



## Daily Scripture Readings on Fear

Below is a list of scripture passages that offer reassurance in the face of fear – one selection for each day during the *Fearless* series at Monroe UMC. I invite you to read the day's scripture in the morning when you awaken and to read it again in the evening before sleep.

I encourage you to use a simple form of *lectio Divina* (divine reading) that many people find helpful in allowing the scriptures to speak to them.

- Find a quiet place where you can be alone without interruption for at least 15 minutes. Begin with simple prayer, like, "Lord, thank you for today. Thank you for ..." and name five (5) things for which you are thankful.
- Next, acknowledge to God that you are struggling with fear, worry, or anxiety. You don't need to spend a lot of time naming the fears – just acknowledge them. Then pray, "Lord, speak to me as I read these words of scripture. Help me to hear from you."
- Now read the scripture, noting any words or phrases that stand out to you. Underline them or write them down on a journal or notepad. You may get little the first time through, and that's OK. Pray again, "Lord, speak to me as I read once more these words of scripture."
- Read the scripture again, this time aloud, slowly, listening as you read. This can help focus our minds on what we're reading. Underline words or phrases that stand out to you as you read the passage a second time.
- Now, one last time, pray, "Lord, speak to me. I'm listening." Read the passage a third time, either silently or in a whisper. Again, underline or jot down those portions that speak to you.
- Finally, pray once more, but this time use the words of the scripture text that you underlined or jotted down in your prayer, claiming for yourself the faith of the scripture writer and expressing your own faith in the One whom he wrote about. End with words like these, "Lord, I belong to you. Keep me safe in your arms. Help me to remember you are always by my side."

I encourage you to read from a modern translation of the Bible. You can also find free online Bibles at [BibleGateway.com](http://BibleGateway.com).

### **Day One (04/19/2026)**

Deuteronomy 31:6: Moses is speaking to the Israelites just before his death. He is commissioning Joshua to lead the Israelites into battle in the Promised Land. Marching into war is frightening, but listen carefully to Moses's words to the Israelites.

### **Day Two (04/20/2026)**

Joshua 1:9: God is reassuring Joshua as he is preparing to lead the Israelites into battle. God's promise to be with Joshua is the reason he can be strong and courageous.

### **Day Three (04/21/2026)**

Psalms 3: The Psalms were prayers written in the form of Hebrew poetry and often set to music. Their words capture the fears and faith not only of their authors but of all who have found comfort in them.

### **Day Four (04/22/2026)**

Psalms 56: Often the psalmists were facing enemies—other nations attacking Israel or others among their own people who were mistreating them. Several lines in this psalm, including verses 3 and 4, are powerful affirmations of trust in God.

### **Day Five (04/23/2026)**

Proverbs 3:25-26: The Proverbs represent the collected wisdom of ancient Israel. They reflect what the writers observed in their own lives and in the lives of others.

### **Day Six (04/24/2026)**

Isaiah 12: Isaiah's words in this chapter promised a day when the people of Israel would be delivered from their enemies. The words were initially spoken in a time of great difficulty, and trusting them brought peace in the face of the storm.

### **Day Seven (04/25/2026)**

Isaiah 41:8-10: To a people living in a very frightening and difficult time, Isaiah penned these words on behalf of God. As you read, imagine God speaking them to you.

### **Day Eight (04/26/2026)**

Matthew 8:23-27: As you read this story, bring to mind the storms in your own life. Christians believe Jesus is in the boat with them all the time.

### **Day Nine (04/27/2026)**

Matthew 10:26-33: Jesus tells us that even the hairs on our heads are numbered—an expression indicating that God knows us even better than we know ourselves.

### **Day Ten (04/28/2026)**

Matthew 14:22-33: In this scene at sea, Jesus comes to the disciples in the midst of the storm and invites Peter to walk on the water with him. You are Simon Peter in this story.

**Day Eleven (04/29/2026)**

Matthew 28:1-10: Twice in this passage, which follows Jesus's resurrection after his crucifixion, the women are told not to be afraid. How does the resurrection deliver us from fear?

**Day Twelve (04/30/2026)**

Luke 1:26-38: In this well-loved story, Mary is told she will have a child. Both the appearance of the messenger and the message must have been frightening. Mary trusted God.

**Day Thirteen (05/01/2026)**

Luke 2:8-10: When the angels appeared to the shepherds, they were terrified. How does this story speak to us about fear and our response to it?

**Day Fourteen (05/02/2026)**

Luke 5:1-11: After a miraculous catch of fish, Jesus calls fishermen to follow him. Both the miracle and the calling likely brought fear.

**Day Fifteen (05/03/2026)**

Luke 12:4-7: This version of Jesus's teaching reminds us that fearing God reduces our other fears.

**Day Sixteen (05/04/2026)**

Luke 12:22-34: This passage reminds us not to worry and to trust God's provision.

**Day Seventeen (05/05/2026)**

John 6:16-21: This is John's version of Jesus calming the storm. Imagine Jesus speaking these words to you.

**Day Eighteen (05/06/2026)**

John 14:27: Jesus speaks peace to his disciples before his arrest. How do these words speak to you?

**Day Nineteen (05/07/2026)**

Romans 8:14-17: Being a child of God and filled with the Spirit frees us from fear.

**Day Twenty (05/08/2026)**

Romans 8:28: God can bring good even from hardship, tragedy, and pain.

**Day Twenty-One (05/09/2026)**

Romans 8:35-39: Nothing can separate us from the love of God.

**Day Twenty-Two (05/10/2026)**

Philippians 4:4-7: These verses offer keys to living without fear.

**Day Twenty-Three (05/11/2026)**

Philippians 4:8-9: Focusing our minds in healthy ways leads to peace.

**Day Twenty-Four (05/12/2026)**

Colossians 3:12-17: Paul gives guidance for peace in relationships and life.

**Day Twenty-Five (05/13/2026)**

1 John 4:16-21: Perfect love drives out fear.

**Day Twenty-Six (05/14/2026)**

Psalms 23: Even in dark valleys, God is with us.

**Day Twenty-Seven (05/15/2026)**

Psalms 55:1-5, 16-19: The psalmist models prayer throughout the day in times of fear.

**Day Twenty-Eight (05/16/2026)**

Proverbs 29:25: Fear of others can trap us, but trust in God brings safety.

**Day Twenty-Nine (05/17/2026)**

Isaiah 41:1-10: Hear these powerful words as God speaking directly to you.

**Day Thirty (05/18/2026)**

Isaiah 43:1-3a: God does not promise no hardship but promises presence through it.

**Day Thirty-One (05/19/2026)**

Revelation 21:3-4: God will one day remove all sorrow, suffering, and pain.