



Strongholds:

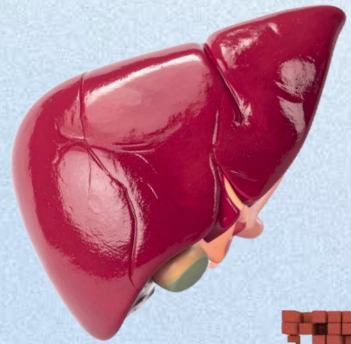
Spirit of Apollyon/Abaddon (Fear)

Pastor Monique Johnson

Spirit of Apollyon/Abaddon (*Fear*)

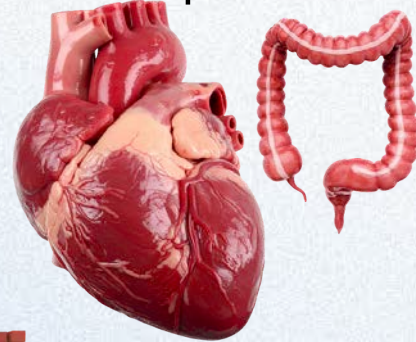
Liver/ Gallbladder

Anger & Frustration



Heart/ Small Intestine

Hate & Impatience



FEAR

Spleen/ Stomach/

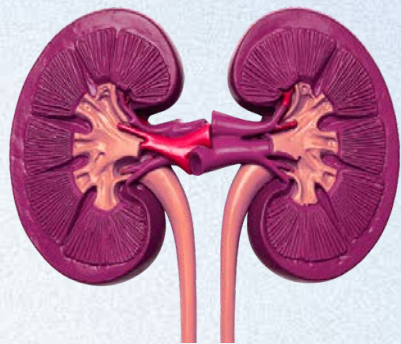
Pancreas

Worry & Anxiety



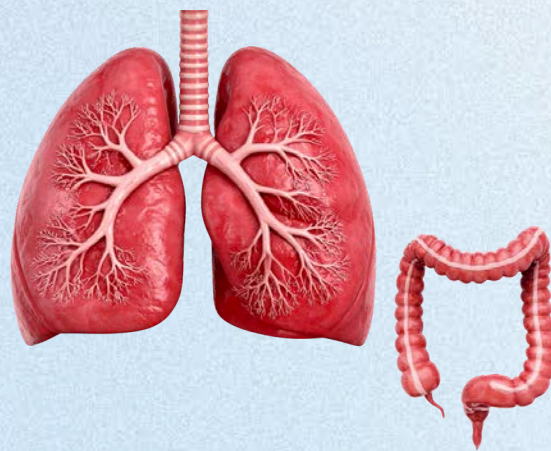
Kidney/ Bladder

Fear & Panic



Lung / Large Intestine

Sadness & Depression



Fear is not just an emotion; it's a spirit that brings torment. It weakens the body, compromises the immune system, and can even open the door to sickness.

Fear is sin because it reflects a lack of trust in God's perfect love, which casts out all fear.

How is the Spirit of Fear Manifested?

Emotional and Mental Manifestations

- Constant worry or intrusive thoughts
- Overthinking or replaying negative scenarios
- Insecurity or feelings of unworthiness
- Irrational fears or phobias

Physical Manifestations

- Tension and muscle tightness
- Weakened immune system (chronic fear/stress releases cortisol and suppresses immunity)
- Sleep disturbances (insomnia or nightmares)
- Digestive issues (gut-brain connection)
- Heart palpitations or shortness of breath.

Spiritual Manifestations

- **Doubt and Unbelief:** Fear undermines faith and trust in God's promises (**2 Timothy 1:7**).
- **Torment and Anxiety:** Fear often brings mental torment, keeping the mind restless and uneasy (**1 John 4:18**).
- **Paralysis in Purpose:** It can keep someone from stepping into their calling or obeying divine direction due to "what ifs."
- **Control and Avoidance:** When someone fears losing control or being hurt, they may try to control others or avoid situations altogether.
- **Isolation:** Fear often separates people from God, from others, and even from their true selves.