

How to
OVERCOME FEAR

BILL SUBRITZKY



DEDICATION

*To my dear wife Pat,
who has been such a faithful helpmate
over many years.*

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Foreword

Some years ago, I listened to an excellent tape on fear, delivered by Pastor Gary Greenwald of Eagle's Nest Christian Fellowship, Santa Ana, California. This message inspired me to consider the whole question of fear and to begin to prepare my own messages in this regard.

I found an overwhelming interest in the subject and I have put together this short book in order to encourage others in overcoming fear. I wish to freely acknowledge that I have used some of the material from Pastor Gary Greenwald's tape as well as other material which the Lord has given me. I do trust this book will bless many.

ONE

Fear

There is a natural fear which God has placed in each one of us so as to prevent us from injuring ourselves or doing foolish things. For example, we should have a natural fear of falling over a cliff or of stepping in front of moving traffic.

There is also the fear of God. The Bible commends this fear. In describing the coming of Jesus Christ, the Lord spoke through the prophet, Isaiah, as follows:

“The Spirit of the LORD shall rest upon Him, The Spirit of wisdom and understanding, The Spirit of counsel and might, The Spirit of knowledge and of the fear of the LORD.” (Isaiah 11:2)

Thus, the spirit of the fear of the Lord was upon Jesus Christ Himself. Many scriptures show that the fear of the Lord is a commendable thing. For example it causes us to depart from evil:

“In mercy and truth Atonement is provided for iniquity; And by the fear of the LORD one departs from evil.” (Proverbs 16:6)

It is the beginning of wisdom:

“The fear of the LORD is the beginning of knowledge, But fools despise wisdom and instruction.” (Proverbs 1:7)

It prolongs days:

“The fear of the LORD prolongs days, But the years of the wicked will be shortened.” (Proverbs 10:27)

It is a fountain of life:

“The fear of the LORD is a fountain of life, To turn one away from the snares of death.” (Proverbs 14:27)

It brings riches and honour and life:

“By humility and the fear of the LORD Are riches and honour and life.” (Proverbs 22:4)

It brings salvation:

“Surely His salvation is near to those who fear Him, That glory may dwell in our land.” (Psalm 85:9)

It leads to life:

“The fear of the LORD leads to life, And he who has it will abide in satisfaction; He will not be visited with evil.” (Proverbs 19:23)

It brings goodness:

“Oh, how great is Your goodness, Which You have laid up for those who fear You...” (Psalm 31:19)

It brings mercy:

“For as the heavens are high above the earth, So great is His mercy toward those who fear Him;” (Psalm 103:11)

It brings lack of want:

“Oh, fear the Lord, you His saints! There is no want to those who fear Him.” (Psalm 34:9)

It brings wealth and riches:

"Praise the Lord! Blessed is the man who fears the LORD, Who delights greatly in His commandments. His descendants will be mighty on earth; The generation of the upright will be blessed." (Psalm 112:1-2)

The fear of the Lord is a reverential fear of God. It brings the wonder of God into our hearts, a trust for God and a desire to know Him even more.

TWO

The Basic Cause of Fear

Leaving aside the question of natural fear and the fear of the Lord, but speaking now of negative types of fear, we must recognise the reason for this type of fear. It is separation from God. If we go back to the beginning of the Bible and look at Genesis chapter 3 we see the following:

"Then the LORD God called to Adam and said to him, "Where are you?" So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." (Genesis 3:9-10)

Because Adam disobeyed God, his sin separated him from God and the first result of that was the entry of fear. It is separation from God which allows the enemy (Satan) to attack us, torment us and drive us. If we are prepared to acknowledge this and confess our sins then we are opening the door to our total deliverance.

THREE

Our Enemies

Some of the greatest enemies we have in life are fear and worry. We worry about this, we worry about that. We worry whether there will be bad news. We begin to be anxious and fret over things which develop in our minds and cause the fears to get even greater.

Guilt is a great enemy. Because of guilt for past sins, we often become fearful and worry about these.

What if? What if I don't get the job? What if I fail the exam? What if I can't pay my taxes? What if I can't meet my bills? All of these are enemies of our peace.

These are only some of the ways in which fear attacks us. Fear has many entry points and causes confusion, stress, ulcers, suicide, rejection. Fear is a great enemy.

FOUR

Principal Types of Fear

1. FEAR OF DEATH

Many people suffer throughout their lives from a fear of death. This fear becomes so great at times that it can consume us. We can become so terrified about the thought of death that it can begin to take over every aspect of our lives. Fear of death can become obsessive.

2. FEAR OF SICKNESS

Many people have been gripped all of their lives by a fear of sickness. They have seen close relatives die from long-standing sicknesses and they, themselves, fear the same problem will come upon them.

The problem is that because of this type of fear, sickness itself can gain an entry point into our bodies and minds. Fear of sickness is a real curse which can be inherited from generation to generation.

3. FEAR OF FAILURE

Many of us fear that we shall be failures. We have been told in our childhood that we are no good or that we will never make it and this has become indelibly etched into our minds. We go through life feeling that we will always be a failure and nothing will overcome this problem.

4. FEAR OF REJECTION

Often, because of early childhood experiences, people fear they will be rejected. Perhaps their mother or father has failed to show love or has left home and the fear of rejection has entered the child's life.

The child grows up with this fear of rejection and, as an adult, is continually hampered in all his or her relationships by this fear.

There are many hundreds of types of fear, ranging from claustrophobia (fear of enclosed spaces) to such things as phonophobia (fear of speaking aloud), rhyphobia (fear of dirt) through to zoophobia (fear of animals).

FIVE

Fear and Torment The Twin Demonic Powers

Fear often carries with it the twin spirit of torment.

“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.” (1 John 4:18)

As we enter into fear and worry about the future or the consequences of some past action, a spirit of torment begins to haunt us. We find it difficult to sleep. Our thought life begins to fall into chaos and we cannot bring things into order.

The Bible says in Luke 21:26:

“men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of heaven will be shaken.” (Luke 21:26)

Yes, there will be a day of great fear come on the earth before the return of Jesus Christ, but in the meantime, spirits of torment and fear are attacking untold multitudes.

As we begin to fear, then we allow in the spirit of torment.

Some years ago, when I was away from my home city ministering, I was staying in a motel. I had not taken much notice of the motif which was on the outside of the building, but subsequently I had reason to do so.

One morning I sat on my bed in my pyjamas, reading the Bible. When I got up there were blood stains on the seat of my pyjamas. Obviously I had bled from the bowel. Immediately all sorts of thoughts entered my mind. Foremost among them was the fact that at the same age my father had contracted cancer of the bowel.

All sorts of tormenting thoughts entered my mind. “What if it is cancer?” “Your father had the same problem.” “There is no cure for it.” I quickly realised that I had to bring these thoughts under control through the name of Jesus Christ. As I prayed about it, a peace came upon me. I then realised that the motif on the outside of the motel took the form of a demonic Maori carving. I recognised that I was under attack and bound the spirits of attack.

Subsequent extensive investigations and x-rays showed no problem whatsoever in my body. That was quite a number of years ago. I have never bled since in the same area. However, in the time between first finding the blood stain and the final examinations, a period of three months elapsed. During that period I would waken from time to time with tormenting thoughts and fears which I had to constantly bring under the name of Jesus Christ in order to obtain God’s peace.

