because they fall into the category of general promises to people of our faith. If the verse speaks specifically to a battle Israel faced in the Old Testament, for instance, or to a specific issue confronted by the disciples in the New Testament, look up the chapter and context and see if God will speak to your heart about ways the portion could apply to you. Don’t force it. It may be that the verse is just for your encouragement as you see what God has done through the ages for His children. Never forget that our God has not changed. *He who was able is no less able*. He for whom nothing was impossible can still do utterly anything. Nothing is too difficult for Him.

Be vigilant and disciplined, Believer in Christ! Don’t give up after a few days. Keep it up until these Biblical thought processes become habitual for you. Continue to pray segments of these verses for many weeks and months until they are so ingrained in you that many of them fall from your lips automatically in prayer. Stay after these truths until they quicken the marrow of your bones and change the way you think and exercise your faith. Let’s allow the question



of Christ to the invalid of 38 years challenge us: “Do you want to get well?” (John 5:6) Do you want to win this battle? Just how badly? Are you sick of feeling crippled or harassed by fear and anxiety? Then, get to work! Nothing here will waste your time. This is a good work ahead of you with God-sized implications. Do the thing with all your heart, soul, and mind because, whether we like it or not, the words of Christ in Matthew 9:29 are still fitting for us today: “Let it be done for you according to your faith!” Through the weeks ahead, may God also astonish you with the work He’s accomplishing in you and cause you to say, “Who is this you are making me??”

## *Lord, “increase our faith!”* (Luke 17:5)

I sought the LORD, and He answered me and *delivered me from all my fears.*

- Psalm 34:4 (HCSB)

When I am afraid, *I will trust in You.* - Psalm 56:3 (HCSB)

When you lie down, *you will not be afraid*; you will lie down, and your sleep will be pleasant. - Proverbs 3:24 (HCSB)

But Moses said to the people, “*Don’t be afraid.* Stand firm and see the LORD’s salvation He will provide for you today...” - Exodus 14:13 (HCSB)

See, the LORD your God has set the land before you. Go up and take possession of it as Yahweh, the God of your fathers, has told you. *Do not be afraid or discouraged.*

- Deuteronomy 1:21 (HCSB)

“So I said to you: *Don’t be terrified or afraid of them!*” - Deuteronomy 1:29 (HCSB)

Now this is what the LORD says— the One who created you, Jacob, and the One who formed you, Israel — “*Do not fear*, for I have redeemed you; I have called you by your name; you are Mine.” - Isaiah 43:1 (HCSB)

When a prophet speaks in the LORD's name, and the message does not come true or is not fulfilled, that is a message the LORD has not spoken. The prophet has spoken it presumptuously. *Do not be afraid of him.* - Deuteronomy 18:22 (HCSB)

He is to say to them: "Listen, Israel: Today you are about to engage in battle with your enemies. Do not be cowardly. *Do not be afraid, alarmed, or terrified because of them.*" - Deuteronomy 20:3 (HCSB)

*He will not fear bad news;* his heart is confident, trusting in the LORD.  
- Psalm 112:7 (HCSB)

His heart is assured; *he will not fear.* In the end he will look in triumph on his foes.  
- Psalm 112:8 (HCSB)

*Be strong and courageous;* don't be terrified or afraid of them. For it is the LORD your God who goes with you; He will not leave you or forsake you." - Deuteronomy 31:6 (HCSB)

My brothers who went with me caused the people's hearts to melt with fear, *but I remained loyal to the LORD my God.* - Joshua 14:8 (HCSB)

Elisha said, "*Don't be afraid,* for those who are with us outnumber those who are with them." - 2 Kings 6:16 (HCSB)

Jehoshaphat was afraid, and he resolved to *seek the LORD.* - 2 Chronicles 20:3 (HCSB)

You do not have to fight this battle. Position yourselves, stand still, and see the salvation of the LORD. He is with you, Judah and Jerusalem. *Do not be afraid or discouraged.* Tomorrow, go out to face them, for Yahweh is with you."  
- 2 Chronicles 20:17 (HCSB)

Even when I go through the darkest valley, *I fear no danger,* for You are with me; Your rod and Your staff —they comfort me. - Psalm 23:4 (HCSB)

The LORD is my light and my salvation— whom should I fear? *The LORD is the stronghold of my life— of whom should I be afraid?* - Psalm 27:1 (HCSB)

The Angel of *the LORD encamps around those who fear Him*, and rescues them. - Psalm 34:7 (HCSB)

