

Fear



This topic is probably one that every human being can relate. Fear is paralyzing and can hinder us from fulfilling God's purposes for our life. The enemy of our soul, ***The Accuser of the Brethren***, is the one who uses fear to torment us and keep us focused on the "what ifs" instead of "God".

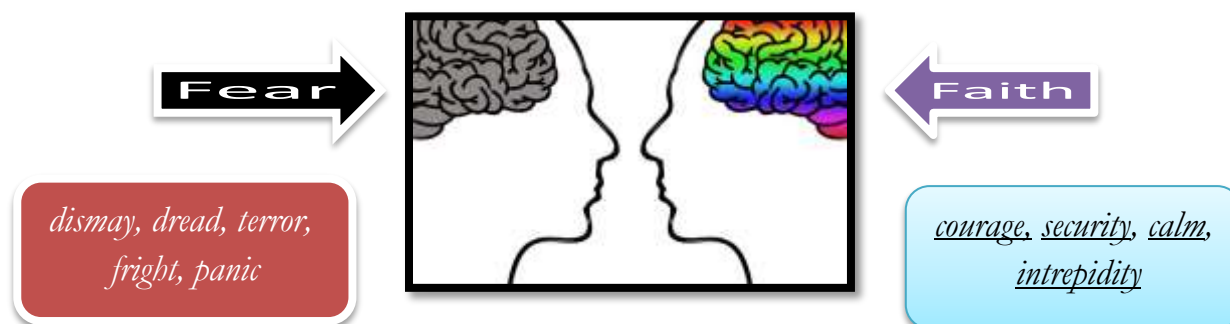
The definition from Dictionary.com is as follows:

a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.

Synonyms: foreboding, apprehension, consternation, dismay, dread, terror, fright, panic, horror, trepidation, qualm.

Antonyms: courage, security, calm, intrepidity.

According to studies, fear can have an impact on the following areas: immune system, gastrointestinal problems (ulcers & irritable bowel syndrome IBS), fertility, impair long-term memory (hippocampus), prolonged anxiety, interruption to brain processes and much more. It doesn't matter whether the fear is real or perceived; the outcome is still the same on our body.





As parents, we must be mindful not to instill “unnecessary” fear in our children. If a child is about to touch a hot stove, we may instill fear about getting burned. This is more of a teaching moment to avoid negative consequences. On the other hand, we may tell our child a story that causes “fear” to avoid adverse penalties but also comes with lifelong dysfunction. We must *thoughtfully* train up our children in the fear and admonition of the Lord and use wisdom. Many experiences can sear the hearts and minds with terror and attach themselves to memories and associations.

With that being said, our culture has mastered the technique of using fear as a form of oppression and control. Breaking this yoke of fear is paramount if we want to walk in the liberty of the Holy Spirit and teach others to do the same. In order for us to be liberated, we must free our mind of all fear, real and perceived by *taking authority over fear and declare the Word of God?*

Psalm 34

Praise for Deliverance from Trouble

1 I will bless the Lord at all times; his praise shall continually be in my mouth. 2 My soul makes its boast in the Lord; let the humble hear and be glad. 3 O magnify the Lord with me, and let us exalt his name together. 4 I sought the Lord, and he answered me, and delivered me from all my fears. 5 Look to him, and be radiant; so your[a] faces shall never be ashamed. 6 This poor soul cried, and was heard by the Lord, and was saved from every trouble. 7 The angel of the Lord encamps around those who fear him, and delivers them. 8 O taste and see that the Lord is good; happy are those who take refuge in him. 9 O fear the Lord, you his holy ones, for those who fear him have no want. 10 The young lions suffer want and hunger, but those who seek the Lord lack no good thing. 11 Come, O children, listen to me; I will teach you the fear of the Lord. 12 Which of you desires life, and covets many days to enjoy good? 13 Keep your tongue from evil, and your lips from speaking deceit. 14 Depart from evil, and do good; seek peace, and pursue it. 15 The eyes of the Lord are on the righteous, and his ears are open to their cry. 16 The face of the Lord is against evildoers, to cut off the remembrance of them from the earth. 17 When the righteous cry for help, the Lord hears, and rescues them from all their troubles. 18 The Lord is near to the brokenhearted, and saves the crushed in spirit. 19 Many are the afflictions of the righteous, but the Lord rescues them from them all. 20 He keeps all their bones; not one of them will be broken. 21 Evil brings death to the wicked, and those who hate the righteous will be condemned. 22 The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.



