

How Many Times Does the Bible Tell Us Not to Fear?



A common saying among Christians today is, “‘Fear not’ is in the Bible 365 times.” I saw this on a Facebook post and was surprised at how many Christians agreed with the statement. The Bible does tell us not to fear, but not 365 times. Let’s see how many times I can come up with.

Doing a search for “fear not” in my King James Pure Bible software, I came up with 63 occurrences, but two of those occurrences are not telling us not to fear.

Psalms 55:19 God shall hear, and afflict them, even he that abideth of old. Selah. Because they have no changes, therefore they **fear not** God.

1 Peter 2:18 Servants, be subject to your masters with all fear; not only to the good and gentle, but also to the froward.

I also removed Judges 4:18 because Jael is telling Sisera not to fear so she can catch him off guard and kill him!

Judges 4:18 And Jael went out to meet Sisera, and said unto him, Turn in, my lord, turn in to me; **fear not**. And when he had turned in unto her into the tent, she covered him with a mantle.

And I removed from the list 2 Samuel 13:28 because evil Absalom is telling his servants not to fear to kill his brother Ammon!

2 Samuel 13:28 Now Absalom had commanded his servants, saying, Mark ye now when Amnon’s heart is merry with wine, and when I say unto you, Smite Amnon; then kill him, **fear not**: have not I commanded you? be courageous, and be valiant.

And 2 Kings 17:34 was removed because it's talking about people who do not fear the Lord.

2 Kings 17:34 Unto this day they do after the former manners: they **fear not** the LORD, neither do they after their statutes, or after their ordinances, or after the law and commandment which the LORD commanded the children of Jacob, whom he named Israel;

Psalms 64:4 was removed because it's talking about evil doers who don't fear to do evil.

Psalms 64:4 That they may shoot in secret at the perfect: suddenly do they shoot at him, and **fear not**.

All the other verses are either the Lord telling us not to fear, or the Lord's servants telling their people not to fear.

Verses that encourage us or others to "fear not."

1. Genesis 15:1 After these things the word of the LORD came unto Abram in a vision, saying, **fear not**, Abram: I am thy shield, and thy exceeding great reward.
2. Genesis 21:17 And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? **fear not**; for God hath heard the voice of the lad where he is.
3. Genesis 26:24 And the LORD appeared unto him the same night, and said, I am the God of Abraham thy father: **fear not**, for I am with thee, and will bless thee, and multiply thy seed for my servant Abraham's sake.
4. Genesis 35:17 And it came to pass, when she was in hard labour, that the midwife said unto her, **fear not**; thou shalt have this son also.
5. Genesis 43:23 And he said, Peace be to you, **fear not**: your God, and the God of your father, hath given you treasure in your sacks: I had your money. And he brought Simeon out unto them.
6. Genesis 46:3 And he said, I am God, the God of thy father: **fear not** to go down into Egypt; for I will there make of thee a great nation:
7. Genesis 50:19 And Joseph said unto them, **fear not**: for am I in the place of God?
8. Exodus 20:20 And Moses said unto the people, **fear not**: for God is come to prove you, and that his fear may be before your faces, that ye sin not.
9. Deuteronomy 1:21 Behold, the LORD thy God hath set the land before thee: go up and possess it, as the LORD God of thy fathers hath said unto thee; **fear not**, neither be discouraged.
10. Deuteronomy 20:3 And shall say unto them, Hear, O Israel, ye approach this day unto battle against your enemies: let not your hearts faint, **fear not**, and do not tremble, neither be ye terrified because of them;
11. Deuteronomy 31:6 Be strong and of a good courage, **fear not**, nor be afraid of them: for the LORD thy God, he it is that doth go with thee;

he will not fail thee, nor forsake thee.

