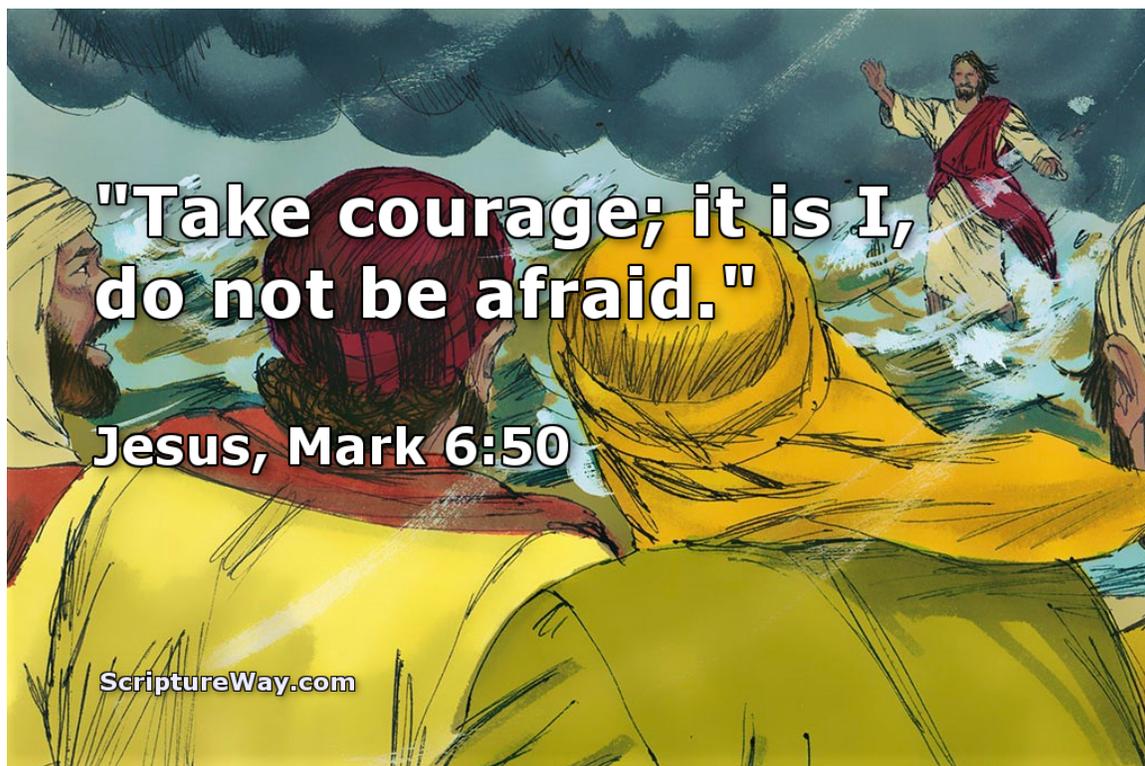


# “Fear Nots’ of Jesus”

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"Take Courage; It is I, Do Not be Afraid" - Mark 6:50 - Used by permission - Sweet Publishing / FreeBibleimages.org

***"They all saw Him and were terrified. But immediately He spoke with them and said to them, 'Take courage; it is I, do not be afraid.'" (Mark 6:50)***

This article is the second in a series on the "Fear Nots' of the Bible." The first article presented the "Fear Nots' of the Old Testament" ([Ref. 1](#)). In the Old Testament, God assured the Israelites, "Fear not, for I am with you" ([Isaiah 41:10](#)). Moses encouraged the Israelites about the Lord's presence with them, "Do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you" ([Deuteronomy 31:6](#)).

This article presents statements of Jesus where he tells us to "Fear not" or "Do not be afraid." Jesus Christ, the Son of God, assures those who believe in him and follow him that we have no reason to fear.

**Consider.** In what areas of your life are you afraid? With what circumstances or trials would you like Jesus to give you courage and peace?

**Definition.** Unless indicated otherwise, the verses in this article use the Greek word *phobeó* for *fear* or *afraid* (Ref. 2). The New Testament uses *phobeó* to mean *put to flight (withdraw from), terrify, frighten, dread, or reverence* (Ref. 2).

**Jesus Gives Us Courage in the Midst of Our Trials.** Recall the event when Jesus walked on the water of Lake Galilee late at night to come to his disciples who were struggling with rowing against the wind (read here, Mark 6:45-52). In Mark 6:48 the Greek language uses a serious word to describe the disciple's situation. The New American Standard Bible says the disciples were *straining* at the oars for the wind was against them. The Greek word for *straining* is *basanizó*, which means *a tormenting trial, to examine by using torture* (Ref. 3). Wow.

Jesus took the initiative and came to his disciples during their tormenting trial at sea (Mark 6:48). The disciples saw Jesus approaching, but did not recognize him at first. They thought he was a ghost, and they were frightened (Mark 6:49-50). Jesus said to them, and he says to us in our trial, "Take courage; it is I, do not be afraid" (Mark 6:50).

The Greek word for *courage* is *tharseó*, which means *emboldened from within* (Ref. 4). For the believer, bold courage is *infused by the Lord* and means *"living out the inner confidence (inner bolstering) that is Spirit-produced"* (Ref. 4).

By faith, Jesus gives us courage (inner boldness and confidence) during our trials. His presence with us calms our storms (Mark 6:51, Mark 4:38-39).

***Believing in Jesus is the Remedy for Our Fear.*** A synagogue official named Jairus came to Jesus and urgently asked Jesus, "My little daughter is at the point of death; please come and lay Your hands on her, so that she will get well and live" (Mark 5:22-23). While on the way, bad news came from the house of the synagogue official. "Your daughter has died; why trouble the Teacher anymore?" (Mark 5:35). Jesus disagreed with the advice of the bad news bearer to not trust further in Jesus. Jesus immediately said to Jairus, "Fear not, only believe" (Mark 5:36). In the face of bad news, believing in (trusting in, having faith in) Jesus is the only remedy for our grief and fear (Ref. 5, Ref. 6).

Jesus knew that he "had things under control." Jairus only needed to believe. Jesus went on to raise Jairus' daughter from the dead (Mark 5:40-42).

***God Knows Us, Values Us, and Cares for Us.*** Jesus said, "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows" (Matthew 10:29-31). English Theologian John Gill (1697 - 1771) wrote, "If God takes care of sparrows and is concerned for their lives, much more will he take care of his faithful ministers, and not suffer their lives to be taken away, till they have done the will and work of their Lord" (Ref. 7, Ref. 8).

***Jesus Gives Us Peace that the World Cannot Give.*** On the evening before his death, Jesus said to his disciples, "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful" (John 14:27). Jesus gives his disciples peace. The peace that Jesus gives dispels our fear.

The Greek word for peace in John 14:27 is *eiréné*. *Eiréné* (peace) is *God's gift of wholeness including peace of mind* (Ref. 9). The invocation of peace (*shalom* in Hebrew) also was a common Jewish farewell, in the Hebraistic sense of the health (welfare), security, safety, and prosperity of an individual (Ref. 10, 1 Samuel 1:16-18, 1 Samuel 20:42).

The Greek word for *fear* in John 14:27 is *deiliaó*, which means *to be cowardly* (Ref. 11). *Deiliaó* is used only this one time in the New Testament.

Jesus' presence and his words bring comfort, courage, and peace to his disciples then and now.

**Apply.** If you do not yet know Jesus, put your faith and trust in him. Believing in Jesus is the only remedy for your fear. If you do know Jesus, and you are going through a difficult time, pray, and put your trust in Jesus. He will provide you the comfort, courage, and peace that you seek.

### References

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