

DEALING WITH FEAR

The greatest enemy, in times like these, is fear.

Fear and faith are equally powerful. Like faith, fear is allowed into our life through a choice. Although, we feel that it is a rush of emotions, actually the emotions or feelings follow what is usually a decision we make in a twinkling of an eye. Sometimes it takes a period of time, while being bombarded with negative information, for it to eventually take hold in our life; regardless, fear is a spirit, not from God, that gets into our life and begins to invade our mind, spirit and body. It is like a virus.

Here is how this infection works:

1. Fear comes in as a negative, dreadful thought.
2. We begin to see or visualize the thought.
3. We bring the thought into reality by speaking it.
4. Eventually, we experience it in our life.

Of course, we best come to the place as believers, where we are established on the rock of God's word so the rejection of the spirit of fear from getting into our life is almost automatic. Certainly, it takes some doing to get there, but you can. Otherwise, here's some help to deal with indwelling fear.

1. Identify or discern every particular fear in your life.
2. Be aware that the strongman of all fear is the fear of death.
3. Maybe, write down each fear's name. (such as fear of heights or fear of people).
4. Ask the Lord to show you, if possible, when and where the fear came in. (often it will be through trauma or shock).
5. Renounce, rebuke and tell each spirit of fear to leave you.
6. Give thanks and begin to speak aloud a good confession including God's Word until you are free.

Here are a couple of scriptures that should help:

"For God has not given **ME** a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7

"Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release **ME who through fear of death has been subject to bondage.**" (Editing mine). Hebrews 2:14-15

Finally, my brethren:

- > STOP BELIEVING THE DREADED OUTCOME, WHICH IS A LIE.
- > BEGIN TO BELIEVE THE PROMISED OUTCOME OF GOD'S WORD.
- > IGNORE THE THREATS THAT THE VICTORY WILL NOT LAST.
- > DO NOT ALLOW GOD'S WORD TO BE TWISTED BY THE VOICE OF THE LIAR.
- > STAND ON GOD'S WORD NO MATTER WHAT!

FEAR NOT!