12. Deuteronomy 31:8 And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: **fear not**, neither be dismayed.
13. Joshua 8:1 And the LORD said unto Joshua, **fear not**, neither be thou dismayed: take all the people of war with thee, and arise, go up to Ai: see, I have given into thy hand the king of Ai, and his people, and his city, and his land:
14. Joshua 10:25 And Joshua said unto them, **fear not**, nor be dismayed, be strong and of good courage: for thus shall the LORD do to all your enemies against whom ye fight.
15. Judges 6:10 And I said unto you, I am the LORD your God; **fear not** the gods of the Amorites, in whose land ye dwell: but ye have not obeyed my voice.
16. Judges 6:23 And the LORD said unto him, Peace be unto thee; **fear not**: thou shalt not die.
17. Ruth 3:11 And now, my daughter, **fear not**; I will do to thee all that thou requirest: for all the city of my people doth know that thou art a virtuous woman.
18. 1 Samuel 4:20 And about the time of her death the women that stood by her said unto her, **fear not**; for thou hast born a son. But she answered not, neither did she regard it.
19. 1 Samuel 12:20 And Samuel said unto the people, **fear not**: ye have done all this wickedness: yet turn not aside from following the LORD, but serve the LORD with all your heart;
20. 1 Samuel 22:23 Abide thou with me, **fear not**: for he that seeketh my life seeketh thy life: but with me thou shalt be in safeguard.
21. 1 Samuel 23:17 And he said unto him, **fear not**: for the hand of Saul my father shall not find thee; and thou shalt be king over Israel, and I shall be next unto thee; and that also Saul my father knoweth.
22. 2 Samuel 9:7 And David said unto him, **fear not**: for I will surely shew thee kindness for Jonathan thy father's sake, and will restore thee all the land of Saul thy father; and thou shalt eat bread at my table continually.
23. 1 Kings 17:13 And Elijah said unto her, **fear not**; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son.
24. 2 Kings 6:16 And he answered, **fear not**: for they that be with us are more than they that be with them.
25. 2 Kings 25:24 And Gedaliah sware to them, and to their men, and said unto them, **fear not** to be the servants of the Chaldees: dwell in the land, and serve the king of Babylon; and it shall be well with you.
26. 1 Chronicles 28:20 And David said to Solomon his son, Be strong and of good courage, and do it: **fear not**, nor be dismayed: for the LORD God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.
27. 2 Chronicles 20:17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you, O Judah and Jerusalem: **fear not**, nor be dismayed; to morrow go out against them: for the LORD will be with you.

28. Isaiah 7:4 And say unto him, Take heed, and be quiet; **fear not**, neither be fainthearted for the two tails of these smoking firebrands, for the fierce anger of Rezin with Syria, and of the son of Remaliah.
29. Isaiah 35:4 Say to them that are of a fearful heart, Be strong, **fear not**: behold, your God will come with vengeance, even God with a recompence; he will come and save you.
30. Isaiah 41:13 For I the LORD thy God will hold thy right hand, saying unto thee, **fear not**; I will help thee.
31. Isaiah 41:14 **fear not**, thou worm Jacob, and ye men of Israel; I will help thee, saith the LORD, and thy redeemer, the Holy One of Israel.
32. Isaiah 43:1 But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, **fear not**: for I have redeemed thee, I have called thee by thy name; thou art mine.
33. Isaiah 43:5 **fear not**: for I am with thee: I will bring thy seed from the east, and gather thee from the west;
34. Isaiah 44:2 Thus saith the LORD that made thee, and formed thee from the womb, which will help thee; **fear not**, O Jacob, my servant; and thou, Jesurun, whom I have chosen.
35. Isaiah 54:4 **fear not**; for thou shalt not be ashamed: neither be thou confounded; for thou shalt not be put to shame: for thou shalt forget the shame of thy youth, and shalt not remember the reproach of thy widowhood any more.
36. Jeremiah 40:9 And Gedaliah the son of Ahikam the son of Shaphan sware unto them and to their men, saying, **fear not** to serve the Chaldeans: dwell in the land, and serve the king of Babylon, and it shall be well with you.
37. Jeremiah 46:27 But **fear not** thou, O my servant Jacob, and be not dismayed, O Israel: for, behold, I will save thee from afar off, and thy seed from the land of their captivity; and Jacob shall return, and be in rest and at ease, and none shall make him afraid.
38. Lamentations 3:57 Thou drewest near in the day that I called upon thee: thou saidst, **fear not**.
39. Daniel 10:12 Then said he unto me, **fear not**, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.
40. Daniel 10:19 And said, O man greatly beloved, **fear not**: peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me.
41. Joel 2:21 **fear not**, O land; be glad and rejoice: for the LORD will do great things.
42. Zechariah 8:13 And it shall come to pass, that as ye were a curse among the heathen, O house of Judah, and house of Israel; so will I save you, and ye shall be a blessing: **fear not**, but let your hands be strong.
43. Malachi 3:5 And I will come near to you to judgment; and I will be a swift witness against the sorcerers, and against the adulterers, and against false swearers, and against those that oppress the hireling in his wages, the widow, and the fatherless, and that turn aside the stranger from his right, and **fear not** me, saith the LORD of hosts.
44. Matthew 1:20 But while he thought on these things, behold, the angel of

