

FREEDOM

FROM

FEAR

MOST OF US DO NOT REALIZE HOW DEEPLY FEAR IS ROOTED IN OUR EVERY DAY LIFE. THE NATURE OF FEAR IS TO DECEIVE. THE SCRIPTURES MAKE IT VERY CLEAR THAT THE LORD WANTS US TO BE FREE FROM FEAR. **FREEDOM FROM FEAR IS GAINED AS WE:**

1. ALLOW THE POWER OF THE HOLY SPIRIT TO UNCOVER THE PRESENCE OF FEAR IN OUR LIVES.

2. BRING FEARS TO THE CROSS THROUGH REPENTANCE AND AFFIRMING GOD'S TRUTH.

3. COMMIT TO TAKE ACTION TO MOVE IN THE OPPOSITE SPIRIT.

FEAR:

[noun] 1a: an unpleasant often strong emotion caused by anticipation or awareness of danger 1b: (1): an instance of this emotion (2): a state marked by this emotion.

DECEIVE:

[verb] synonyms MISLEAD, DELUDE, BEGUILE mean to lead astray or frustrate usually by underhandedness. DECEIVE implies imposing a false idea or belief that causes ignorance, bewilderment, or helplessness. 1

WHERE DOES FEAR COME FROM?

1. IT IS NOT FROM GOD.

FOR GOD DID NOT GIVE US A SPIRIT OF TIMIDITY, BUT A SPIRIT OF POWER, OF LOVE AND OF SELF-DISCIPLINE.

_2 TIMOTHY 1:7 (NIV)

2. IT IS A RESULT OF A LACK OF FAITH.

BUT WHEN HE SAW THE WIND, HE WAS AFRAID AND BEGINNING TO SINK, CRIED OUT, "LORD SAVE ME!" IMMEDIATELY

JESUS REACHED OUT HIS HAND AND CAUGHT HIM. "YOU OF LITTLE FAITH," HE SAID. "WHY DID YOU DOUBT?"

_MATTHEW 14:30-31 (NIV)

EXAMPLES OF LIVING IN FEAR

Check all the boxes that apply to you:

1. FEAR OF PUNISHMENT: LITTLE PEACE, HOPE, FAITH, OR JOY.

THERE IS NO FEAR IN LOVE; BUT PERFECT LOVE CASTS OUT FEAR, BECAUSE FEAR INVOLVES TORMENT.

_1 JOHN 4:18 (NKJV)

- My prayer times and Bible reading are motivated by fear.
- My relationship with Jesus is performance-based.
- I fear failing God.
- I fear punishment from God.

Forms of punishment I fear:

- Withholding of financial blessing.
- Withholding of true love and forgiveness.
- God will ask me to suffer unnaturally.
- God withholding Himself, ignoring me, not listening (as though I must earn His attention as with earthly relationships).

2. FEAR OF MAN (INSECURITY).

FEAR OF MAN WILL PROVE TO BE A SNARE, BUT WHOEVER TRUSTS IN THE LORD IS KEPT SAFE. *_PROVERBS 29:25 (NIV)*

HEAR ME, YOU WHO KNOW WHAT IS RIGHT, YOU PEOPLE WHO HAVE MY LAW IN YOUR HEARTS: DO NOT FEAR THE REPROACH OF MEN OR BE TERRIFIED BY THEIR INSULTS. *_ISAIAH 51:7 (NIV)*

- I fear what other people think about me.
- I fear (imagined) what others say about me.
- I fear being rejected by those close to me.
- I fear people in authority.
- I fear communicating publicly.
- I fear confrontation.
- I fear being held accountable.

3. FEAR BECOMES A SELF-FULFILLING PROPHECY.

Fear of failure often plays right into the hands of the enemy. Fear can work against your faith, sometimes helping to bring about the failure you fear. How often are people instructed by God or His agents: "Do not be afraid!" You are to fear nothing.

. . . ANNOUNCE NOW TO THE PEOPLE, "ANYONE WHO TREMBLES WITH FEAR MAY TURN BACK AND LEAVE MOUNT GILEAD." SO TWENTY-TWO THOUSAND MEN LEFT, WHILE TEN THOUSAND REMAINED. *_JUDGES 7:3 (NIV)*

- I fear falling back into sin.
- I fear that I will not be freed from habitual sins or addictions.
- I fear I will never get married.
- I fear failing in marriage.
- I fear that I will get divorced.
- I fear intimacy and being seen for who I really am.
- I fear that my children will not "turn out."
- I fear not succeeding in a good career.
- I fear disappointing my parents or others I respect.

4. FEAR OF YOUR PAST BECOMING KNOWN (AND THE POSSIBLE RAMIFICATIONS).

DO NOT BE AFRAID; YOU WILL NOT SUFFER SHAME. DO NOT FEAR DISGRACE; YOU WILL NOT BE HUMILIATED. YOU WILL FORGET THE SHAME OF YOUR

YOUTH AND REMEMBER NO MORE THE REPROACH OF YOUR WIDOWHOOD.

