

God and Me: Freedom from Fear

上帝和我: 免除恐惧



God is our best defense against fear—and against the things we fear.

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea.—Psalm 46:1-2



The name of the Lord is a strong tower; the righteous run to it and are safe.—Proverbs 18:10

上帝是我们对恐惧的最佳防御——并抵挡凡使我们恐惧的事物。

上帝是我们的避难所，是我们的力量，是我们在患难中随时的帮助。所以，地虽改变，山虽摇动到海心，我们也不害怕。——诗篇46:1-2

耶和华的名是坚固台；义人奔入便得安稳。——箴言18:10

God will replace fear with peace.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.—Philippians 4:6-7



God has not given us a spirit of fear, but of power and of love and of a sound mind.
—2 Timothy 1:7

上帝必以平安取代恐惧。

应当一无挂虑，只要凡事藉着祷告、祈求和感谢，将你们所要的告诉上帝。上帝所赐、出人意外的平安，必在基督耶稣里保守你们的心怀意念。——腓立比书4:6-7

上帝赐给我们的，不是胆怯的心，乃是刚强、仁爱、谨守的心（健全的思想）。——提摩太后书1:7

With God beside us, we have nothing to fear.

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?—Psalm 27:1



Even though I walk through
the darkest valley, I will fear no
evil, for you are with me.—Psalm
23:4 NIV

有上帝与我们同在，我们无所
畏惧。

耶和华是我的亮光，是我的拯救，我还怕谁呢？耶和华是我性命的保障，我还惧谁呢？——诗篇27:1

我虽行过死荫的幽谷，也不怕
遭害，因为你与我同在。——
诗篇23:4