the Lord appeared unto him in a dream, saying, Joseph, thou son of David, **fear not** to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.

45. Matthew 10:28 And **fear not** them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.
46. Matthew 28:5 And the angel answered and said unto the women, **fear not** ye: for I know that ye seek Jesus, which was crucified.
47. Luke 1:13 But the angel said unto him, **fear not**, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John.
48. Luke 1:30 And the angel said unto her, **fear not**, Mary: for thou hast found favour with God.
49. Luke 2:10 And the angel said unto them, **fear not**: for, behold, I bring you good tidings of great joy, which shall be to all people.
50. Luke 5:10 And so was also James, and John, the sons of Zebedee, which were partners with Simon. And Jesus said unto Simon, **fear not**; from henceforth thou shalt catch men.
51. Luke 8:50 But when Jesus heard it, he answered him, saying, **fear not**: believe only, and she shall be made whole.
52. Luke 12:7 But even the very hairs of your head are all numbered. **Fear not** therefore: ye are of more value than many sparrows.
53. Luke 12:32 **fear not**, little flock; for it is your Father's good pleasure to give you the kingdom.
54. Luke 18:4 And he would not for a while: but afterward he said within himself, Though I **fear not** God, nor regard man;
55. John 12:15 **fear not**, daughter of Sion: behold, thy King cometh, sitting on an ass's colt.
56. Acts 27:24 Saying, **fear not**, Paul; thou must be brought before Cæsar: and, lo, God hath given thee all them that sail with thee.
57. Revelation 1:17 And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, **fear not**; I am the first and the last:

Verses that say "fear ye not."

1. Genesis 50:21 Now therefore **fear ye not**: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them.
2. Exodus 14:13 ¶ And Moses said unto the people, **Fear ye not**, stand still, and see the salvation of the LORD, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.
3. Isaiah 44:8 **Fear ye not**, neither be afraid: have not I told thee from that time, and have declared it? ye are even my witnesses. Is there a God beside me? yea, there is no God; I know not any.
4. Isaiah 51:7 ¶ Hearken unto me, ye that know righteousness, the people in whose heart is my law; **fear ye not** the reproach of men, neither be ye afraid of their revilings.
5. Haggai 2:5 According to the word that I covenanted with you when ye came out of Egypt, so my spirit remaineth among you: **fear ye not**.
6. Zechariah 8:15 So again have I thought in these days to do well unto

Jerusalem and to the house of Judah: **fear ye not.**

7. Matthew 10:31 Fear ye not therefore, ye are of more value than many sparrows.

Jeremiah 5:22 is not included in the “fear ye not” set of verses because it talks about fearing the Lord which is always in a positive sense.

Jeremiah 5:22 Fear ye not me? saith the LORD: will ye not tremble at my presence, which have placed the sand for the bound of the sea by a perpetual decree, that it cannot pass it: and though the waves thereof toss themselves, yet can they not prevail; though they roar, yet can they not pass over it?

Verses that say “fear thou not.”