In God, whose word I praise, *in God I trust; I will not fear*. What can man do to me? - Psalm 56:4 (HCSB)

*You will not fear* the terror of the night, the arrow that flies by day. - Psalm 91:5 (HCSB)

Then He said to them, *“Why are you fearful?”* Do you still have no faith?” - Mark 4:40 (HCSB)

“And I say to you, My friends, *don’t fear* those who kill the body, and after that can do nothing more.” - Luke 12:4 (HCSB)

*Fear no more*, Daughter Zion. Look, your King is coming. - John 12:15 (HCSB)

“Peace I leave with you. My peace I give to you. I do not give to you as the world gives. *Your heart must not be troubled or fearful.* - John 14:27 (HCSB)

But whoever listens to me will live securely and *be free from the fear of danger*. - Proverbs 1:33 (HCSB)

*Don’t fear sudden danger* or the ruin of the wicked when it comes. - Proverbs 3:25 (HCSB)

The fear of man is a snare, but the *one who trusts in the LORD* is protected. - Proverbs 29:25 (HCSB)

Say to him: *Calm down and be quiet. Don't be afraid or cowardly* because of these two smoldering stubs of firebrands... - Isaiah 7:4 (HCSB)

*Do not fear what they fear;* do not be terrified. - Isaiah 8:12 (HCSB)

Indeed, God is my salvation; *I will trust Him and not be afraid*, for Yah, the LORD, is my strength and my song. He has become my salvation.”

- Isaiah 12:2 (HCSB)

Say to the cowardly: “*Be strong; do not fear!* Here is your God; vengeance is coming. God’s retribution is coming; He will save you.” - Isaiah 35:4 (HCSB)

*Do not fear, for I am with you;* do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with My righteous right hand.

- Isaiah 41:10 (HCSB)

Guard me and deliver me; do not let me be put to shame, for *I take refuge in You*. May integrity and what is right watch over me, for I wait for You.

- Psalm 25:20-21 (HCSB)

For I, Yahweh your God, hold your right hand and say to you: *Do not fear, I will help you*. - Isaiah 41:13 (HCSB)

*Do not fear*, you worm Jacob, you men of Israel: I will help you— this is the LORD’s declaration. Your Redeemer is the Holy One of Israel. - Isaiah 41:14 (HCSB)

This is the word of the LORD your Maker who formed you from the womb; *He will help you: Do not fear*. - Isaiah 44:2 (HCSB)



*Do not be startled or afraid.* Have I not told you and declared it long ago? You are my witnesses! Is there any God but Me? There is no other Rock; I do not know any.

- Isaiah 44:8 (HCSB)

Who among you fears the LORD, listening to the voice of His Servant? Who among you walks in darkness, and has no light? *Let him trust in the name of Yahweh;* let him lean on his God. - Isaiah 50:10 (HCSB)

Listen to Me, you who know righteousness, the people in whose heart is My instruction: *do not fear disgrace by men,* and do not be shattered by their taunts.

- Isaiah 51:7 (HCSB)

*Don't be afraid of them,* for the LORD your God fights for you.

- Deuteronomy 3:22 (HCSB)

I—I am the One who comforts you. *Who are you that you should fear man* who dies, or a son of man who is given up like grass? But you have forgotten the LORD, your Maker, who stretched out the heavens and laid the foundations of the earth. You are in constant dread all day long because of the fury of the oppressor, who has set himself to destroy. But where is the fury of the oppressor? - Isaiah 51:12-13 (HCSB)

*“Do not be afraid,* for you will not be put to shame; don't be humiliated, for you will not be disgraced. For you will forget the shame of your youth...”

- Isaiah 54:4 (HCSB)

*For God has not given us a spirit of fearfulness,* but one of power, love, and sound judgment. - 2 Timothy 1:7 (HCSB)

Now since the children have flesh and blood in common, Jesus also shared in these, so that through His death He might destroy the one holding the power of death – that is, the Devil – and *free those who were held in slavery* all their lives by the fear of death. - Hebrews 2:14-15 (HCSB)

But even if you should suffer for righteousness, you are blessed. *Do not fear what they fear or be disturbed*, but honor the Messiah as Lord in your hearts. Always be ready to give a defense to anyone who asks you for a reason for the hope that is in you. - 1 Peter 3:14-15 (HCSB)

And you will be established on a foundation of righteousness. You will be far from oppression, *you will certainly not be afraid*; you will be far from terror, it will certainly not come near you. If anyone attacks you, it is not from Me; whoever attacks you will fall before you. Look, I have created the craftsman who blows on the charcoal fire and produces a weapon suitable for its task; and I have created the destroyer to cause havoc. No weapon formed against you will succeed, and you will refute any accusation raised against you in court. This is the heritage of the LORD's servants, and their righteousness is from Me." This is the LORD's declaration.

- Isaiah 54:14-17 (HCSB)

Who was it you dreaded and feared, so that you lied and didn't *remember Me* or take it to heart? Have I not kept silent for such a long time and you do not fear Me?

- Isaiah 57:11 (HCSB)

*Do not be afraid of anyone*, for I will be with you to deliver you. This is the LORD's declaration. - Jeremiah 1:8 (HCSB)

Like scarecrows in a cucumber patch, their idols cannot speak. They must be carried because they cannot walk. *Do not fear them* for they can do no harm — and they cannot do any good. - Jeremiah 10:5 (HCSB)

As for you, My servant Jacob, *do not be afraid* — this is the LORD's declaration — and do not be dismayed, Israel, for without fail I will save you from far away, your descendants, from the land of their captivity! Jacob will return and have calm and quiet with no one to frighten him. - Jeremiah 30:10 (HCSB)



Just then some men brought to Him a paralytic lying on a mat. Seeing their faith, Jesus told the paralytic, “*Have courage*, son, your sins are forgiven.”

- Matthew 9:2 (HCSB)

But *I will rescue you* on that day”—this is the LORD’s declaration—“and you will not be handed over to the men you fear.” - Jeremiah 39:17 (HCSB)

For you did not receive a spirit of slavery to fall back into fear, but *you received the Spirit of adoption*, by whom we cry out, “Abba, Father!” - Romans 8:15 (HCSB)

Don’t be afraid of the king of Babylon whom you now fear; *don’t be afraid of him*—this is the LORD’s declaration—‘because I am with you to save you and deliver you from him. - Jeremiah 42:11 (HCSB)

You come near when I call on You; You say: “*Do not be afraid.*”

- Lamentations 3:57 (HCSB)

“But you, son of man, do not be afraid of them or their words, though briers and thorns are beside you and you live among scorpions. *Don’t be afraid of their words* or be discouraged by the look on their faces, for they are a rebellious house.

- Ezekiel 2:6 (HCSB)

I have made your forehead like a diamond, harder than flint. *Don’t be afraid of them or discouraged* by the look on their faces, even though they are a rebellious house.” - Ezekiel 3:9 (HCSB)

But He said to them, “*Why are you fearful, you of little faith?*” Then He got up and rebuked the winds and the sea. And there was a great calm.

- Matthew 8:26 (HCSB)

There is no fear in love; instead, *perfect love drives out fear*, because fear involves punishment. So the one who fears has not reached perfection in love.

- 1 John 4:18 (HCSB)

*Don't be afraid of what you are about to suffer.* Look, the Devil is about to throw some of you into prison to test you, and you will have affliction for 10 days. Be faithful until death, and I will give you the crown of life. - Revelation 2:10 (HCSB)

Moses then summoned Joshua and said to him in the sight of all Israel, *"Be strong and courageous,* for you will go with this people into the land the LORD swore to give to their fathers. You will enable them to take possession of it.

- Deuteronomy 31:7 (HCSB)

Above all, be strong and *very courageous* to carefully observe the whole instruction My servant Moses commanded you. Do not turn from it to the right or the left, so that you will have success wherever you go. - Joshua 1:7 (HCSB)

Then David said to his son Solomon, *"Be strong and courageous, and do the work.* Don't be afraid or discouraged, for the LORD God, my God, is with you. He won't leave you or forsake you... - 1 Chronicles 28:20 (HCSB)

*He will be like a tree planted by water:* it sends its roots out toward a stream, it doesn't fear when heat comes, and its foliage remains green. It will not worry in a year of drought or cease producing fruit. - Jeremiah 17:8 (HCSB)

*So I took courage* because I was strengthened by Yahweh my God.

- Ezra 7:28 (HCSB)

After I made an inspection, I stood up and said to the nobles, the officials, and the rest of the people, *"Don't be afraid of them. Remember the great and awe-inspiring Lord,* and fight for your countrymen, your sons and daughters, your wives and homes." - Nehemiah 4:14 (HCSB)

*I am not afraid* of the thousands of people who have taken their stand against me on every side. - Psalm 3:6 (HCSB)

Though an army deploys against me, *my heart is not afraid*; though a war breaks out against me, still I am confident. - Psalm 27:3 (HCSB)

Wait for the LORD; *be strong and courageous. Wait for the LORD.*

- Psalm 27:14 (HCSB)

Then Jesus came up, touched them, and said, *“Get up; don’t be afraid.”*

- Matthew 17:7 (HCSB)

*“Don’t be afraid,”* Jesus told Simon. “From now on you will be catching people!”

