

Episode 005

Overcoming Fear

Jeremiah 1:7-8

Do not say I am but a youth, for you shall go to all whom I send you, and whatever I command you, you shall speak. Do not be afraid of their faces, for I am with you to deliver you, says the Lord.

Fear is one of the biggest obstacles hindering oneself from moving in the gifts of the spirit

Definition of Fear

Fear in the Greek is "deos," meaning cowardice, timidity, or fright. It does not mean a natural fear, such as falling off a cliff.

Definition of Timidity

When something threatens you, you hold back and won't act; failing to act in the face of fear. The opposite of timidity is bravery. Firemen are brave; they act in the face of fear.

It's not a matter of whether you respond in fear; the key is what you do in the face of fear.

Why Is It So Important to Deal With Timidity?

Fear is the opposite of faith because faith calls us to act. Fear is anti-faith. Timidity is not acting in the face of fear.

James says faith without works is dead. Timidity diminishes your faith. So it's important to be brave in God and overcome fear.



Fear of Man

Timidity; snare: a noose, by implication a hook for the nose.

Proverbs 29:25

The fear of man brings a snare, but whoever trusts in the Lord shall be safe.

If we have wounds, an open place, or a weakness, the enemy loves to come in and take advantage of it and puts a hook in it. So every time you try to pull away, you can't because it hurts.

Shame by definition brings fear. You try hard to cover your sin. So you are afraid, and instead of overcoming your fear, you try hard to control your environment. When you try to control people for selfish means, it is sin. It becomes an endless cycle of SHAME/FEAR/CONTROL.

Overcoming Fear

2 Timothy 1:6, 7

Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power, and of love, and a sound mind.

When you try to stir up the gift of God, you will have to face fear. God has given us this "antidote cocktail" to help overcome fear: Power, Love, and a Sound Mind.

1. Power

Greek word is dunamis, which means miraculous power.

Romans 15:19

In mighty signs and wonders, by the power of the Spirit of God, so that from Jerusalem and round about to Illyricum I have fully preached the gospel of Christ.



You are transformed by the Holy Spirit—you are no longer experiencing fear in a way that hinders you from pulling back. If you know you have the power of God operating in you. There's no reason not to act, and you'd be brave.

We have to be convicted in our hearts and spirits that we have the power of God at work within us.

For example; being activated through prophetic exercises is a safe place to test fire your gift in the prophetic. When you have been consistently activated a few times and realize you are able to do it then you know you have power in the Holy Spirit, which helps to overcome fear.

2. Love

Agape, means "an unselfish commitment to the welfare of another, based on God's sense of value and worth for each person."

1 John 4:18

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

How does perfect love cast out fear? For example, if there was an intruder in your home, would you not seek to protect your loved ones despite the "fear" of confronting the intruder.

Perfect love casts out fear, because fear means not acting. When you love someone that much, you'll act even though you're afraid.

1 Corinthians 4:20

For the kingdom of God is not a matter of talk but of power.

Perfect love is about someone else. Agape means the welfare of another is your main commitment. When you get others-focused, you find yourself looking to Jesus to help people out because you are driven by love for the people concerned.

When you move in spiritual gifts, you do so out of love for others. Trust God with the results as you humbly pray for the sick, believe God for His miracles, prophesy over someone, give a word of encouragement etc.



3. Sound Mind

Sometimes translated as self-discipline, or mental discipline

The mind is one of the biggest battlegrounds where spiritual warfare is waged. All sorts of thoughts could come into play “crippling” us with fear instead of confidence in God.

Being free from fear requires discipline and self-control of our thought processes. How does having a disciplined or self-controlled mind overcome fear?

Fear and faith are opposites. They are also similar in two ways: they are both about the future and they both begin in the mind.

Romans 10:17

Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.

The more you are confident of God’s Word, the more you will be built up in faith towards God.

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Allow your mind to be renewed by God’s Word each day, each moment. Helps you live for the purposes of God.

Isaiah 26:3

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

God will give you perfect peace when your mind is stayed on Him. Stayed means "steadfastly, devoted to."



1 Corinthians 2:16

For who has known the mind of the Lord that he may instruct him? But we have the mind of Christ.

Hearing God's Word Brings Faith.

Faith overcomes fear. Fear also begins in the mind. It starts with your thoughts—thoughts such as "what if?", "Did God really mean that?".

When we dwell on what God says and let that become the focus of our minds, our mind is stayed on Him. When we discipline ourselves and take every thought captive to obedience in Christ, we break fear by trusting in God.

Summary

God has given us the antidote to overcome fear. You can use the ingredients one at a time or in any combination. All these things will help you overcome fear in your life and help you to act in the face of fearful situations.

You should not be condemned because you sensed fear. God is at work in us as we turn to Him.

The first thing God said to Moses at the burning bush was "Do not be afraid." The first thing the angel said to Mary was "Do not be afraid."

Our reaction to fear is what is important. Do you stop? Do you run away (physically, emotionally, and mentally)? Or do you act anyway? If you act, that's bravery, and faith.

Break Agreements With Spirits of Fear

Break agreement with the spirit(s) of fear such as: fear of man, fear of failure, fear of public humiliation, fear of exposure, fear of making a mistake, fear of being wrong, fear of retribution, etc.



Before praying, ask the Lord to speak into your personal situation. "What is it in my life that is making me not act in the face of fear?" Let God address the main instigator of fear in your life.

Sample Prayer

Father, we come before you now. We ask that you forgive us for letting fear get in the way, for every time we didn't act in faith, for every time we let fear overwhelm our obedience. Father we thank you for forgiving us. We ask for an infilling of your power. We receive it. We agree with your word that you've given us power to overcome everything in this world. Thank you for your love. Let us partake of that love. Fill us with your love, so that we will be willing to lay down our own reputation, our own feelings, and everything for the chance and the opportunity that you might speak to them. We just ask that you renew our minds right now

Help us to be disciplined to hear the word of God, to be students of the Word, and to seek after you. We commit ourselves to be disciplined to let the word of God permeate our minds, that we would actually have the minds of Christ. Father since we've been forgiven and we've acknowledged you, we reject every attack of the enemy that has come to take advantage of fear in our lives. Father we say, fear--be gone! Be gone in the name of Jesus. Every spirit of fear and associated spirit of fear who has come to attack and cling on to wounding and to difficulties in our lives, be gone now. You have no place in our lives. We claim the blood of Jesus over every wound, every hurt, every misgiving, and every place of failure. We give it all to you and we say enemy you must go in Jesus' name. Jesus, fill us now with power, love, and a sound mind. Amen. (excerpt from Arise Prophetic School)



Discussion Questions

1. Ask God to show personal areas in your life where fear lurks. How has that fear affected you? Pray to renounce fear.
2. Ask the Lord to fill you with His power through the Holy Spirit. Fill you with love and a sound mind that you may flow with Him to dare to believe God and minister to lives.
3. What is an area that God desires you to step out into? Perhaps to encourage someone with God's Word as He prompts you to. To pray for a colleague or relative who is unwell.



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