

## Spirits of Fear

### What is fear?

Fear means being afraid, worried, anxious, concerned that bad things are going to happen. Fear is projecting into the future.

### General Adaption Syndrome

Fear manifests itself as (a) fight or flight and then progresses to (b) a resistance reaction, and can culminate in (c) the exhaustion stage. Our body and our hypothalamus don't know the difference between the two types of fear. Our body responds the same. It produces the same hormones in reaction to fear. Our bodies were not designed to live in continual, ongoing fear.



### Fear is a sin

Fear at its root is a spiritual problem. The medical and psychiatric community acknowledges that fear, anxiety and stress cause many diseases. Fear is a lack of trust in God. Fear is a lack of faith. And because of this, fear is a sin.

And he that doubts is damned if he eats, because he eats not of faith: for whatsoever is not of faith is sin. Romans 14:23

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

This spirit of fear is not from God; it is contrary to God. Over and over again God says, "Fear Not!" Jesus says what is behind the fear is not trusting God. That which is not of faith is sin. When we have fear we are out of faith. This is where we start. Take no thought for tomorrow, be careful for nothing.

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Matthew 6:25

Therefore take no thought, saying, What shall we eat or what shall we drink or wherewithal shall we be clothed? Matthew 6:31

And he said unto his disciples. Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. Luke 12:22

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. Philippians 4:6

Fear is always a speculation, a projection into the future.

You cannot argue someone out of his or her fears. Logical arguments don't work, because the whole process is fear.

Fear can be very logical, but it is based on no faith and not trusting God. We need to help the person see that the whole process of their thinking is the problem.

Fear and faith are equal, they both project into the future and both demand to be fulfilled.

Now faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1. Fear is the substance of things NOT hoped for. We defeat fear by making right choices right now.

Casting down imaginations, and every high thing that exalted itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ... 2 Corinthians 10:5. The antidote to fear is relationship with God. Make yourself eternal. If we're hearing, "But, what if that happens" we are listening to fear. You can't argue against a "what if."

### **Ministering to others around fear**

Fear takes a tremendous hit on the body. Fear is living in a projected future that is not good. Fear ultimately is not trusting God; it is a lack of faith when we listen to fear. Worry is torment. The way to cast out fear from a person is to love them and help them receive love from God. There is no fear in love; but perfect love casts out fear because fear hath torment. He that feared is not made perfect in love. 1 John 4:18

Fear is dealt with through faith, by choosing and by receiving love from God and others and by giving love. Many times it is a process. Sometimes we have so many fear that they need to be

dealt with one at a time. In addition things such as unloving spirits may be blocking them from receiving love.

When we try to avoid our fears, this too is an act of fear. The only way to defeat those fears is to face them. A large part of our walk-out is facing our fears. In our day-to-day lives is where and when our fears come at us. This is why fear must be dealt with in a larger context. Anything that is not love towards us can take us into fear. If we don't feel safe with someone this can take us into fear. Accusation or bitterness can be an open door to fear. Self-bittiness can take us into fear. Not feeling good about ourselves, insecurity, not feeling safe can feed fear. Rejection, or not being loved can send us into tremendous fear; we are not being covered by love. Love and fear cannot coexist at the same time; one will win. make it Love.

### Scroll down for the four pages of Fear Worksheets

#### How to use the ministry guide (Blue Card) below:

Begin with prayer. Use this ministry guide to deal with the spirits that have entered into your life because of trauma.

The top part will lead you through the process of receiving forgiveness for harboring, entertaining and cooperating with that spirit. The middle part is a used to remove that spirit from your life. The bottom part is to leads you in receiving God's healing and wholeness. Insert the name of the spirit in the place of the XX. At the bottom where there is a grayed out "Yourself..." - seek the guidance of the Spirit to see what He wants to put into that place.

- **Father God** - I take *responsibility* for the spirit of xxxx in my generation and all previous generations on both my mother's and my father's side all the way back to Adam.
- I *repent, renounce* and *come out of agreement with* the spirit of xxxx.
- I ask *forgiveness* for allowing xxx in my life and cooperating with it.
- I *receive* your forgiveness, I *forgive myself* and ask you to complete this process of forgiveness. I ask now that the curse be cancelled.

- In the Name of Jesus of Nazareth, by the power of the Holy Spirit -
- I take *authority* over you, spirit of xxxx, I *break your power,* and *cancel* your assignment.
- I *cast you out* and *consign* you to the dry places.

(Deal with Programming and the Recorder Spirit also)

- Father God, *heal* those places where the spirit of xxxx has been and *fill* that place with **Yourself . . .**

Begin with prayer.

Break the power of the Strongman of Fear

Deal with each of the underlings.