1. Isaiah 41:10 **Fear thou not**; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.
2. Jeremiah 30:10 Therefore **fear thou not**, O my servant Jacob, saith the LORD; neither be dismayed, O Israel: for, lo, I will save thee from afar, and thy seed from the land of their captivity; and Jacob shall return, and shall be in rest, and be quiet, and none shall make him afraid.
3. Jeremiah 46:28 **Fear thou not**, O Jacob my servant, saith the LORD: for I am with thee; for I will make a full end of all the nations whither I have driven thee: but I will not make a full end of thee, but correct thee in measure; yet will I not leave thee wholly unpunished.
4. Zephaniah 3:16 In that day it shall be said to Jerusalem, **Fear thou not**: and to Zion, Let not thine hands be slack.

Verses that say “fear him not.”

1. Deuteronomy 3:2 And the LORD said unto me, **Fear him not**: for I will deliver him, and all his people, and his land, into thy hand; and thou shalt do unto him as thou didst unto Sihon king of the Amorites, which dwelt at Heshbon.
2. Numbers 21:34 And the LORD said unto Moses, **Fear him not**: for I have delivered him into thy hand, and all his people, and his land; and thou shalt do to him as thou didst unto Sihon king of the Amorites, which dwelt at Heshbon.

Verses that say “fear them not.”

1. Numbers 14:9 Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: **fear them not.**
2. Joshua 10:8 ¶ And the LORD said unto Joshua, **fear them not**: for I have delivered them into thine hand; there shall not a man of them stand before thee.
3. Ezekiel 3:9 As an adamant harder than flint have I made thy forehead: **fear them not**, neither be dismayed at their looks, though they be a

rebellious house.

4. Matthew 10:26 **fear them not** therefore: for there is nothing covered, that shall not be revealed; and hid, that shall not be known.

Verses that say “neither fear ye.”

1. Isaiah 8:12 Say ye not, A confederacy, to all them to whom this people shall say, A confederacy; **neither fear ye** their fear, nor be afraid.
2. Numbers 14:9 Only rebel not ye against the LORD, **neither fear ye** the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: fear them not.

Verses that say “be not afraid.”

1. Deuteronomy 20:1 When thou goest out to battle against thine enemies, and seest horses, and chariots, and a people more than thou, **be not afraid** of them: for the LORD thy God is with thee, which brought thee up out of the land of Egypt.
2. Joshua 1:9 Have not I commanded thee? Be strong and of a good courage; **be not afraid**, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.
3. Joshua 11:6 ¶ And the LORD said unto Joshua, **Be not afraid** because of them: for to morrow about this time will I deliver them up all slain before Israel: thou shalt hough their horses, and burn their chariots with fire.
4. 1 Samuel 28:13 And the king said unto her, **Be not afraid**: for what sawest thou? And the woman said unto Saul, I saw gods ascending out of the earth.
5. 2 Kings 1:15 And the angel of the LORD said unto Elijah, Go down with him: **be not afraid** of him. And he arose, and went down with him unto the king.
6. 2 Kings 19:6 ¶ And Isaiah said unto them, Thus shall ye say to your master, Thus saith the LORD, **Be not afraid** of the words which thou hast heard, with which the servants of the king of Assyria have blasphemed me.
7. 2 Chronicles 20:15 And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the LORD unto you, **Be not afraid** nor dismayed by reason of this great multitude; for the battle is not yours, but God's.
8. 2 Chronicles 32:7 Be strong and courageous, **be not afraid** nor dismayed for the king of Assyria, nor for all the multitude that is with him: for there be more with us than with him:
9. Proverbs 3:25 **Be not afraid** of sudden fear, neither of the desolation of the wicked, when it cometh.
10. Isaiah 10:24 ¶ Therefore thus saith the Lord GOD of hosts, O my people that dwellest in Zion, **be not afraid** of the Assyrian: he shall smite thee with a rod, and shall lift up his staff against thee, after the manner of Egypt.
11. Isaiah 37:6 ¶ And Isaiah said unto them, Thus shall ye say unto your master, Thus saith the LORD, **Be not afraid** of the words that thou hast heard, wherewith the servants of the king of Assyria have blasphemed me.
12. Isaiah 40:9 ¶ O Zion, that bringest good tidings, get thee up into the

high mountain; O Jerusalem, that bringest good tidings, lift up thy voice with strength; lift it up, **be not afraid**; say unto the cities of Judah, Behold your God!