SIX

The Fruits of Fear

1. FEAR AS A KILLER

Fear can kill. In the Science Digest of 1980 there is an example of this. Fifteen people had died as the result of an attack upon them. When their bodies were examined, it was found that a number of them need not have died because their physical injuries were not sufficient to kill them. Their heart cells had been destroyed by their body's reaction to fear. It has been proved that stress caused by fear can produce lethal changes in the heart muscle and can cause death. ¹

Dr Charles Mayo of the Mayo Clinic has said that fear affects the heart, the circulation, the glands, the nervous system and the health generally.

Yes, fear can have a major effect upon our body systems.

In Scripture we have the example of Nabal, who refused David's request for help. Despite the fact that Nabal's wife, Abigail, subsequently fulfilled the request of David and placated David's wrath, nevertheless, Nabal died of fear when he heard that David had intended to kill him, before Abigail had caused David's anger to be turned aside.

“So it was, in the morning, when the wine had gone from Nabal, and his wife had told him these things, that his heart died within him, and he became like a stone. Then it came about, after about ten days, that the LORD struck Nabal, and he died.”
(1 Samuel 25:37-38)

According to legend, many years ago, there was a cholera epidemic in Constantinople. One hundred and twenty-five people died, apparently as a result of cholera, but following examination of their bodies, it was determined that, in fact, only five died from cholera. The other 120 died from the fear of cholera. ²

Fear is a killer force which is totally opposed to faith. Fear always anticipates that the worst will happen and not the best. For example, what if I get sick, or lose my job, or can't pay my accounts, or what if my tax bill is higher than I expect. Fear is a negative force which operates to destroy us if it can. ³

As we allow fear to enter, we allow that which we don't want to happen, in fact, to happen. This is because we are allowing into our life the spirit of fear which is opposite to faith. When we open our lives to fear, we are allowing in the exact thing that we don't want to happen and we are bringing into being the very thing which we fear. ⁴ As we tolerate fear and dwell upon it, this provides Satan with an opportunity to attack us.

2. FEAR AS A THIEF

“The thief does not come except to steal and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” (John 10:10)

The devil operates through fear in order to steal from us our inheritance in God and also to steal our health, our possessions and anything else upon which he may lay his hands. As Jesus Christ has said, the devil comes to kill and to destroy.

Many people are literally killed through fear because, as we have seen already, fear can destroy our health and our very lives.

The Bible describes fear as a spirit.

“For God has not given us a spirit of fear, but of power and of love and of a sound

mind.” (2 Timothy 1:7)

The spirit of fear does not come from God but is a spiritual power which comes out of the spiritual realm and attacks our mind. We have to realise that there is an intelligence (Satan) in the universe which is directed towards keeping us away from God and which is directed to destroying our peace of mind, our joy and which wants to rob us of eternal life. ⁵

Usually the things which we fear most of all never happen. A great deal of the torment and misery which we suffer comes from anticipating what might happen, not what actually is going to happen. Most times it does not happen at all. ⁶

“There they are in great fear where no fear was.” (Psalm 53:5)

Yes, the Bible sums it up perfectly. People can be in great fear when actually there is no reason for fear to exist in their lives.

The devil loves to throw lies into our mind and let us meditate upon them. As we do so, we play his game.

Jesus said:

“Then He said to them, “Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given.” (Mark 4:24)

This Word can be applied positively or negatively. Jesus tells us to take heed to what we hear. If we are listening to unbelief, doubt, fear and all the other lies of the devil and begin to absorb them, then in the same extent that we apply that fear in our lives, it will be applied to us. Jesus Christ is telling us here to listen to Him, His Word and not the lies of the devil, so that we may have the peace of God.

Again, Jesus refers to how we should hear:

“Therefore take heed how you hear. For whoever has, to him more will be given; and whoever does not have, even what he seems to have will be taken from him.” (Luke 8:18)

If we hear and listen to fear being spoken through others, then we will receive more of it ourselves and we will lose the good things of life. However, on the other hand, if we listen and speak positively and move with those who love the Lord and follow His Word and receive good teaching in accordance with God’s Word, then more of God’s goodness can be given to us.

3. IGNORANCE AS A CAUSE OF FEAR

Much fear arises from ignorance or lack of knowledge of the Word of God.

The Bible says in Hosea:

“My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you from being priest for Me; Because you have forgotten the law of your God, I also will forget your children.” (Hosea 4:6)

I find that daily meditation on the Word of God and reading that Word on a regular basis, gives me faith:

“So then faith comes by hearing, and hearing by the Word of God.” (Romans 10:17)

Before I was born again of the Spirit of God twenty years ago, fear played a major part in my life. It drove me, it tormented me, it caused me to feel guilty and caused unnecessary strife in my life. When I was born again, the peace of God came into my heart. It is a peace that has remained ever since.

My marriage was healed, our children came to the Lord and the peace of God began to fill our home instead of the fear of man. As this peace came into the lives of my wife and

myself, we found a new love for each other and for our children. For years the devil had tried to destroy our marriage and our home and had nearly succeeded. Even although I had been going to church for nearly twenty years, I had never been born again, nor had I really surrendered to Jesus Christ. Consequently, the Bible did not make sense to me. However, after I was born again, the Bible immediately came alive and I found in it the truths of God by which I have lived ever since. This has been the answer to the fear that the devil would otherwise have planted in my life.

The first evil force which gripped Adam after the fall was fear. Accordingly, it is deeply ingrained into all of creation:

“So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.” (Genesis 3:10)

As Adam fell away from fellowship with God, fear attacked him as the ruler of this world sought to exercise authority over him.

4. FEAR AS A CAUSE OF DEPRESSION

Fear also brings depression.

“Anxiety in the heart of man causes depression, But a good word makes it glad.” (Proverbs 12:25)

Many people suffer from prolonged depression, not understanding that often its cause has been fear entering their lives.

The Bible refers to the spirit of heaviness which many have found to be depression.

“...The garment of praise for the spirit of heaviness.” (Isaiah 6:3)

The answer to depression is to praise God and to keep our thought life centred on the Lord. We should also put on as a helmet over our mind, the hope of salvation.

“But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation.” (1 Thessalonians 5:8)

Our mind should be centred on hope and our heart should be filled with faith. If we allow fear and anxiety into our lives, then we often open the door to depression.

OTHER FRUITS OF FEAR

Other fruits of fear can be rejection, confusion and suicide. Often medical conditions such as ulcers can result from fear.

SEVEN

Worry - The Companion Spirit of Fear

Worry is a killer. It ranges itself alongside fear and robs us of the joy of life.

Dean Inge has said that worry is interest paid on trouble before it is due. ¹

We need to recognise that fear and worry are sins.

“But he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin.” (Romans 14:23)

Jesus Christ spoke of worry in Matthew. Here on six occasions He said, “Do not worry”.

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and

the body more than clothing?

“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”

“Which of you by worrying can add one cubit to his stature?”

“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; “and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

“Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?”

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

“For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” (Matthew 6:25-34)

Jesus Christ has given us the answer to worry, namely to seek first the kingdom of God and the righteousness of God and everything shall be added to us.

We have not been promised a worry free life. There will always be trials.