Cast out the Strongman

As necessary speak creative miracle into being.

- Fear of deliverance
- Fear of not being delivered or getting free
- Fear of being free/independence
- Panic Attacks/Phobias - e.g. claustrophobia
- Fear of tomorrow or future
- Worry and anxiety
- Dread - projection of evil into the future
- Fear of change
- Fear of unknown
- Speculative fear
- Distress
- Fear of loss
- Fear of losing life
- Fear of loss of life (wasted years)
- Fear of death
- Fear of dying process
- Fear of dying prematurely
- Fear of loss of spouse
- Fear of losing children
- Fear children not saved
- Fear of loss of relationship
- Fear of loss of confidence
- Fear of disease
- Fear of pain
- Fear of suffering
- Fear of disability
- Fear of disfiguration
- Fear of doctors/hospitals
- Fear of needles
- Fear of blood
- Fear of vomiting

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|-----------------------|---|-----------------------|
| <input type="radio"/> | Fear of God - negative (being afraid of God)  | <input type="radio"/> |
| <input type="radio"/> | Fear of punishment                            | <input type="radio"/> |
| <input type="radio"/> | Fear of judgment                              | <input type="radio"/> |
| <input type="radio"/> | Fear of losing salvation                      | <input type="radio"/> |
| <input type="radio"/> | Fear of evil spirits                          | <input type="radio"/> |
| <input type="radio"/> | Fear of fear                                  | <input type="radio"/> |
| <input type="radio"/> | Superstitions                                 | <input type="radio"/> |
| <input type="radio"/> | Bad news                                      | <input type="radio"/> |
| <input type="radio"/> | Distrust in God or man                        | <input type="radio"/> |
| <input type="radio"/> | Fear-Faith (counterfeit faith based on works) | <input type="radio"/> |
| <input type="radio"/> | Suspicion                                     | <input type="radio"/> |
| <input type="radio"/> | Fear of betrayal                              | <input type="radio"/> |
| <input type="radio"/> | Fear of man                                   | <input type="radio"/> |
| <input type="radio"/> | Fear of public speaking/performance           | <input type="radio"/> |
| <input type="radio"/> | Self-consciousness                            | <input type="radio"/> |
| <input type="radio"/> | Shyness                                       | <input type="radio"/> |
| <input type="radio"/> | Inferiority                                   | <input type="radio"/> |
| <input type="radio"/> | Fear of criticism                             | <input type="radio"/> |
| <input type="radio"/> | Fear of inadequacy                            | <input type="radio"/> |
| <input type="radio"/> | Fear of reproof                               | <input type="radio"/> |
| <input type="radio"/> | Fear of harassment                            | <input type="radio"/> |
| <input type="radio"/> | Fear of facial expressions                    | <input type="radio"/> |
| <input type="radio"/> | Fear of another's bitterness                  | <input type="radio"/> |
| <input type="radio"/> | Fear of another's words                       | <input type="radio"/> |
| <input type="radio"/> | Fear of disapproval                           | <input type="radio"/> |
| <input type="radio"/> | Fear of verbal rejection                      | <input type="radio"/> |
| <input type="radio"/> | Fear of reproach - being shamed               | <input type="radio"/> |
| <input type="radio"/> | Fear of humiliation                           | <input type="radio"/> |
| <input type="radio"/> | Fear of races/cultures - bigotry              | <input type="radio"/> |
| <input type="radio"/> | Other Fears (write in)                        | <input type="radio"/> |
| <input type="radio"/> | Other Fears (write in)                        | <input type="radio"/> |

- Fear of rejection
- Fear of abandonment
- Fear of being alone
- Fear of loneliness
- Fear of abandoning loved ones through death or disease
- Fear of not having or not enough of necessities (food, drink, clothing, housing)
- Fear of poverty
- Fear of lack
- Fear of failure
- Fear of insanity
- Night terror/torment (awake or asleep)
- Fearful dreams and visions during sleep
- Fear of dark
- Fear of antigens
- Fear of food/drink/clothes/housing/environment
- Fear of chemicals
- Fear of allergic reactions
- Fear of nothing
- Fear of success
- Horror
- Fearfulness
- Sudden Fear
- Trembling
- Fear of noises
- Fear of animals (snakes, spiders, mice, etc.)
- Drivenness
- Perfectionism
- Control of others or environment
- Fear of being controlled

- Fear of family members
- Fear of father/mother
- Fear of spouse
- Fear of children
- Fear of natural disasters
- Fear of fires
- Fear of the enemy
- Fear of war/conflict
- Fear of authority
- Fear of menopause
- Fear of sex or loss of it
- Fear of own sexuality
- