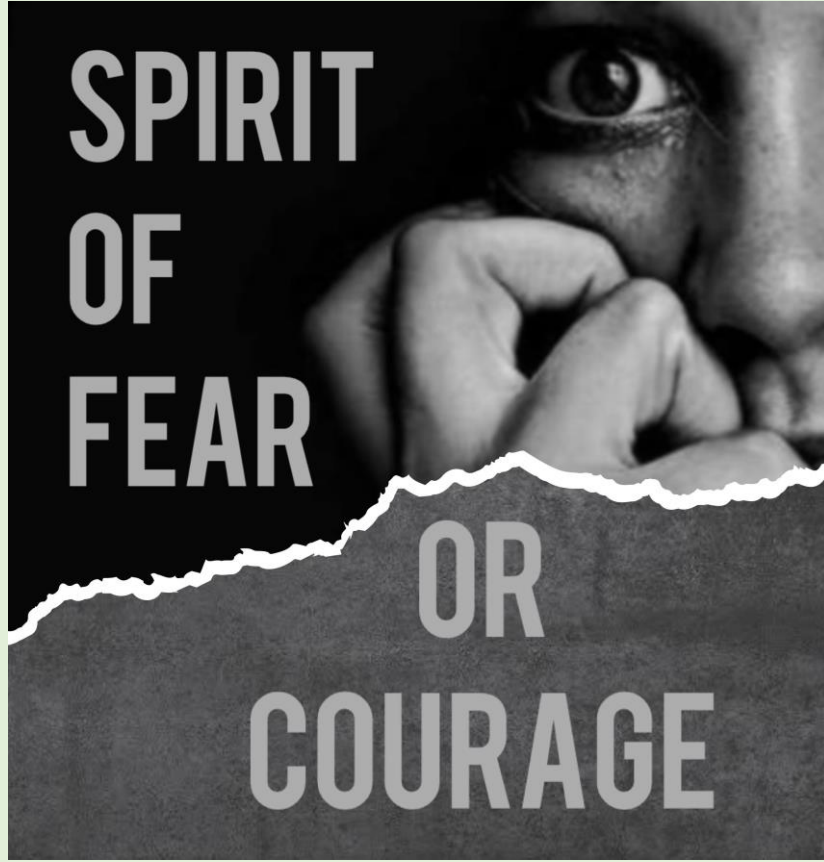




THE SPIRIT OF FEAR AND THE BATTLE AGAINST IT

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The culture of fear is a subject that, to this day, researchers, experts, and even doctors have not been able to find a definitive cure for. Some believe that fear is an innate human emotion placed in man by God, while others are convinced that fear is not merely an emotion but a spirit, and furthermore, that this spirit was not given to humans by God. Therefore, to accurately understand this matter, we need a reliable and sound source—one that reveals how fear entered the human experience at the time when creation was completed by God and only two people, Adam and Eve, lived on this earth. In my opinion, this is a matter that researchers and physicians must approach without scientific rationalism or empiricism if they wish to succeed in studying it.

The Bible introduces fear as a spirit (2 Timothy 1:7). Based on this, fear is not simply a human emotion, but a spirit, and this spirit can bring destructive consequences into human life. Since fear is referred to as a spirit, it cannot be defeated by medical or rational and scientific methods. **“We need spiritual help for a spiritual battle”- (John Beaver)**. According to the Bible, in order to confront the spirit of fear, the solution must be sought in the spiritual realm, not the realm of science and knowledge.

Today, we often witness physically strong and muscular people who are terrified by tiny creatures or dark, empty places. These individuals may not be weak in physical battles, but they often seem fragile or helpless in spiritual warfare. The spirit of fear is fundamentally the greatest obstacle to human progress. It prevents people from enjoying their lives. It brings constant anxiety about the future, robbing them of peace. On the other hand, we see daily how powerful individuals, including politicians, manipulate others who live in perpetual fear and anxiety. These powerful people use the same spirit of fear to establish dominance and control over others. They have realized that by institutionalizing and inducing fear or threats, they can gain control and exploit people.

It was because of fear of God that Adam and Eve hid from His presence (Genesis 3:8–11). Their act of hiding represents a great battle between fear and courage—between Satan and God. The culture of fear is more visible in Middle Eastern and some African tribal societies. “The source of fear is Satan, and the false gods made by humans are the source of false power!”

For example, reliance on amulets, tying sacred knots, displaying images of historical figures, or appealing to them—these practices give people a false and deceptive sense of power, which in reality does not exist.

Elijah did not fear the worshippers of Baal. His courage in facing idolaters was entirely spiritual. Even when challenged by 450 prophets of Baal, he did not flinch, for his power did not come from idols, superstitions, or false gods, but directly from the Lord. **“One prophet against dozens of religious leaders.”**

John Bevere, in his book *Breaking Intimidation*, writes:

“When you allow fear to enter your heart, you lose many things, such as:

Peace – Hope – Confidence – Patience – Endurance – Courage – Security. Fear replaces them all.”

Nowadays, turning to methods such as positive thinking, meditation, yoga, etc., only causes people to engage with the consequences of fear, rather than fear itself. It’s like eating the fruit of a worm-infested tree while ignoring the decayed trunk that will continue producing rotten fruit. To battle the spirit of fear, we must use spiritual power—not physical strength. Hebrews 12:2 teaches us: **“Let us fix our eyes on Jesus, the author and perfecter of our faith,”** not on Satan.

When Adam and Eve lived in the Garden of Eden, God gave them authority to rule over the garden and all the creatures in it (Genesis 1:28). Their focus was on God, and there was a close, intimate relationship between man and the Creator. But once they disobeyed and ate the forbidden fruit, God stripped them of that authority. The moment this divine authority was lost, fear immediately took its place (Genesis 3:10). In a way, they gave Satan permission to enter their lives through evil, bringing in fear and robbing them of peace and security. It was then that they realized they were naked.

John Bevere writes in *Breaking Intimidation*:

“If you attempt to fight a spiritual battle using physical weapons, at best you’ll be disappointed, and at worst, you’ll be wounded and defeated.”

Paul, in 2 Corinthians 10:3–5, says: **“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world...”**

In the battle between David and Goliath, David’s vision aligned with Hebrews 12:2. He saw the greatness of God, while Goliath only saw David’s small and weak frame. David’s trust was in the Lord; Goliath’s was in his own size and strength. In the end, David was the one who triumphed—not Goliath. That battle symbolized the conflict between God and Satan, which ended with God’s victory. David said: “The Lord is my light and my salvation—whom shall I fear?” (Psalm 27:1).

The authority that Adam and Eve lost in the garden was spiritually restored in David through faith. David received that divine authority and boldly declared to Goliath: **“I am not afraid of you!”**

He not only spoke it but acted upon it—manifesting God’s authority through action.

In Matthew chapter 14, we read that when Peter fixed his eyes on Jesus, he stepped into the sea and began to walk on water. At that moment, Peter was living out Hebrews 12:2. But the moment he took his eyes off Jesus and focused on the sea (the world), fear overcame him, and he began to sink.

Thus, fear will not leave a person’s life on its own. It must be driven out by God’s power and authority, through trust and faith in Jesus Christ, and by standing firmly on the promises of God.

“To win a spiritual battle, one must enter the battlefield with spiritual weapons.”

“Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realms.”

(Ephesians 6:10–12)

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