“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.” (John 16:33)

As the Apostle Paul preached:

“strengthening the souls of the disciples, exhorting them to continue in the faith, and saying, “We must through many tribulations enter the kingdom of God.” (Acts 14:22)

However, there is a world of difference between suffering tribulation as a Christian as opposed to suffering it as a non-Christian.

“The wicked flee when no one pursues, But the righteous are bold as a lion.” (Proverbs 28:1)

Those of us who have faith in Jesus Christ are able to call upon the name of the Lord to deliver us and we have access to the Throne of Grace in times of tribulation. There is a common saying which says,

“Those who live in worry invite death in a hurry.”

Fear and worry can bring on over-eating, anxiety and stress. Many people are grossly overweight because, as they have learned to live in fear, then they have taken to food or alcohol in an effort to overcome the fear or worry. Following fear and anxiety, people often come into a state of stress.

Dr Charles Mayo has said, “I have never known anyone who died of overwork, but I have known many who died from fear, anxiety and worry.” ²

Jeanni Mills, in her book, “Six Years with God”, tells how the infamous Jim Jones told his followers in 1975 to drink some wine. After they had drunk the wine, he told them that it was laced with cyanide and that they had forty-five minutes to live. One girl ran out of the building

and a shot was fired at her. She appeared to collapse. Forty-five minutes later Jones then got up and said, in fact, that there was no cyanide in the wine and the girl had only been shot with a blank. In this way he had controlled them by fear. This was three years before he killed all his followers in Guyana, but it shows how fear can be used to control our lives.³

Pastor Gary Greenwald, Pastor of Eagle's Nest, California, gives the example on his excellent tape on fear, of the doctor who was called by the husband to visit his sick wife. The doctor went into the bedroom and then came out and asked for a chisel. The husband was puzzled about this but found him a chisel and gave it to him. The doctor went into the bedroom and a short time later came out and asked for a long knife. The husband became considerably concerned, but without asking questions, gave the doctor the knife. The doctor returned to the room but a while later came out and asked for a hammer. By now the husband was getting extremely concerned but, still trusting the doctor, he gave him the hammer. The doctor went into the room then a while later came out and asked for a hacksaw.

By now the husband was beside himself and he shouted to the doctor, "What do you want a hacksaw for?" He could see the doctor cutting up his wife, hammering her, using the chisel, the knife, everything upon her. He was terrified.

The doctor's answer floored the husband completely. As the husband demanded to know why the doctor needed all of these tools, particularly the hacksaw, the doctor replied, "I am trying to open my briefcase!"

This story shows how our imagination can run riot as fear enters and begins to control our mind.

EIGHT

Entry Points of Fear

1. SEPARATION FROM GOD

Just as Adam, by his sin, opened himself to the spirit of fear and thus separated himself from God, so also we must be aware that our sin separates us from God.

**"Behold, the LORD'S hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear. But your iniquities have separated you from your God; And your sins have hidden His face from you, So that He will not hear."
(Isaiah 59:1-2)**

2. SHOCK OR TRAUMA

This is a major entry point of fear. When we receive a shock or go through a trauma, a spirit of fear will often enter.

Recently I was praying with a lady whose father died when he was only 42 years of age. As I prayed with this lady, the Lord gave me a vision of a chasm with a narrow bridge over it. There was a view of this lady walking across the chasm and suddenly the bridge broke and she was clinging to the broken section of the bridge which was dangling into the chasm. This proved to be a picture of how she felt after her father's death. She had no firm foundations and as a result had been tormented by fear which had brought sickness.

As this memory was healed by the Lord and she was delivered from the spirit of fear, then she received her healing.

Another example of fear entering through trauma or shock is when we watch people die over a period of time. Maybe it is a close relative who is dying of cancer for whom we are caring.

Many people with whom I have prayed have cared for very sick relatives and, after that relative has died, the same illness has struck them. Because of the fear of cancer or some other condition, they themselves in turn have been attacked by cancer.

Another example is when people look into an open coffin. A child can be particularly affected in this way as they look upon the dead relative and fear can enter them.

When children are not bonded to their parents and are adopted, a spirit of fear can enter them at that stage. Even though the adoptive parents do love the child, often as a result of the trauma of having the bonding broken between the mother and child, fear can begin to attack and carries on throughout the person's life unless they are delivered.

Accidents are prime causes of the spirit of fear entering. At the moment of impact, a spirit of fear and shock can attack a person. I have prayed for many people who have been suffering from the after-effect of accidents such as spinal problems and back problems. As I have commanded the spirit of fear and shock to leave and placed my hand on the affected place, they have been healed.

3. SIN

Fear can enter through our own sin. Sin brings guilt and when sin is not repented from, guilt remains and with it brings fear. Again, involvement in the occult on our own part or on the part of our ancestors, can cause fear to enter the family line. The sin of idolatry, i.e. having other gods than the one true God, is a prime entry point for generational fear to enter.

4. PRE-NATAL FEAR

Fear can enter us in the womb. If the parents are subject to strong fear in their own lives, the spirit of fear from the father or mother or both can enter the child after conception and be present when it is born. Also, if for example, the mother is gripped by fear over some situation or is traumatised before the birth of the child, then the spirit of fear affecting her can also enter the child.

Again, the Scriptures tell us that the sins of one generation will be visited upon the next four generations unless there is true repentance. Thus, spiritual powers from previous generations can enter the child in the womb unless there is a cutting off through the power of the blood of Jesus Christ and true repentance on the part of the parents.

5. TOUCHING OF DEAD BODIES

If the dead person had spirits of fear within, then these same spirits now seek a new home. What better person to attack than a grieving wife or husband or near relative.

At that moment of grief, as we touch or kiss the dead body, that spirit can attack us. That is why we need to plead the blood of Jesus Christ before we touch dead bodies, and also to know where we stand with Jesus Christ.

In the Old Testament we are told that people were unclean for seven days after they had touched a dead body and they had to go through certain procedures in order to be cleansed.

God was aware that spiritual forces could attack people who touched dead bodies. I have prayed for many morticians and nurses to be released from spirits which have attacked them because of their involvement with dead bodies.

6. REJECTION

Rejection and fear of rejection are primary reasons for fear to enter. I know of one instance where a teacher punished children who did not express themselves properly. These children were about nine years of age and as the teacher mocked these children and punished them, eight out of the twenty-four children in the one class began to stutter and

most of them carried this affliction into their adulthood.

I have just prayed with a lady who had a major bladder problem. At the age of six her teacher would not let her go to the toilet and she wet her clothes. As a result of this, she developed bladder problems and it was only as we cast out the spirit of fear that had entered her thirty years ago, that healing took place.

7. MARITAL BREAKUPS

When marriages split, anger, rejection and fear enter. The effect on children can be traumatic. In a recent survey of children under the age of fourteen, they were asked, what did they fear most. The majority responded that they feared that their parents would break up. Marital splits can have traumatic effects on children, causing fear to dominate their lives.

8. SPIRIT OF JEZEBEL

Idolatry.

“You shall have no other gods before Me. “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate Me.” (Exodus 20:3-4)

The failure to obey these commandments of God gives entry to idolatry and the spirit of Jezebel.

Jezebel is referred to in Scripture both as a person and as a spirit. It is significant that the persons referred to as Jezebel have many of the same characteristics of the spirit of Jezebel.

For example, as the wife of King Ahab, she encouraged the King to serve Baal and worship him, to set up an altar for Baal in the temple of Baal and to do wickedness in the sight of the Lord.

“Now Ahab the son of Omri did evil in the sight of the LORD, more than all who were before him.

And it came to pass, as though it had been a trivial thing for him to walk in the sins of Jeroboam the son of Nebat, that he took as wife Jezebel the daughter of Ethbaal, king of the Sidonians; and he went and served Baal and worshipped him.

Then he set up an altar for Baal in the temple of Baal, which he had built in Samaria.

And Ahab made a wooden image. Ahab did more to provoke the LORD God of Israel to anger than all the kings of Israel who were before him.” (1 Kings 16:30-33)

“But there was no one like Ahab who sold himself to do wickedness in the sight of the LORD, because Jezebel his wife stirred him up.” (1 Kings 21:25)

She helped further establish idolatry in Israel.

In Revelation 2:20-23, we see it as a woman in the Church at Thyatira, encouraging the people to commit sexual immorality and to eat things sacrificed to idols.

In Isaiah 47 we see it as the lady of kingdoms, or queen of the kingdoms. Now it is a spirit behind Babylon and says, “No-one sees me.” (Isaiah 47:10)

This spirit of Jezebel which can affect nations and individuals comes through idolatry, i.e. having other gods before the one true God. These gods can be our home, our car, our football star or an idol.

Anything that displaces Jesus Christ as Lord and Saviour in our lives is a false god.

Jezebel means mother-child religion and in pagan religion there is a copy of the Virgin Mary and Jesus. Just as God gives us salvation through the Seed of a woman (Genesis 3:15), so Satan seeks to provide a false salvation through Jezebel and her child.

Frequently, when there has been trauma in childhood or manipulation and control by other people over a child, e.g. molestation, beating or some other ungodly action, we find that the child of Jezebel enters the person. This is a false personality, bringing with it fear.

When we cast out the spirit of Jezebel and the child of Jezebel, we find great deliverance from fear.

9. FAILING TO CONTROL OUR THOUGHT LIFE

Too often we let our thought life run riot. The Bible requires us to bring all our thoughts captive to Jesus Christ. We must ensure that our thought life always puts Jesus Christ first and then everything else comes into balance.

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” (2 Corinthians 10:4-5)

Failure to put Jesus Christ first in our lives means that we deprive ourselves of the eternal hope of salvation. We let our minds stray into what might happen rather than putting our faith firmly in Jesus Christ.

10. FAILING TO TRUST GOD

Because so many people are not born again of the Spirit of God and do not have a personal relationship with Jesus Christ, they find that they are unable to place their faith in God. It is only as we come to Jesus Christ like a little child and are born again, receive the Holy Spirit and are baptised in water, that we can come to know the love and power of God in our lives. Suddenly the Bible becomes alive to us and we are able to place our trust firmly in God. Without true repentance, i.e. turning from our old ways of sin back to God, there can be no true faith.

11. RELIGIOUS SPIRITS

Satan loves religion. Many times people are caught in a church situation which preaches an ungodly type of fear. There is a true fear of God that we should have, i.e. to hate evil. We should learn to love and reverence God and have a godly fear of Him. This is the opposite of carnal fear. The Bible is full of blessings that flow as we truly fear God.

However, in some churches unfortunately, a type of religious fear is developed. People develop a fear of the church and of those controlling the church rather than a true fear of God.

Sometimes church leaders manipulate people in order to hold them within the congregation. They put fear into people's lives.

As a child I was brought up in a church which taught that all other churches were wrong and that if I left the church I would go into damnation. I noticed that many people who did leave the church, in fact, lost their faith and never went to another church. It was so ingrained into them that no other church was any good that they, in turn, lost their salvation. There was a fulfilment of the curse that had been placed upon them in the church.

We do not need to have that sort of fear in our lives. The perfect love of God casts out all fear and as we are ministered to in love and, in turn, minister love ourselves, then fear disappears.

12. NOT TRUSTING IN THE WORD OF GOD

I have made the point already that without true repentance there cannot be true faith. Until we really turn from all sin and determine not to do the same sin again and until we make Jesus Christ the Lord and Saviour of our lives, we cannot fully trust in the Word of God. It is, therefore, necessary to make an absolute commitment of our lives to God through Jesus Christ if we really want to come into trusting God's Word. As we do trust His Word and find the many promises within it, then fear disappears.

13. FAILING TO KNOW THE FULLNESS OF GOD'S LOVE FOR US

We can only know the love of God for us as we obey Him. Some people fail to obey God because they fail to honour and forgive their parents or forgive other people.

Some people find it impossible to forgive their parents. Yes, it is impossible to forgive our parents or other people unless we are filled with the Spirit of God. Then God gives us such a love that we are able to forgive.

“For with God nothing will be impossible.” (Luke 1:37)

The Bible promises that as we honour our parents, then all shall be well with us, and we shall live long on the earth.

“Honour your father and mother,” which is the first commandment with promise: “that it may be well with you and you may live long on the earth.” (Ephesians 6:2-3)

If we fail to honour our parents and forgive them, then their sins come upon us and our children. It is as we honour and forgive our parents that we can be delivered from the curses of the past, especially the curse of the law, through Jesus Christ.

“Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, 'Cursed is everyone who hangs on a tree').” (Galatians 3:13)

And come into the blessing of Abraham.

“that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.” (Galatians 3:14).

14. VIEWING THE WRONG THINGS

Many people have come under the spirit of fear through watching movies portraying violence or reading the wrong type of books. Sometimes the wrong type of music can introduce fear. Playing the wrong type of games, e.g. Dungeons and Dragons, can introduce fantasy into the minds of children and in due course fear.

15. LISTENING TO THE WRONG THINGS

Jesus said:

“Therefore take heed how you hear.” (Luke 8:18)

Some people have curses pronounced on them by their parents or close relatives or husband or wife, e.g., “You will never be any good”, “You will never make it”, “You are a failure”. Some people pronounce such curses on themselves, e.g. “I will never make it”, “I am hopeless”.

This, in turn, brings fear. Words can have real impact and unless we renounce such curses in the name of Jesus Christ, we can continue to be bound by fear.

Satan is adept at putting wrong thoughts into our minds if we listen to his voice. If we meditate upon the wrong things, then he will bring wrong thoughts into our minds which, in turn, will bring fear and torment to us.

16. COVETOUSNESS

Failure to be content with such things as we have brings fear. If we really are content with the Lord and seek to obey Him, then we can truly say that the Lord is our helper and we will not fear.

“Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, ‘I will never leave you nor forsake you.’”

So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?” (Hebrews 13:5-6)

My testimony is that through covetousness in my early life, I entered into many unwise business transactions which took me years to be freed from.

So often, through greed and covetousness, we take our eyes off God and fall into the trap of the evil one because he is just waiting to trap us.

It is only as we centre our life fully on Jesus Christ and are content with such things as we have that we can avoid these traps.

I have seen many young business men become suicidal, with their marriages failing and their children’s lives being destroyed because of covetousness.

17. TIREDNESS, OVERWORK AND STRESS

When we become over-tired, we begin to be stressed out and our thought life becomes unbalanced. This is the time when major fears can attack us.

18. SICKNESS

Sickness can be a primary entry point for fear. As we suffer from continual pain and depression, fear enters.

NINE

The Answers to Fear

1. BE SURE THAT YOU ARE BORN AGAIN OF THE SPIRIT OF GOD

This means that we must turn from all sin and decide not to do it again. This is called repentance. We should confess our sins to God. My daughter, Maria, was born again after she read a little book on the subject. She went into her bedroom and got on her knees, turned from her sins and asked Jesus Christ into her life. The power of God filled the room. She was only 16 years of age but from thereon her prayers changed the lives of her parents and of our whole family. We should be sure that we have totally surrendered to Jesus Christ and confessed with our mouth and believed in our heart that God has raised Jesus Christ from the dead.

“that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.” (Romans 10:9)

2. BE CERTAIN THAT YOU UNDERGO THE WATERS OF BAPTISM

If you have never undergone any form of water baptism, it is imperative that you undergo

water baptism. When we are baptised, we are symbolically buried with Jesus Christ and as we come out of the waters of baptism, it symbolises the resurrection and life of Jesus Christ coming into us.

“Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.” (Romans 6:4)

3. SEEK THE BAPTISM WITH THE HOLY SPIRIT AND THE GIFT OF TONGUES

Jesus Christ told His disciples, including those who had already received the Holy Spirit (John 20:22), to wait in Jerusalem until they received the promise of the Father.

“Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high.” (Luke 24:49).

He told them that they would then receive power to witness.

“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.” (Acts 1:8)

Ten days after Jesus Christ had risen into heaven, the Holy Spirit fell on the 120 disciples on the day of Pentecost and they were all filled with the Holy Spirit and spoke with other tongues as the Spirit gave them utterance.

“And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.” (Acts 2:4)

This occurred because Jesus Christ was now seated at the right hand of God and, having received from the Father the promise of the Holy Spirit, He poured out the Holy Spirit which could be seen and heard.

“Therefore being exalted to the right hand of God, and having received from the Father the promise of the Holy Spirit, He poured out this which you now see and hear.” (Acts 2:33)

This experience is essential for today's conditions. It is a must if we want to be overcomers, especially of fear.

4. RECOGNISE FEAR AS SIN

“But he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin.” (Romans 14:23)

We must recognise that fear which is not a godly fear is sin. We must repent from it.

5. REPENT AND CONFESS THE SIN OF FEAR AND ANY OTHER SIN IN OUR LIVES

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7)

Clearly God has not given us that spirit of fear, but rather of power and of His love and of a sound mind.

6. HONOUR OUR PARENTS

Forgive them and renounce their sins and the sins of our ancestors so that we may be delivered from the curse of the law.

“Christ has redeemed us from the curse of the law, having become a curse for us

(for it is written, "Cursed is everyone who hangs on a tree")" (Galatians 3:13)

The terrible curses of the law are set out in Exodus 20:5 where God said He would visit the iniquities of the fathers onto the children of third and fourth generations of those who hated Him.

In Deuteronomy 28:15-68 we see the curses which fall upon us as a result of disobedience to God. Praise God, however, Jesus Christ has delivered us from the curse of the law if we obey Him, forgive others, renounce the sins of our ancestors and follow God, then we can come into this full deliverance and receive the promises of Abraham.

"Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, 'Cursed is everyone who hangs on a tree'), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith." (Galatians 3:13-14).

7. RECOGNISE THAT YOU ARE IN SPIRITUAL BATTLE

"For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places." (Ephesians 6:12)

Ephesians 6:13-18 tells us that we should put on the whole armour of God, namely have our waist girded about with truth, i.e. we should walk in truth, we should not lie but be totally open in every way.

We should put on the breast-plate of righteousness. As we declare that Jesus Christ is our Lord and Saviour, then we are clothed with the righteousness of God, that is we have right standing with God and we can claim that right standing.

We are then told to have our feet shod with the preparation of the gospel of peace. As we walk in the love of God and believe the gospel of Jesus Christ, namely His death and resurrection, the fact that He is the only way to God and that He is our Lord and Saviour, then the peace of God surrounds us and demonic forces must flee.

We are then told to take up the shield of faith and as we have been truly repentant, we can receive faith from God in a mighty way so that as the evil one attacks us, we can repel his darts.

Then we must put on the helmet of salvation. This is figuratively a helmet which we place over our mind through believing the Word of God. As we believe and act upon the Word of God and centre on Jesus Christ, our mind is protected from fear and every other attack.

Next we are told to take up the sword of the Spirit which is the Word of God. As we read the Bible and speak it out in faith, we can use it as a sword, so to speak, against the spiritual forces that attack us.

Finally, we are told to pray with all prayer and supplication in the Holy Spirit. This means that with the help of the Holy Spirit we keep praying to God and believing for His goodness and deliverance.

8. REMIND GOD OF WHAT HE HAS DONE FOR YOU IN THE PAST ¹

As we walk with God, we find that we have a testimony of God's goodness in our lives. When David was speaking to Saul, telling Saul that he could defeat the Philistines, he was reminding himself of what the Lord had done for him in the past.

"Moreover David said, 'The LORD, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.' And Saul said to David, 'Go, and the LORD be with you!'" (1 Samuel 17:37)

As we remind ourselves of what God has done for us in the past, then faith comes. Even

when David was facing the worst form of attack, he strengthened himself in the Lord his God.

“Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.” (1 Samuel 30:6)

9. NO WEAPON FORMED AGAINST US SHALL PROSPER

We are promised in the Word of God that no weapon formed against us shall prosper.

“No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the LORD, And their righteousness is from Me,” Says the LORD.” (Isaiah 54:17)

There is the wonderful story of Miss C. Leppingwell. During the Boxer Rebellion in China a decision had been made by the Boxers to execute her. As she placed her head on the block she looked up at her executioner as he lifted the axe. She smiled at him. She had total confidence that she was going to be with Jesus and have eternal life. The executioner could not wield the axe. He ran away saying, “You cannot die. You are immortal.” If she had shown fear and not trust in God then she would have died.²

Follow the example of David.³ All of Israel was fearful of the giant, Goliath. Nobody was prepared to stand up to him. All the soldiers of Israel were measuring themselves against Goliath. However, David was measuring Goliath against God. Circumstances are no problem to God.

“Then David said to the Philistine, “You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied.” (1 Samuel 17:45)

“Then all this assembly shall know that the LORD does not save with sword and spear; for the battle is the LORD’S, and He will give you into our hands.” (1 Samuel 17:47)

The giants of Goliath that come against us in our daily life must bow to the name of Jesus Christ. David knew that his God was greater than any other god. We need to know that the one true God is, in fact, stronger than any other god or demonic power that may seek to bind us.

“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.” (1 John 4:4)

Some years ago, when I was the owner of a large housing construction company, three of my salesmen, without my knowledge, forged wage certificates in order to enable people to obtain loans. While I was overseas preaching the gospel, the police raided the company premises and seized many files. They called in the television cameras and the whole incident was shown on public television.

One of the policemen said that when they were finished with the company, it would no longer exist. I came back to New Zealand to find this situation. The police were waiting for me at the airport to interrogate me. They wanted to implicate me because they wanted, “a big fish”. The two policemen in charge of the enquiry were ambitious and wanted to prove their efficiency. I knew I was totally innocent. I had a total peace about the situation. I believed the Scripture, “No weapon formed against you shall prosper.”

