

“Fear Not!” 365 Days a Year

by Bill Gaultiere

Most every day I talk to someone who is afraid or anxious (which is generalized fear). Maybe you fear what people think of you... Not having enough money... Public speaking, flying, being far from home, or spiders... Failure or rejection... Losing a loved one... Disease or pain... Death...

We all long for more of God’s peace in the midst of the stresses of our lives!

How Many “Fear Nots” are There in the Bible?

“Fear not!” is the most repeated command in the Bible. In fact, it’s been said that there are 365 “Fear nots” in the Bible – one “Fear not” for every day of the year! Lloyd Ogilvie in *Facing the Future without Fear* even said there are 366 “Fear nots” in the Bible, one for every day of the year, including Leap Year! God doesn’t want us to go a single day without hearing his word of comfort: “Fear not!”

Actually, as I share in my book *Your Best Life In Jesus’ Easy Yoke*, there are way more than 365 “Fear nots” in the Bible! Thank God because we need to be reminded to “Fear not” and trust God everyday.

Are there Really More than 365 Fear Nots in the Bible?

Many people say, “It’s a nice thought to say that there are 365 ‘Fear nots’ in the Bible, but it’s not true.” Indeed, there is not a version of the Bible that 365 times says, quote unquote, “Fear not.” For instance, the King James Version says “Fear not” or “Be not afraid” 103 times, but not 365 times.

So why do I say that there are more than 365 “Fear nots” in the Bible?

“Fear” is spoken of *over 500 times* in the KJV. Furthermore, in addition to the “Fear nots” many times the Bible teaches us to “Fear God,” which really means reverence God alone and *do not fear anyone or anything else*. Expanding the search to look at verses encouraging us not to worry or not to be anxious would add many, many more “Fear not” Scriptures. This is why I say that there are *more than 365* “Fear nots” in the Bible.

A Fear Not Prayer

The Psalmist often leads us in a “Fear not” prayer. The Psalms are the Bible’s great soul book, meant to train us to respond to all life situations and difficulties through prayer and trust in the Lord.

One example is Psalm 56. David has been seized by the Philistines and he starts to become afraid, but instead he sets his vision on his Lord and Savior in his midst. He praises God and his word to him: “Fear not!” He puts his trust in the Lord...

When I am afraid,

I will trust in you.

In God, whose word I praise,

In God I trust; I will not be afraid.

What can mortal man do to me?

(Psalm 56:3-4, repeated in similar words in verses 10-11.)



You can learn more about dealing with emotions of anxiety, frustration, and discouragement in [Your Best Life in Jesus' Easy Yoke](#) by Bill Gaultiere.

PEACE, BE STILL

[Breath Prayer Guides](#) by Bill Gaultiere

Introduction to Breath Prayers

There are many challenges to prayer like distractions, restlessness, and engaging our mind and heart with God. Repeatedly breathing in and out a phrase of Scripture is an ancient Christian practice that can help us to pray with focus, depth, and persistence. It is a simple way of using our bodies in our discipleship to Jesus, much like kneeling in prayer or raising our hands in worship. Training with Breath Prayers from the Bible fosters intimacy with God, practicing God's presence, emotional health, and fruitful intercession for yourself and others.

Bible Verse

"[Jesus] awoke and rebuked the wind and said to the sea, 'Peace! Be still!'" (Mark 4:39, ESV).

Meditation / Application

Jesus and his disciples were in their little fishing boat on the Sea of Galilee when suddenly a fierce storm threatened their lives. The disciples panicked, but Jesus took a nap! How was Jesus able to sleep? How could his body be at peace when gale winds blew freezing rain on him? He had trained himself to be submitted to the Father in all things. He wasn't just in the storm he was in the Kingdom of the Heavens resting in the arms of Abba Father. He trusted his Father to keep them safe—whether they survived or were thrown into the sea! When his disciples woke him he spoke the peace from his body into the storm (Mark 4:35-41).

Consider a storm that you're going through... Normally maybe your temptation is to row hard to get out of trouble? Complain? Or blame someone? Instead, place yourself with Jesus in the boat at sea and in the larger reality of God's kingdom. Then use Jesus' words as a Breath Prayer of the heart. (You can pray this for a loved one too.)

Breath Prayer

Peace... Be still...

Breathing Rhythm

Use your rhythm of breathing to help you pray:

- Breathe in slowly and deeply as you appreciate God's peace...
- Hold your breath to help you hold onto your sense of God's peace...
- Breathe out slowly and completely to help you release stress and fear...
- Breathe in, filling your lungs as you whisper, "Peace..."
- Feel the word "peace" echo inside you as you hold your breath awhile...
- Breathe out as you whisper, "Be still..."
- Let distractions slip away by re-focusing on breathing your prayer over and over...

Prayer / Journaling / Soul Talk Prompts

What feelings or needs arose? What was your experience of God? Share and pray in your journal or with a friend.

FEAR NOT!

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Bible Verses

“And the angel said to [the shepherds], ‘Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord’” (Luke 2:10-11, ESV).

Meditation / Application

When the angel announced the birth of Christ to the shepherds watching their flocks at night on the hills of Bethlehem he was soon joined by a host of angels that lit up the dark sky! “Fear not!” were the angel's first words. Whenever the Lord or an angel manifest in the Bible they say, “Fear not!” God's glory is extremely bright, startling, and awesome that it leaves us trembling so God assures us that we are safe and cared for. The Good News of the coming of Christ is that the God of Angel Armies is with us to love us and so we don't need to fear anything.

What fear(s) are you facing in your life today? What situation is tempting you to be afraid of something going wrong? This Breath Prayer can help you to take courage from the loving presence of Christ Jesus the Lord. (You can pray this for a loved one too.)

Breath Prayer

Christ is here... Fear not...

Breathing Rhythm

Use your rhythm of breathing to help you pray:

- Breathe in slowly and deeply to help you appreciate the coming of Christ...
- Breathe out slowly and completely to help you release your fears to God...
- Breathe in as you whisper, “Christ is here...”
- Breathe out as you whisper, “Fear not...”
- Let distractions slip away by re-focusing on breathing your prayer over and over...

Prayer / Journaling / Soul Talk Prompts

What feelings or needs arose? What was your experience of God? Share and pray in your journal or with a friend.