



AMERICAN BIBLE SOCIETY

# THE LORD KEEPS YOU SAFE

Words of Assurance  
to Calm Your Fears

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GOOD NEWS TRANSLATION



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## Introduction

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*I am so afraid!*

*I can't sleep—I am haunted by recurring nightmares!*

*I don't want to be left alone!*

*An act of violence or terrorism is often followed by a period of fear. Experiences such as the sudden and unexpected death of a loved one or the loss of personal property, and even the witnessing of traumatic events, can bring on feelings of fear, anxiety, helplessness, or abandonment. If you are experiencing any of these feelings, you may be suffering from post-traumatic stress disorder. Symptoms include recurring nightmares, panic attacks, difficulty in concentrating, nervousness at sudden noises, difficulty in establishing emotional relationships, and hypervigilance (a heightened sense of alertness).*

*You are encouraged to discuss what you are feeling with a member of the clergy or a trained counselor. Your fears are very real and you need not suffer in solitude and silence.*

*In the midst of your fears, know that God is with you—comforting and strengthening you, and assuring you with words that are repeated frequently throughout the Bible: “Don’t be afraid.”*

*This Scripture booklet contains passages from the Bible—words of comfort and assurance—from which you can draw strength. God will care for you and promises never to let go or abandon you. Cling to this promise.*

I am the LORD your God.  
I am holding your hand,  
so don't be afraid.  
I am here to help you.

Isaiah 41.13

# Tell God Your Fears

---

*Fear, anxiety, a sense of rejection, despair, loss of hope, and a sense of helplessness were among the feelings experienced by many of the psalm writers. Like them, share your feelings with God.*

## *I am afraid.*

God Most High, have pity on me!

Have mercy.

I run to you  
for safety.

In the shadow of your wings,

I seek protection

till danger dies down.

I pray to you, my protector.

You will send help from heaven

and save me,

but you will bring trouble

on my attackers.

You are faithful,

and you can be trusted.

Psalm 57.1-3



Save me, God! Protect me  
from enemy attacks!  
Keep me safe from brutal people  
who want to kill me.

Merciless enemies, LORD,  
are hiding and plotting,  
hoping to kill me.  
I have not hurt them  
in any way at all.  
But they are ready to attack.  
Do something! Help me!  
Look at what's happening.

Psalm 59.1-4

### *I feel rejected.*

How much longer, LORD,  
will you forget about me?  
Will it be forever?  
How long will you hide?  
How long must I be confused  
and miserable all day?  
How long will my enemies  
keep beating me down?

Please listen, LORD God,  
and answer my prayers.  
Make my eyes sparkle again,  
or else I will fall

into the sleep of death.  
My enemies will say,  
“Now we’ve won!”  
They will be greatly pleased  
when I am defeated.

Psalm 13.1-4

## *I am discouraged.*

As a deer gets thirsty  
for streams of water,  
I truly am thirsty  
for you, my God.  
In my heart, I am thirsty  
for you, the living God.  
When will I see your face?  
Day and night my tears  
are my only food,  
as everyone keeps asking,  
“Where is your God?”

. . .

You are my mighty rock.  
Why have you forgotten me?  
Why must enemies mistreat me  
and make me sad?  
Even my bones are in pain,  
while all day long  
my enemies sneer and ask,  
“Where is your God?”

Why am I discouraged?  
Why am I restless?  
I trust you!  
And I will praise you again  
because you help me,  
and you are my God.

Psalm 42.1-3, 9-11

### *I feel hopeless.*

Please hurry, LORD,  
and answer my prayer.  
I feel hopeless.  
Don't turn away  
and leave me here to die.  
Each morning let me learn  
more about your love  
because I trust you.  
I come to you in prayer,  
asking for your guidance.  
Please rescue me  
from my enemies, LORD!  
I come to you for safety.  
You are my God. Show me  
what you want me to do,  
and let your gentle Spirit  
lead me in the right path.

Psalm 143.7-10

## *I am weak and unable to eat.*

I am poor and helpless,  
and I have lost all hope.  
I am fading away  
like an evening shadow;  
I am tossed aside  
like a crawling insect.  
I have gone without eating,  
until my knees are weak,  
and my body is bony.  
When my enemies see me,  
they say cruel things  
and shake their heads.

Psalm 109.22-25

## *I am in deep distress.*

Don't punish me, LORD,  
or even correct me  
when you are angry!  
Have pity on me and heal  
my feeble body.  
My bones tremble with fear,  
and I am in deep distress.  
How long will it be?