_ISAIAH 54:4 (NIV)

- I fear suffering shame from my past.
- I fear that my past may disgrace me, or hinder or stop God's work in my life.
- I fear God's punishment for my past.
- I fear confessing a struggle with sexual sin (promiscuity, pornography, adultery) and what others may think if I confess that struggle.
- I fear that I may not be healed from scars or wounds that occurred in my past.
- I fear that I will be found out for "who I really am."

5. SUDDEN UNNATURAL FEARS ARE ALWAYS FROM SATAN.

... WHEN YOU LIE DOWN, YOU WILL NOT BE AFRAID; WHEN YOU LIE DOWN, YOUR SLEEP WILL BE SWEET. HAVE NO FEAR OF SUDDEN DISASTER OR OF THE RUIN THAT OVERTAKES THE WICKED.

_PROVERBS 3:24-25 (NIV)

- Hopelessness.
- Oppressive fears.
- Fear of death.
- Fear of sickness.
- Fear of spouse, parents, or children dying.
- Fear of a lack of provision.
- Fear of losing my job.
- Fear of chaotic world events.

WHAT STEPS ARE NEEDED TO DESTROY FEAR?

1. Decisions must be made to hate the sin of fear with holy violence. You must understand that fear grieves God's heart, for it denies the reality of His awesome provision and protection.

2. Confess all specific areas of sin.

3. Ask God to reveal any areas and root issues that are still unknown to you.

4. Renounce fear in the name of Jesus, and rebuke the enemy in the name of Jesus and by the blood of Jesus. Firmly command the enemy to go, and stand in faith in the battle.

5. You must now move "in the opposite spirit," in the opposite direction of your fears. It is not enough to confess your fears; now we must face them aggressively, and obey the Word of God.

SCRIPTURE TO REFLECT UPON

HE WILL BE LIKE A TREE PLANTED BY THE WATER THAT SENDS OUT ITS ROOTS BY THE STREAM. IT DOES NOT FEAR WHEN HEAT COMES; ITS LEAVES ARE ALWAYS GREEN. IT HAS NO WORRIES IN A YEAR OF DROUGHT AND NEVER FAILS TO BEAR FRUIT. *_JEREMIAH 17:8 (NIV)*

THE LORD IS MY LIGHT AND MY SALVATION-WHOM SHALL I FEAR? THE LORD IS THE STRONGHOLD OF MY LIFE-OF WHOM SHALL I BE AFRAID?

_PSALM 27:1 (NIV)

GOD IS OUR REFUGE AND STRENGTH, AN EVER-PRESENT HELP IN TROUBLE. THEREFORE WE WILL NOT FEAR, THOUGH THE EARTH GIVE WAY AND THE MOUNTAINS FALL INTO THE HEART OF THE SEA . . .

_PSALM 46:1-2 (NIV)

FOR YOU DID NOT RECEIVE A SPIRIT THAT MAKES YOU A SLAVE AGAIN TO FEAR, BUT YOU RECEIVED THE SPIRIT OF SONSHIP. AND BY HIM WE CRY, "ABBA, FATHER." *_ROMANS 8:15 (NIV)*

HAVE I NOT COMMANDED YOU? BE STRONG AND COURAGEOUS. DO NOT BE TERRIFIED; DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO."

_JOSHUA 1:9 (NIV)

FOR I AM THE LORD, YOUR GOD, WHO TAKES HOLD OF YOUR RIGHT HAND AND SAYS TO YOU, "DO NOT FEAR; I WILL HELP YOU." *_ISAIAH 41:13 (NIV)*

REPENT

Jesus, I have allowed fear to mark my life and my relationship with you. I ask forgiveness for every way fear has affected my life, and the lives of those around me. I ask forgiveness for every way I have resisted you, denied your commands, and denied your character due to fear. (Specifically ask forgiveness for each box you checked, as well as any sins that come to mind associated with each category). I ask forgiveness for _____ . I see it and call it sin. I now turn in repentance, committing myself to breaking the patterns of fear in my life.

RECEIVE

Jesus, I receive your forgiveness. I no longer fear that I am condemned by you, Jesus. I am washed by your blood, Jesus, and you loved me enough to sacrifice yourself for me.

REBUKE

In Jesus' name and authority, I rebuke every spirit of fear and command you to the feet of Jesus. In Jesus' name I rebuke every spirit that was given a foothold in my life due to fear. In the name of Jesus, every deceiving and lying spirit go to the feet of Jesus.

REPLACE

I replace the spirit of fear with the truth of who God is and who He created me to be.

APPLICATION:

Practice true repentance by confessing your fear openly. Fear will surely keep you from your destiny in Christ! Its job is to keep you frozen, and reliant on your own strength and abilities instead of living in faith.

ENDNOTES:

1. "fear; decieve." Merriam-Webster Online Dictionary. 2007. <http://www.merriam-webster.com> (11 Jan. 2007) January 2006).