- Luke 5:10 (HCSB)

When Jesus heard it, He answered him, *“Don’t be afraid. Only believe,* and she will be made well.” - Luke 8:50 (HCSB)

Be strong and courageous, all you who *put your hope in the LORD.*

- Psalm 31:24 (HCSB)

God is our refuge and strength, a helper who is always found in times of trouble. *Therefore we will not be afraid*, though the earth trembles and the mountains topple into the depths of the seas, though its waters roar and foam and the mountains quake with its turmoil. There is a river— its streams delight the city of God, the holy dwelling place of the Most High. God is within her; she will not be toppled. God will help her when the morning dawns. - Psalm 46:1-5 (HCSB)

Each one helps the other, and says to another, *“Take courage!”*

- Isaiah 41:6 (HCSB)

Immediately Jesus spoke to them. *“Have courage! It is I. Don’t be afraid.”*

- Matthew 14:27 (HCSB)



Jesus stopped and said, “Call him.” So they called the blind man and said to him, “*Have courage! Get up; He’s calling for you.*” - Mark 10:49 (HCSB)

I have told you these things so that in Me you may have peace. You will have suffering in this world. *Be courageous! I have conquered the world.*”  
- John 16:33 (HCSB)

Therefore, take courage, men, because *I believe God* that it will be just the way it was told to me. - Acts 27:25 (HCSB)

Haven’t I commanded you: be strong and courageous? *Do not be afraid or discouraged,* for the LORD your God is with you wherever you go.”  
- Joshua 1:9 (HCSB)

But Christ was faithful as a Son over His household. And we are that household if we *hold on to the courage* and the confidence of our hope. - Hebrews 3:6 (HCSB)

“*Don’t be afraid,* Daniel,” he said to me, “for from the first day that you purposed to understand and to humble yourself before your God, your prayers were heard. I have come because of your prayers. - Daniel 10:12 (HCSB)

He said, “*Don’t be afraid, you who are treasured by God.* Peace to you; be very strong!” As he spoke to me, I was strengthened and said, “Let my lord speak, for you have strengthened me.” - Daniel 10:19 (HCSB)

Don’t be afraid, land; rejoice and be glad, for *the LORD has done great things.* - Joel 2:21 (HCSB)

Be strong, all you people of the land”—this is the LORD’s declaration. “Work! For *I am with you*”—the declaration of the LORD of Hosts. “This is the promise I made to you when you came out of Egypt, and My Spirit is present among you; don’t be afraid.” - Haggai 2:4-5 (HCSB)

As you have been a curse among the nations, house of Judah and house of Israel, so I will save you, and you will be a blessing. *Don't be afraid; let your hands be strong.*" - Zechariah 8:13 (HCSB)

But when Jesus overheard what was said, He told the synagogue leader, *"Don't be afraid. Only believe."* - Mark 5:36 (HCSB)

So don't be afraid therefore; *you are worth more* than many sparrows.  
- Matthew 10:31 (HCSB)

Don't be afraid, little flock, because *your Father delights to give you the kingdom.* - Luke 12:32 (HCSB)

Then the Lord said to Paul in a night vision, *"Don't be afraid, but keep on speaking and don't be silent."* - Acts 18:9 (HCSB)

*"Be strong and courageous!"* Don't be afraid or discouraged before the king of Assyria or before the large army that is with him, for there are more with us than with him." - 2 Chronicles 32:7 (HCSB)

Therefore, we may boldly say: *The Lord is my helper; I will not be afraid.*  
What can man do to me? - Hebrews 13:6 (HCSB)

But Jesus turned and saw her. *"Have courage, daughter,"* He said. "Your faith has made you well." And the woman was made well from that moment.  
- Matthew 9:22 (HCSB)

When I saw Him, I fell at His feet like a dead man. He laid His right hand on me and said, *"Don't be afraid! I am the First and the Last, and the Living One.* I was dead, but look—I am alive forever and ever, and I hold the keys of death and Hades." - Revelation 1:17,18 (HCSB)

*"Have courage! Get up; He's calling for you."* (Mark 10:49)