Turn and come to my rescue.  
Show your wonderful love

and save me, LORD.  
If I die, I cannot praise you  
or even remember you.  
My groaning has worn me out.  
At night my bed and pillow  
are soaked with tears.  
Sorrow has made my eyes dim,  
and my sight has failed  
because of my enemies.

Psalm 6.1-7

### *I am unable to sleep in peace.*

I pray to you, Lord God,  
and I beg you to listen.  
In days filled with trouble,  
I search for you.  
And at night I tirelessly  
lift my hands in prayer,  
refusing comfort.  
When I think of you,  
I feel restless and weak.  
Because of you, Lord God,  
I can't sleep.  
I am restless  
and can't even talk.  
I think of times gone by,  
of those years long ago.  
Each night my mind  
is flooded with questions:

“Have you rejected me forever?  
Won't you be kind again?  
Is this the end of your love  
and your promises?  
Have you forgotten  
how to have pity?  
Do you refuse to show mercy  
because of your anger?”

Psalm 77.1-9

### *I am worried and troubled.*

I am lonely and troubled.  
Show that you care  
and have pity on me.  
My awful worries keep growing.  
Rescue me from sadness.  
See my troubles and misery  
and forgive my sins.

Look at all my enemies!  
See how much they hate me.  
I come to you for shelter.  
Protect me, keep me safe,  
and don't disappoint me.  
I obey you with all my heart,  
and I trust you, knowing  
that you will save me.

Psalm 25.16-21

## *I feel helpless.*

Please listen, LORD,  
and answer my prayer!  
I am poor and helpless.  
Protect me and save me  
because you are my God.  
I am your faithful servant,  
and I trust you.  
Be kind to me!  
I pray to you all day.  
Make my heart glad!  
I serve you,  
and my prayer is sincere.  
You willingly forgive,  
and your love is always there  
for those who pray to you.  
Please listen, LORD!  
Answer my prayer for help.  
When I am in trouble, I pray,  
knowing you will listen.

Psalm 86.1-7

# God Hears Your Cries

---

*In the midst of your fears, be assured that God cares for you and will shelter you.*

*The LORD will keep you safe.*

You, LORD, are the light  
that keeps me safe.  
I am not afraid of anyone.  
You protect me,  
and I have no fears.  
Brutal people may attack  
and try to kill me,  
but they will stumble.  
Fierce enemies may attack,  
but they will fall.  
Armies may surround me,  
but I won't be afraid;  
war may break out,  
but I will trust you.



I ask only one thing, LORD:  
Let me live in your house  
    every day of my life  
to see how wonderful you are  
    and to pray in your temple.

In times of trouble,  
    you will protect me.  
You will hide me in your tent  
and keep me safe  
    on top of a mighty rock.  
You will let me defeat  
    all of my enemies.  
Then I will celebrate,  
    as I enter your tent  
with animal sacrifices  
    and songs of praise.

Please listen when I pray!  
    Have pity. Answer my prayer.  
My heart tells me to pray.  
I am eager to see your face,  
    so don't hide from me.  
I am your servant,  
and you have helped me.  
    Don't turn from me in anger.  
You alone keep me safe.  
    Don't reject or desert me.

Even if my father and mother  
should desert me,  
you will take care of me.

Teach me to follow, LORD,  
and lead me on the right path  
because of my enemies.  
Don't let them do to me  
what they want.  
People tell lies about me  
and make terrible threats,  
but I know I will live  
to see how kind you are.

Trust the LORD!  
Be brave and strong  
and trust the LORD.

Psalm 27

*The LORD will keep you secure.*

Live under the protection  
of God Most High  
and stay in the shadow  
of God All-Powerful.  
Then you will say to the LORD,  
“You are my fortress,  
my place of safety;  
you are my God,  
and I trust you.”

The LORD will keep you safe  
from secret traps  
    and deadly diseases.  
He will spread his wings  
over you  
    and keep you secure.  
His faithfulness is like  
    a shield or a city wall.

You won't need to worry  
about dangers at night  
    or arrows during the day.  
And you won't fear diseases  
that strike in the dark  
    or sudden disaster at noon.

You will not be harmed,  
though thousands fall  
    all around you.  
And with your own eyes  
you will see  
    the punishment  
    of the wicked.  
The LORD Most High  
    is your fortress.  
Run to him for safety,  
and no terrible disasters  
    will strike you  
    or your home.

God will command his angels  
to protect you  
    wherever you go.  
They will carry you  
    in their arms,  
and you won't hurt your feet  
    on the stones.  
You will overpower  
the strongest lions  
    and the most deadly snakes.

The Lord says,  
"If you love me  
    and truly know who I am,  
I will rescue you  
    and keep you safe.  
When you are in trouble,  
    call out to me.  
I will answer and be there  
    to protect and honor you.  
You will live a long life  
    and see my saving power."

Psalm 91

## *The LORD will protect you.*

I look to the hills!

Where will I find help?  
It will come from the LORD,  
who created the heavens  
and the earth.

The LORD is your protector,  
and he won't go to sleep  
or let you stumble.  
The protector of Israel  
doesn't doze  
or ever get drowsy.

The LORD is your protector,  
there at your right side  
to shade you from the sun.  
You won't be harmed  
by the sun during the day  
or by the moon at night.

The LORD will protect you  
and keep you safe  
from all dangers.  
The LORD will protect you  
now and always  
wherever you go.

Psalm 121

## *The LORD will save you.*

Our LORD, you keep your word  
and do everything you say.  
When someone stumbles or falls,  
you give a helping hand.  
Everyone depends on you,  
and when the time is right,  
you provide them with food.  
By your own hand  
you satisfy  
the desires of all who live.

Our LORD, everything you do  
is kind and thoughtful,  
and you are near to everyone  
whose prayers are sincere.  
You satisfy the desires  
of all your worshipers,  
and you come to save them  
when they ask for help.  
You take care of everyone  
who loves you,  
but you destroy the wicked.

I will praise you, LORD,  
and everyone will respect  
your holy name forever.

Psalm 145.13b-21

## *The LORD will renew your strength.*

Don't you know?

Haven't you heard?

The LORD is the eternal God,  
Creator of the earth.

He never gets weary or tired;  
his wisdom cannot be measured.

The LORD gives strength  
to those who are weary.

Even young people get tired,  
then stumble and fall.

But those who trust the LORD  
will find new strength.

They will be strong like eagles  
soaring upward on wings;  
they will walk and run  
without getting tired.

Isaiah 40.28-31

## *The LORD will help you.*

Don't be afraid. I am with you.

Don't tremble with fear.

I am your God.

I will make you strong,  
as I protect you with my arm  
and give you victories.

. . .

I am the LORD your God.  
I am holding your hand,  
so don't be afraid.  
I am here to help you.

Isaiah 41.10, 13

## *The LORD will encourage you.*

I am the LORD, the one  
who encourages you.  
Why are you afraid  
of mere humans?  
They dry up and die like grass.

I spread out the heavens  
and laid foundations  
for the earth.  
But you have forgotten me,  
your LORD and Creator.  
All day long you were afraid  
of those who were angry  
and hoped to abuse you.  
Where are they now?

Everyone crying out in pain  
will be quickly set free;  
they will be rescued  
from the power of death  
and never go hungry.



I will help them  
because I am your God,  
the LORD All-Powerful,  
who makes the ocean roar.

I have told you what to say,  
and I will keep you safe  
in the palm of my hand.

Isaiah 51.12-16a

# God Will Take Care of You

---

*In the midst of your worries, God understands your needs and will calm your fears. You are precious to God.*

Jesus said:

Five sparrows are sold for just two pennies, but God doesn't forget a one of them. Even the hairs on your head are counted. So don't be afraid! You are worth much more than many sparrows.

Luke 12.6, 7

*Jesus assured his disciples  
with these words:*

I tell you not to worry about your life! Don't worry about having something to eat or wear. Life is more than food or clothing. Look at the crows! They don't plant or harvest, and they don't have storehouses or barns. But God takes care of them. You are

much more important than any birds. Can worry make you live longer? If you don't have power over small things, why worry about everything else?

Look how the wild flowers grow! They don't work hard to make their clothes. But I tell you that Solomon with all his wealth wasn't as well clothed as one of these flowers. God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. Won't he do even more for you? You have such little faith!

Don't keep worrying about having something to eat or drink. Only people who don't know God are always worrying about such things. Your Father knows what you need. But put God's work first, and these things will be yours as well.

Luke 12.22-31

*When a sudden storm occurred, Jesus was able to calm the wind and the waves and offer reassurance to his disciples.*

After Jesus left in a boat with his disciples, a terrible storm suddenly struck the lake, and waves started splashing into their boat.