13. Jeremiah 1:8 **Be not afraid** of their faces: for I am with thee to deliver thee, saith the LORD.
14. Jeremiah 10:5 They are upright as the palm tree, but speak not: they must needs be borne, because they cannot go. **Be not afraid of them**; for they cannot do evil, neither also is it in them to do good.
15. Jeremiah 42:11 **Be not afraid** of the king of Babylon, of whom ye are afraid; be not afraid of him, saith the LORD: for I am with you to save you, and to deliver you from his hand.
16. Ezekiel 2:6 ¶ And thou, son of man, **be not afraid** of them, neither be afraid of their words, though briers and thorns be with thee, and thou dost dwell among scorpions: be not afraid of their words, nor be dismayed at their looks, though they be a rebellious house.
17. Joel 2:22 **Be not afraid**, ye beasts of the field: for the pastures of the wilderness do spring, for the tree beareth her fruit, the fig tree and the vine do yield their strength.
18. Matthew 14:27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; **be not afraid**.
19. Matthew 17:7 And Jesus came and touched them, and said, Arise, and **be not afraid**.
20. Matthew 28:10 Then said Jesus unto them, **Be not afraid**: go tell my brethren that they go into Galilee, and there shall they see me.
21. Mark 5:36 As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, **Be not afraid**, only believe.
22. Mark 6:50 For they all saw him, and were troubled. And immediately he talked with them, and saith unto them, Be of good cheer: it is I; **be not afraid**.
23. Luke 12:4 And I say unto you my friends, **Be not afraid** of them that kill the body, and after that have no more that they can do.
24. John 6:20 But he saith unto them, It is I; **be not afraid**.
25. Acts 18:9 Then spake the Lord to Paul in the night by a vision, **Be not afraid**, but speak, and hold not thy peace:
26. 1 Peter 3:14 But and if ye suffer for righteousness' sake, happy are ye: and **be not afraid** of their terror, neither be troubled;

Verses that say "nor be afraid."

1. Isaiah 8:12 Say ye not, A confederacy, to all them to whom this people shall say, A confederacy; neither fear ye their fear, **nor be afraid**.
2. Deuteronomy 31:6 Be strong and of a good courage, fear not, **nor be afraid** of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

The following two sections are thanks to input from Jim Arnett.

Verses that say "dread not"

1. Deuteronomy 1:29 Then I said unto you, **Dread not**, neither be afraid of them.
2. 1 Chronicles 22:13 Then shalt thou prosper, if thou takest heed to

fulfil the statutes and judgments which the LORD charged Moses with concerning Israel: be strong, and of good courage; **dread not**, nor be dismayed.

Verses that say “nor be dismayed”

1. Joshua 10:25 And Joshua said unto them, Fear not, **nor be dismayed**, be strong and of good courage: for thus shall the LORD do to all your enemies against whom ye fight.
2. 1 Chronicles 22:13 Then shalt thou prosper, if thou takest heed to fulfil the statutes and judgments which the LORD charged Moses with concerning Israel: be strong, and of good courage; dread not, **nor be dismayed**.
3. 1 Chronicles 28:20 And David said to Solomon his son, Be strong and of good courage, and do it: fear not, **nor be dismayed**: for the LORD God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.
4. 2 Chronicles 20:17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you, O Judah and Jerusalem: fear not, **nor be dismayed**; to morrow go out against them: for the LORD will be with you.
5. Jeremiah 23:4 And I will set up shepherds over them which shall feed them: and they shall fear no more, **nor be dismayed**, neither shall they be lacking, saith the LORD.
6. Ezekiel 2:6 ¶And thou, son of man, be not afraid of them, neither be afraid of their words, though briars and thorns be with thee, and thou dost dwell among scorpions: be not afraid of their words, **nor be dismayed** at their looks, though they be a rebellious house.

Verse that says “Be not affrighted”

1. Mark 16:6 And he saith unto them, **Be not affrighted**: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him.

The grand total of 57+7+4+2+4+2+26+2+2+6+1 = 113. The Bible tells us exactly 113 times not to fear or dread evil nor be dismayed at what’s happening to us!

Did I miss something? If so, please tell me in the comments below and I will add it to this article.