Revelation 12:10-11

The War in Heaven

...10 *And I heard a loud voice in heaven, saying: "Now have come the salvation and the power and the kingdom of our God, and the authority of His Christ. For the accuser of our brothers has been thrown down, he who accuses them day and night before our God. 11 **They have conquered him by the blood of the Lamb and by the word of their testimony; and they did not love their lives so as to shy away from death.***

2 Corinthians 10:4-6

4 *For **the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.***

Proverbs 5:1-5

5 My son, be attentive to my Wisdom [godly Wisdom learned by actual and costly experience], and incline your ear to my understanding [of what is becoming and prudent for you],² That you may exercise proper discrimination and discretion and your lips may guard and keep knowledge and the wise answer [to temptation].³ For the lips of **SIN** drip honey as a honeycomb, and **SIN'S** mouth is smoother than oil;⁴ But in the end **SIN** is bitter as wormwood, sharp as a two-edged and devouring sword.⁵ **SIN'S** feet go down to death; **SIN'S** steps take hold of Sheol (Hades, the place of the dead). (*I replaced "her" with "sin"*)

Do you fear losing a job, family member or your own life; not having enough money; not being loved; infidelity; or even rejection? What in your life contradicts God's Word in Romans 8:38-39?

Romans 8:38-39 Amplified Bible (AMP)

38 *For I am **convinced** [**and continue to be convinced—beyond any doubt**] that neither death, nor life, nor angels, nor principalities, nor things present and threatening, nor things to*



come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the [unlimited] love of God, which is in Christ Jesus our Lord.

Definition for convinced:

completely certain about something

Challenge

Look at Psalm 34. Highlight the parts of speech that are action verbs for you in yellow and God’s action in pink. Once you are finished highlighting the Psalm, begin placing the “yellow” highlighted section under “My Part” and the “pink” highlighted section under “God’s Promises to Me”. Your second challenge will be to turn one of the scripture readings into a song.

Scriptures

Psalm 31, 91; Isaiah 35

This will become your weapon of warfare!

| <i>Declarations</i> | |
|---------------------|----------------------------|
| <i>My Part</i> | <i>God’s Promise to me</i> |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |



| | |
|--|--|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Heart to Heart

Write down areas of your life where you have allowed fear to control you. What noticeable physical effect(s) does fear have on your body? Now, I want you to think back and remember how fear entered into this area of your life.

Do not be ashamed to deal with sensitive issues. This is also a tactic the enemy will use to keep you bound. We go from glory to glory and strength to strength; therefore, be open and honest when confronting fear. This is a “spiritual” battle!

If you need freedom from soul ties, this is also a time to surrender them to the Lord Jesus.

For more information on Soul Ties, google **Kris Vallotton’s** article entitled *7 Signs of an Unhealthy Soul Tie*.

Prayer

Ask the Holy Spirit to show you any other areas where fear may be lurking and take authority over what God has revealed to you along with the root causes. Plead the Blood of Jesus over these areas and renounce any agreement(s) you have made with fear. Ask the Holy Spirit to fill those voids where fear used to dwell.

Scriptures

Psalm 31, 91; Isaiah 35



Special Note: As John G. Lake recited these scriptures during a “scientific study”, there was a remarkable change taking place in his brain cells that scientist found unbelievable.

Hebrews 4:12 King James Version (KJV)

12 For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.