Jesus was sound asleep, so the disciples went over to him and woke him up. They said, “Lord, save us! We’re going to drown!”

But Jesus replied, “Why are you so afraid? You surely don’t have much faith.” Then he got up and ordered the wind and the waves to calm down. And everything was calm.

The men in the boat were amazed and said, “Who is this? Even the wind and the waves obey him.”

Matthew 8.23-27

## *Be assured of the LORD’s protection.*

The LORD protects everyone who follows him,

but the wicked follow a road that leads to ruin.

Psalm 1.6

*In the sixth century B.C., the prophet Jeremiah announced God’s words of hope to the people of Judah who were living in exile in Babylonia:*

I will bless you with a future filled with hope—a future of success, not of suffering. You will turn back to me and ask for help, and I will answer your prayers. You will

worship me with all your heart, and I will be  
with you and accept your worship.

Jeremiah 29.11-13

*A prophet, writing at the time of Jerusalem's destruction in 586 B.C., was able to express these words of trust in the LORD:*

From the bottom of the pit,  
I prayed to you, LORD.  
I begged you to listen.  
“Help!” I shouted. “Save me!”  
You answered my prayer  
and came when I was in need.  
You told me, “Don’t worry!”  
You rescued me  
and saved my life.

Lamentations 3.55-58

*Put your trust in God who is your  
place of safety.*

Only God can save me,  
and I calmly wait for him.  
God alone is the mighty rock  
that keeps me safe  
and the fortress  
where I am secure.

. . .

Only God gives inward peace,  
and I depend on him.  
God alone is the mighty rock  
that keeps me safe,  
and he is the fortress  
where I feel secure.  
God saves me and honors me.  
He is that mighty rock  
where I find safety.  
Trust God, my friends,  
and always tell him  
each one of your concerns.  
God is our place of safety.

Psalm 62.1,2, 5-8



# Be Assured of God's Great Love for You

---

*Surrender all your fears to God who will surround you with love and be at your side as you seek to work through the stress that follows your traumatic experience.*

*The LORD's love will shelter you.*

Your love is a treasure,  
and everyone finds shelter  
in the shadow of your wings.  
You give your guests a feast  
in your house,  
and you serve a tasty drink  
that flows like a river.  
The life-giving fountain  
belongs to you,  
and your light gives light  
to each of us.

Our LORD, keep showing love  
to everyone who knows you,



and use your power to save all  
whose thoughts please you.

Psalm 36.7-10

*The LORD's love is with you always.*

You, LORD, are my shepherd.

I will never be in need.

You let me rest in fields  
of green grass.

You lead me to streams  
of peaceful water,  
and you refresh my life.

You are true to your name,  
and you lead me  
along the right paths.

I may walk through valleys  
as dark as death,  
but I won't be afraid.

You are with me,  
and your shepherd's rod  
makes me feel safe.

You treat me to a feast,  
while my enemies watch.

You honor me as your guest,  
and you fill my cup  
until it overflows.

Your kindness and love  
will always be with me  
each day of my life,  
and I will live forever  
in your house, LORD.

Psalm 23

*Jesus, the Good Shepherd, will never  
allow you to be lost.*

Jesus said:

I tell you for certain that only thieves and robbers climb over the fence instead of going in through the gate to the sheep pen. But the gatekeeper opens the gate for the shepherd, and he goes in through it. The sheep know their shepherd's voice. He calls each of them by name and leads them out.

When he has led out all of his sheep, he walks in front of them, and they follow, because they know his voice. The sheep will not follow strangers. They don't recognize a stranger's voice, and they run away.

. . .

I tell you for certain that I am the gate for the sheep. Everyone who came before me was a thief or a robber, and the sheep did not listen to any of them. I am the gate. All who

come in through me will be saved. Through me they will come and go and find pasture.

. . .

I am the good shepherd. I know my sheep, and they know me. Just as the Father knows me, I know the Father, and I give up my life for my sheep. I have other sheep that are not in this sheep pen. I must bring them together too, when they hear my voice. Then there will be one flock of sheep and one shepherd.

John 10.1-5, 7-9, 14-16

*Claim the victory that is yours  
because of Christ's love for you.*

In everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love—not life or death, not angels or spirits, not the present or the future, and not powers above or powers below. Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord!

Romans 8.37-39

*Claim the blessings God has  
in store for you.*

Jesus said:

God blesses those people  
who depend only on him.

