ABC Scripture Verses

Equipping Children To Battle Nighttime Fears

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Anxiety
What God's Word Says
A

"Cast all your anxiety on Him because He cares for you."
~1 Peter 5:7 (NIV)

Before
What God Has Done and Will Do
B

It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."
~Deuteronomy 31:8 (ESV)

Come
What God Has Done and Will Do
C

"Come to me, all you who labor and are heavily burdened, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart; and you will find rest for your souls." Matthew 11:28-29 (WEB)

Defender
Who God Is
D

"The Lord is your mighty defender,
perfect and just in all his ways;
Your God is faithful and true;
he does what is right and fair."
~Deuteronomy 32:4 (GNT)

Even Though
What God's Word Says
E

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me. ~Psalm 23:4 (WEB)

Faithful
Who God Is
F

If we are faithless, He remains faithful, for He cannot deny Himself.
~2 Timothy 2:13 (NASB)

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Gave
What God Has Done and Will Do
G

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life" ~John 3:16 (ESV)

Help
Who God Is
H

God is our refuge and strength, a very present help in trouble. ~Psalm 46:1 (KJV)

Immediately
What God Has Done and Will Do
I

...But he immediately spoke with them, and said to them, "Cheer up! It is I! Don't be afraid." ~Mark 6:50 (WEB)

Jesus
Who God Is
J

"Jesus told him, 'Don't be afraid; just believe.'" ~Mark 5:36 (NIV)

Know
What God's Word Says
K

Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. ~Psalm 100:3 (ESV)

Lord
What God's Word Says
L

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 (KJV)

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Mind
What God's Word Says

M

Set your mind on the things that are above, not on the things that are on the earth.
~Colossians 3:2 (WEB)

Nothing
What God's Word Says

N

For with God nothing shall be impossible.
~Luke 1:37 (KJV)

One
Who God Is

O

Hear, O Israel: The LORD our God is one LORD:
~Deuteronomy 6:4 (KJV)

Peace
What God Has Done and Will Do

P

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. ~John 14:27 (ESV)

Quiet
What God Has Done and Will Do

Q

...he will quiet you by his love; he will exult over you with loud singing.
~Zephaniah 3:17b (ESV)

Righteous
Who God Is

R

Yahweh is Gracious and righteous. Yes, our God is merciful.
~Psalm 116:5 (WEB)

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Same
Who God Is

S

Jesus Christ the same yesterday, and today, and forever.
~Hebrews 13:8 (KJV)

Trust
What God's Word Says

T

Whenever I am afraid, I will trust in you.
~Psalm 56:3 (KJV)

Upholds
What God Has Done and Will Do

U

when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help,and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me. ~Psalm 63:6-8 (ESV)

Victory
What God Has Done and Will Do

V

...but the victory belongs to the LORD.
~Proverbs 21:31b

Wisdom
Who God Is

W

By wisdom the Lord laid the earth's foundations, by understanding he set the heavens in place;
~Proverbs 3:19 (NIV)

eXceedingly
What God's Word Says

X

Whereby are given unto us exceeding great and precious promises:
~2 Peter 1:4a (KJV)

ABC Scripture Verses

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Yahweh
Who God Is

Y

Yahweh passed by before him, and proclaimed, "Yahweh! Yahweh, a merciful and gracious God, slow to anger, and abundant in loving kindness and truth,
~Exodus 34:6 (WEB)

Zion
What God's Word Says

Z

Zion shall be redeemed with judgment, and her converts with righteousness.
~Isaiah 1:27 (KJV)

ABC Scripture Verses
Equipping children to battle nighttime fears

These verses are a starting place to increase your child's vocabulary about God. Come up with more verses and attributes together by recounting Who God Is, What God Has Done and Will Do, and What God's Word Says. Learning to focus God when afraid is more than a distraction; it offers peace beyond understanding! I pray this tool equips your child to battle their fears for a lifetime.

Sample Prayer
After Working Through The ABCs

Lord, we remember who you are, what you can do, and what the Bible says about you. We trust you! Nothing is too hard for you. Thank you for being with us as we sleep. Please give us your peace and help us to sleep well. Protect our minds from fear by reminding us of all we talked about in our ABCs. We love you Jesus. Amen.

3 Topics
To Use The ABCs to Battle Nighttime Fears

1. Who God Is
2. What God Has Done and Will Do
3. What God's Word Says

Thank you!

For more encouragement and resources, visit:
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this grateful mama

Encouraging women with the truth of God's uncommon grace