Over the next six months the police interviewed 1,500 persons who had purchased homes from my company. They went through every declaration in order to establish a pattern of fabrication. They failed to do so. Despite their every effort and the involvement of some forty policemen for three months, nothing was found against the company. Finally, the police had to go onto television and announce that the company was in no way involved.

I knew I had two things in my favour. One, that I had sought to be obedient to God and do everything above board and in a proper manner and, two, that I was totally trusting God in this situation.

Because I had sought to do things properly, the enemy had no entry point into my life. I knew the reason for the attack. It was because I had just finished writing the book, "Demons Defeated" and the devil wanted to discredit me. In the final analysis our company was totally vindicated and went on into great prosperity.

10. CAST OUT THE SPIRIT OF FEAR

Fear is often a spirit and we need to recognise it as such. It can be inherited through the generations because of previous idolatry within the generations. If necessary, go to somebody who does, in fact, believe the Bible and casts out demons. Jesus Christ told us, in His name we shall cast out demons. (Mark 16:17)

So often fear becomes a demonic force within us or around us. As we confess our sins to others and are prayed for in deliverance, then these spirits will leave if there is true belief. Through the gift of discernment, the Lord will speak to those ministering to you and the source of the fear can easily be given by the Lord in such circumstances. As this source is revealed and healing takes place and the spirit is cast out, then true deliverance takes place.

Often we can deliver ourselves from the spirit of fear. On occasions, if I feel I am under attack from such a spirit, I place my hands on my forehead or my shoulders and in true repentance before God, I ask His help. In the name of Jesus Christ I command any spirit that is attacking my mind or following me to leave me in the name of Jesus Christ. In this way I find true deliverance.

11. THROUGH PRAYER AND FASTING

Sometimes we are called by the Lord to pray and fast. As we do so, He reveals blockages and blind spots in our lives and we become ready for deliverance. At that point of time, through prayer on our own or with others, we will find that fear will flee.

12. MEDITATING ON THE WORD

God has promised to keep us in perfect peace if our mind is stayed on Him.

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. (Isaiah 26:3)

By regular meditation and reading of the Word of God we can grow stronger spiritually each day and are thus able to use the Word of God to defeat the enemy.

13. WE MUST RECOGNISE FEAR AS A MASTER FORCE⁴

"For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death." (Romans 8:2)

We must recognise our enemy so that we can defeat him. In the same way we must recognise faith as a master force under the Spirit of life in Christ Jesus. It is the law of the Spirit of life in Christ Jesus that has made us free from the law of sin and death. The law of sin and death brings fear but we have been made free through the Spirit of life in Christ Jesus.

14. FAITH WORKING BY LOVE

"For in Christ Jesus neither circumcision nor uncircumcision avails anything, but faith working through love." (Galatians 5:6)

As we help others, we will find that the spirit of fear disappears. We are able to set our mind

on other things as the Holy Spirit directs us and in this way we find that the love of God sets us free.

“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.” (1 John 4:18)

15. ACTING UPON THE WORD OF GOD

One of my favourite Scriptures is:

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely,

whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things.”

The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” (Philippians 4:6-9)

On many occasions I have had to make a deliberate decision to think on things that are true, noble, just, pure, lovely and of good report. As I have contemplated and meditated upon these things, the spirit of fear has disappeared out of my life.

16. LIFESTYLE

A wrong lifestyle can bring in fear. For example, through greed and covetousness, we can acquire possessions but, at the same time, go into an inordinate amount of debt. The Bible says that the borrower is servant to the lender:

“The rich rules over the poor, And the borrower is servant to the lender.” (Proverbs 22:7)

I have seen many business men come into mental breakdowns through fear. Their objectives in life have been wrongly centred on gain and on material things rather than the things of God. The Bible says:

“Let your conduct be without covetousness; be content with such things as you have” (Hebrews 13:5)

Then we can appropriate the rest of the verse which says:

“For He Himself has said, “I will never leave you nor forsake you.”

So we may boldly say:

“The Lord is my helper; I will not fear. What can man do to me?” (Hebrews 13:5-6)

As we are content with such things as we have and do not allow covetousness into our lives, then we can defeat fear.

17. CALL ON THE NAME OF THE LORD

When we are in our deepest fear, we can call upon the name of the Lord. The Bible says:

“For whoever calls upon the name of the Lord shall be saved (delivered).” (Romans 10:13)

It is as we truly cry out to God and seek His help that He hears our voice.

“I sought the LORD, and He heard me, And delivered me from all my fears. This poor man cried out, and the LORD heard him, And saved him out of all his troubles. The angel of the LORD encamps all around those who fear Him, And delivers them.” (Psalm 34:6-7)

In this Word we see that the angel of the Lord encamps around us and protects those who fear Him. The eyes of the Lord are on the righteous.

“The eyes of the LORD are on the righteous, And His ears are open to their cry. The face of the LORD is against those who do evil,

To cut off the remembrance of them from the earth. The righteous cry out, and the LORD hears, And delivers them out of all their troubles.” (Psalm 34:15-17)

A marvellous Psalm which has helped me in many circumstances is Psalm 18:1-6. I have seen many others delivered as they have spoken out this Psalm. Speak it out now in faith and God will bless you.

“To the Chief Musician. A Psalm of David the servant of the LORD, who spoke to the LORD the words of this song on the day that the LORD delivered him from the hand of all his enemies and from the hand of Saul. And he said:

I will love You, O LORD, my strength. The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust;

My shield and the horn of my salvation, my stronghold. I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies. The pangs of death surrounded me,

And the floods of ungodliness made me afraid. The sorrows of Sheol surrounded me; The snares of death confronted me. In my distress I called upon the LORD, And cried out to my God; He heard my voice from His temple,

And my cry came before Him, even to His ears.” (Psalm 18:1-6)

I have always found that as I have called on the name of the Lord and trusted Him, that truly He has delivered me from all of my fears.

18. REMEMBER THAT JESUS CHRIST IS OUR INTERCESSOR AND MEDIATOR

Jesus Christ is seated at the right hand of God and He makes intercession for us. (Romans 8:34)

As we follow Jesus Christ, as we believe in Him, we must always remember that He intercedes before God for us. As we are obedient to the Word of God and follow Jesus Christ then we can believe for His intercessions for us.

Many times I have thanked God that Jesus Christ is my intercessor and mediator.

“For there is one God and one Mediator between God and men, the Man Christ Jesus.” (1 Timothy 2:5)

“Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.” (Romans 8:34)

I often think of Jesus Christ, seated at the right hand of God, acting as my intercessor and mediator before God.

19. PLEAD THE BLOOD OF JESUS CHRIST

As a lawyer, I used to file my client's statement of claim before the court. This set out my

client's case. It was called my pleading. Then the other party would file their case before the court. This was their pleading.

This is similar to the court in heaven. As I understand the Word of God, Satan still has access to the Throne of Grace and we see that in Revelation: "Then I heard a loud voice saying in heaven,

"Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down."