They belong to the kingdom  
of heaven!

God blesses those people  
who grieve.

They will find comfort!

God blesses those people  
who are humble.

The earth will belong  
to them!

God blesses those people  
who want to obey him  
more than to eat or drink.

They will be given  
what they want!

God blesses those people  
who are merciful.

They will be treated  
with mercy!

God blesses those people  
whose hearts are pure.

They will see him!

God blesses those people  
who make peace.

They will be called  
his children!  
God blesses those people  
who are treated badly  
for doing right.  
They belong to the kingdom  
of heaven.

Matthew 5.3-10

## *Celebrate God's love for you.*

With all my heart  
I praise the LORD,  
and with all that I am  
I praise his holy name!  
With all my heart  
I praise the LORD!  
I will never forget  
how kind he has been.

The LORD forgives our sins,  
heals us when we are sick,  
and protects us from death.  
His kindness and love  
are a crown on our heads.  
Each day that we live,  
he provides for our needs  
and gives us the strength  
of a young eagle.

. . .

The LORD is merciful!  
He is kind and patient,  
and his love never fails.

Psalm 103.1-5, 8

## *Remember, God's love never fails!*

Praise the LORD! He is good.

God's love never fails.

Praise the God of all gods.

God's love never fails.

Praise the LORD of lords.

God's love never fails.

Only God works great miracles.

God's love never fails.

With wisdom he made the sky.

God's love never fails.

The LORD stretched the earth  
over the ocean.

God's love never fails.

He made the bright lights  
in the sky.

God's love never fails.

He lets the sun rule each day.

God's love never fails.

He lets the moon and the stars  
rule each night.

God's love never fails.

. . .

God saw the trouble we were in.  
God's love never fails.  
He rescued us from our enemies.  
God's love never fails.  
He gives food to all who live.  
God's love never fails.

Praise God in heaven!  
God's love never fails.

Psalm 136.1-9, 23-26

## Walk with God Each Day

---

*Give thanks to God who will continue to shower you with mercy, kindness, and love.*

I love you, LORD!

You answered my prayers.  
You paid attention to me,  
and so I will pray to you  
as long as I live.

Death attacked from all sides,  
and I was captured  
by its painful chains.

But when I was really hurting,  
I prayed and said,

“LORD, please don’t let me die!”

You are kind, LORD,  
so good and merciful.

You protect ordinary people,  
and when I was helpless,  
you saved me

and treated me so kindly  
that I don’t need  
to worry anymore.



You, LORD, have saved  
my life from death,  
my eyes from tears,  
my feet from stumbling.  
Now I will walk at your side  
in this land of the living.  
I was faithful to you  
when I was suffering,  
though in my confusion I said,  
“I can’t trust anyone!”

What must I give you, LORD,  
for being so good to me?  
I will pour out an offering  
of wine to you,  
and I will pray in your name  
because you  
have saved me.  
I will keep my promise to you  
when your people meet.  
You are deeply concerned  
when one of your loyal people  
faces death.

I worship you, LORD,  
just as my mother did,  
and you have rescued me  
from the chains of death.  
I will offer you a sacrifice

to show how grateful I am,  
and I will pray.  
I will keep my promise to you  
when your people  
gather at your temple  
in Jerusalem.

Shout praises to the LORD!

Psalm 116

*Know that God will be  
your guide every day.*

You, LORD, are all I want!  
You are my choice,  
and you keep me safe.  
You make my life pleasant,  
and my future is bright.

I praise you, LORD,  
for being my guide.  
Even in the darkest night,  
your teachings fill my mind.  
I will always look to you,  
as you stand beside me  
and protect me from fear.  
With all my heart,  
I will celebrate,  
and I can safely rest.

Psalm 16.5-9

*Stay close to God who  
will never leave your side.*

I think about you  
before I go to sleep,  
and my thoughts turn to you  
during the night.  
You have helped me,  
and I sing happy songs  
in the shadow of your wings.  
I stay close to you,  
and your powerful arm  
supports me.

Psalm 63.6-8

*Continue to make your needs known  
to God who will bless you with peace.*

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

Philippians 4.6,7

## *Claim God's Blessing.*

*Write the following verse on an index card and carry it with you as a reminder of God's great love for you. Draw strength from this special promise.*

I trust you to save me,  
LORD God,  
and I won't be afraid.  
My power and my strength  
come from you,  
and you have saved me.

Isaiah 12.2



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