"But He said to them, 'It is I; do not be afraid.' " - John 6:20 "Let not your heart be troubled; you believe in God, believe also in Me." - John 14:1 Several times in the scripture we see Jesus telling His disciples not to fear or be troubled. He has overcome the world and there is nothing for believers to fear. Jesus empathized with His followers and spoke words of comfort because He knew the outcome of everything, the end from the beginning. Do not be afraid but trust in Jesus. Praise the Lord!