"And they overcame him by the blood of the Lamb and by the word of their testimony." (Revelation 12:10-12)

As Satan tries to accuse me before the Throne of Grace, my response is:

THROUGH THE BLOOD OF JESUS I AM REDEEMED OUT OF THE HAND OF THE DEVIL. THROUGH THE BLOOD OF JESUS ALL MY SINS ARE FORGIVEN. (Ephesians 1:7)

THE BLOOD OF JESUS CHRIST, GOD'S SON, IS CLEANSING ME NOW AND CONTINUALLY FROM ALL SIN. (1 John 1:7)

THROUGH THE BLOOD OF JESUS I AM JUSTIFIED, MADE RIGHTEOUS, JUST AS THOUGH I HAD NEVER SINNED. (Hebrews 13:12)

THROUGH THE BLOOD OF JESUS, I AM SANCTIFIED, MADE HOLY, SET APART TO GOD. (1 Corinthians 6:19-20)

When the devil hears this confession he flees.

20. **RECALL THE TRAUMA OR EVENT** (if any) which caused the original entry point of the fear and trust God's healing love to deal with that situation and to heal your memories. If any forgiveness is needed on your part, make sure you have forgiven the person concerned and pray for a blessing on them.

Jesus told us to love our enemies, bless those who curse us and do good to those who hate us and pray for those who spitefully use us and persecute us. (Matthew 5:44)

As we do this, God's healing love flows into our lives and defeats those who are attacking us spiritually and causing fear.

21. **CRY OUT TO GOD** and if you feel anything within you, then expel it by either coughing or breathing it out.

22. **STAND FIRM** in your belief that you have been delivered. If anything has been oppressing you, command it to go in the name of Jesus Christ.

23. If the fear seeks to return in any form, **CALL OUT TO JESUS CHRIST** as your intercessor and mediator before the throne of God. If necessary go through some of the above steps

again as the Holy Spirit would guide you and as you continue to do this and centre your life on Jesus Christ in every area and obey God's word, your deliverance from fear will remain.

24. ALWAYS BE PREPARED and discern any further attacks of fear which may be originating from the enemy. Be ready to deal with them as set out above.

25. Finally, EVERY DAY THANK AND PRAISE GOD for all His mercies and for His love. Read your Bible daily, pray daily and fellowship with other believers.

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things.

The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” (Philippians 4:8-9)

TEN

Prayer of Deliverance from Fear

I suggest that you consider offering the following prayer to God:

“Dear Heavenly Father, I come to You in the name of Jesus Christ. I believe from my heart that You sent Jesus Christ into this world, born of a virgin, that He walked this earth, that He lived a sinless life and that He died on the Cross in my place. I believe that on the Cross He took all of my sins upon Himself and He bought me back from the hand of the devil. I believe that He cleansed me, sanctified me and redeemed me on the Cross, that He healed me and delivered me. I thank You Lord Jesus. I believe You rose from the dead on the third day and You are seated at the right hand of God. I now turn from all the works of the devil and I renounce all the works of Satan. I confess Jesus Christ as my Lord and my Saviour. Come Holy Spirit and fill me. Thank You Lord Jesus for Your peace and presence.

I absolutely renounce every form of sin (specifically renounce sin). I especially renounce covetousness, anger, fear. I honour my mother and father and I renounce their sins. I renounce the sins of my ancestors. I believe that through the Cross of Jesus Christ I have been delivered from the curse of the law and I now claim the blessings of Abraham.

I confess my own sins and the sins of my ancestors and I ask Your forgiveness. I forgive others. I forgive them as You forgave me. I forgive myself. I renounce all contact with the occult and with all occultic objects and I receive Your forgiveness. Please forgive me, Father, for blaming You for what others may have done to me. I now release myself and those under me from any curse. I declare myself released. I claim it and I thank You Lord.

I specifically renounce all curses that have been placed upon my life through the words of those who have abused and damaged me. I forgive them and I ask You Lord to release me from their consequences. Thank You, Father, in Jesus' name. In the name of Jesus Christ, I specifically renounce all vows that I have made, knowingly or unknowingly against myself. I specifically renounce (name those vows you have made and which you know to be wrong). I ask You to totally cleanse me and set me free from the result of those vows and I thank You for doing it.

I come before You, Lord Jesus, as my mediator and intercessor. I believe that through Your precious blood, I have been redeemed, cleansed, sanctified and justified. I believe that the devil has no place in me and no power over me.

I now specifically renounce every spirit of fear, whether inherited or otherwise, that has attacked me. I command it to go in the name of Jesus Christ. (Expel such spirit by breathing out or coughing. If necessary, place your hands at the back of your head so that any spirit of oppression leaves you.)

I believe that I am delivered from the spirit of fear. I thank You, Lord Jesus, for Your love. I thank You, Heavenly Father, that You sent Jesus Christ. I now claim the blessings of Abraham and I will seek to follow You forever, Lord Jesus.”

Notes

Chapter Six: The Fruits of Fear

1 "*Fear, the Killer Force*" Pastor Gary Greenwald, Eagle's Nest Christian Fellowship, Santa Ana, California,

Tape No. 101.

2 Ibid

3 Ibid

4 Ibid

5 Ibid

6 Ibid

Chapter Seven: Worry - The Companion Spirit of Fear

1 "*Fear, the Killer Force*" Pastor Gary Greenwald, Eagle's Nest Christian Fellowship, Santa Ana, California,

Tape No. 101.

2 Ibid

3 Ibid

Chapter Nine: The Answers to Fear

1 "*Fear, the Killer Force*" Pastor Gary Greenwald, Eagle's Nest Christian Fellowship, Santa Ana, California,

Tape No. 101.

2 Ibid

3 Ibid

4 Ibid

APPENDIX

Occult Check List

If you have been involved in any of the following, you should renounce them:

- Abstract art (under hallucinogenic stimulus)
- Acupuncture
- Amulets (tigers claw, sharks tooth, horseshoe over door, mascots, gold earring (man), talisman (magic picture))
- Ankh (a cross with a ring on top used in satanic rites)
- Apparitions - occultic
- Astral travel
- Astrology
- Augury (interpreting omen)
- Automatic writing
- Birth signs
- Black arts
- Black magic (involving hidden powers for bad ends)
- Black mass
- Blood subscriptions (pacts)
- Cartomancy (using playing cards)
- Chain letters
- Charming or enchanting (attempts to use spirit power)
- Charms and charming for wart removal
- Chinese astrology
- Clairaudience (ability to hear voices and sounds super-normally - spirited voices alleging to be those of dead people giving advice or warnings)
- Clairsentience (supernatural sense perception)
- Clairvoyance (ability to see objects or events spontaneously or supernormally above their normal range of vision - second sight)
- Colour therapy
- Concept therapy
- Conjuration (summoning up a spirit by incantation)
- Coven (a community of witches)
- Crystal ball gazing
- Crystals
- Death magic (where the name of the sickness plus a written spell is cast into coffin or grave)
- Demon worship
- Disembodied spirits
- Divining rod or twig or pendulum
- Dowsing or witching for water, minerals, under-ground cables, finding out the sex of

- unborn child using divining rod, pendulum, twig or planchette
- [] Dream interpretation (as with Edgar Cayce books)
- [] Dungeons and Dragons
- [] Eastern meditation/religious - Gurus, Mantras, Yoga, Temples etc
- [] Ectoplasm (unknown substance from body of a medium)
- [] Enchanting
- [] E.S.P. (extra sensory perception)
- [] Findhorn Community
- [] Floating trumpets
- [] Fortune telling
- [] Gothic rock music
- [] Gurus
- [] Gypsy curses
- [] Hallucinogenic drugs (cocaine, heroin, marijuana, sniffing glue etc)
- [] Handwriting analysis (for fortune telling)
- [] Hard rock music - Kiss, Led Zeppelin, Rolling Stones (most rock groups)
- [] Heavy metal music - AC/DC, Guns and Roses (all heavy rock)
- [] Hepatoscopy (examination of liver for interpretation)
- [] Hex signs (hexagrams)
- [] Horoscopes
- [] Hydromancy (divination by viewing images in water)
- [] Hypnosis
- [] Idols
- [] Incantations
- [] Iridology (eye diagnosis)
- [] Japanese flower arranging (sun worship)
- [] Jonathan Livingstone Seagull (Reincarnation, Hinduism)
- [] Kabbala (Occult Lore)
- [] Karma
- [] Levitation
- [] Lucky charms or signs of the Zodiac or birthstones
- [] Magic (not sleight of hand but use of supernatural power)
- [] Mantras
- [] Martial arts (Aikido, Judo, Karate, Kung fu, Tae Kwan Do etc)
- [] Matthew Manning
- [] Mediums
- [] Mental suggestion
- [] Mental telepathy
- [] Mental therapy
- [] Mesmerism
- [] Metaphysics (study of spirit world)
- [] Mind control
- [] Mind Dynamics
- [] Mind mediumship
- [] Mind reading
- [] Moon-mancy
- [] Motorskopua (mechanical pendulum for diagnosing illness)
- [] Mysticism
- [] Necromancy (conjuring up spirits of the dead)
- [] Numerical symbolism

- [] Numerology
- [] Occultic games
- [] Occult letters of protection
- [] Occult literature, eg The Greater World, The 6th & 7th Book of Moses, The Other side, The Book of Venus, Pseudo-Christian works of Jacob Lorber, works by Edgar Cayce, Aleister Crowley, Jean Dixon, Levi Dowling, Arthur Ford (The Overt Worship of Spirit Beings), Johann Greber, Andrew Jackson Davis, Anton Le Vay, Ruth Montgomery, John Newborough, Eric Von Daniken, Dennis Wheatley.
Such books should be burned, regardless of cost.
- [] Omens
- [] Ouija boards
- [] Pagan fetishes
- [] Pagan religious objects, artifacts and relics
- [] Pagan rites (Voodoo, Sing sings, Corroborees, Fire walking, Umbahda, Macumba)
- [] Palmistry
- [] Pk (parakineses - control of objects by the power of the mind and will)
- [] Parapsychology (PS) - especially study of demonic activity
- [] Pendulum diagnosis
- [] Phrenology (divining/analysis from the skull)
- [] Planchette (divining)
- [] Precognition (foreknowledge of the occurrence of events)
- [] Psychic healing
- [] Psychic sight
- [] Psychography (use of heart shaped board)
- [] Psychometry (telling fortunes by lifting or holding object belonging to the inquirer)
- [] Punk rock music
- [] Pyramidology (mystic powers associated with models of pyramids)
- [] Rebirthing
- [] Reincarnation
- [] Rhabdomancy (casting sticks into the air for interpreting omens)
- [] Satanism
- [] Seances
- [] Self hypnosis
- [] Significant pagan days
- [] Silva Mind Control (SMC - Psychorientology)
- [] Sorcery
- [] Spells
- [] Spirit knockings or rappings
- [] Star signs
- [] Stichomancy (fortune telling from random reference to books)
- [] Stigmata - occultic (wounds that may or may not bleed)
- [] Superstitions (self or parents or grandparents)
- [] Table tipping
- [] Tarot cards (22 picture cards for fortune telling)
- [] Tea-leaf reading
- [] Thought transference
- [] Tk (telekineses - objects move around room, instruments play, engines start...)
- [] TM (Transcendental Meditation)
- [] Trances
- [] Transmigration

- [] Travel of the soul
- [] UFO fixation
- [] Uri Geller
- [] White magic (invoking hidden powers for “good ends”)
- [] Witchcraft
- [] Yoga (involves Eastern demon worship)
- [] Zodiac charms, birthdates
- [] Zodiac signs

“Also, many of those who had practiced magic brought their books together and burned them in the sight of all. And they counted up the value of them, and it totalled fifty thousand pieces of silver.” (Acts 19:19)

“You shall burn the carved images of their gods with fire; you shall not covet the silver or gold that is on them, nor take it for yourselves, lest you be snared by it; for it is an abomination to the Lord your God. Nor shall you bring an abomination into your house, lest you be doomed to destruction like it; but you shall utterly detest it and utterly abhor it, for it is an accursed thing.” (Deuteronomy 7:25-26)

“Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons...” (1 Timothy 4:1)

The following is a list of **non-Christian religions and cults** which fall into the above category:

Ananda Marga Yoga Society, Anthroposophical Society (Eurythmy, Rudolf Steiner, Waldorf Schools); Astaro, Bubba Free John; **Bahai**; **Buddhism**; Children of God (Family of Love); Christadelphians; Christian Science; Church of the Living Word (John Robert Stevens “The Walk”); Church Universal and Triumphant (Elizabeth Clare Prophet); Confucianism; **Divine Light Mission** (Guru Maharaj Ji); Druids Lodge; ECKANKAR (Paul Twitchell); Enlightenment (heightened awareness, nirvana, satori, transcendental bliss, god-realisation, expanded consciousness, altered perception of reality, cosmic consciousness etc); Esalen Institute (Michael Murphy); e.s.t. (Erhard Seminar Training); Foundation faith of the Millennium (Robert de Grimston); Foundation of Human Understanding (Roy Masters); Freemasonry; Gurdjieff/Subud/Renaissance (Esoteric Christianity); Hare Krishna; Hinduism (Karma, reincarnation, avatars, Bhagavad-Gita, Yoga, T.M.); Holy Order of MANS; Inner Peace Movement; International Community of the Christ/The Jamilans; **Jehovah’s Witnesses** (Dawn Bible Students); Krisnamurti Foundation of America; Meher Baba (Sufism Reorientated Inc); Mind Sciences; **Mormons** (Church of the Latter Day Saints); Mukatananda Paramahansa (Siddha Yoga Dham Centres); Neo-Gnosticism; **New Age Movement**; Nichiren Shoshu/Soka Gakkai (NSA Lotus Sutra); Rastafarianism; Ratanism; Religious Science; Rev Ike (Frederick Eikerer Koetter); Rev Sun Myung Moon (**Moonies**, Unification Church); Rosecruicianism (AMORC); Sathya Sai Baba; **Scientology** (L. Ron Hubbard Dianetics); Self Realisation Fellowship; **Sharmanism**; Shintoism; Spiritual Frontiers Fellowship; **Spiritualism/ Spiritism**; Sri Chimnoy; Swami Kriyananda; Swami Rami; Swami Vivekananda (Vedanta Society); Swedenborgianism; **Taoism**; Theosophy; Urantia; Unity School of

Christianity (Charles Myrtle and Lowell Fillmore); World Wide Church of God (Herbert W. Armstrong, "The World Tomorrow", "The Plain Truth"); Yogi Bhajan (Sikh Foundation/3HO Foundation); Zen.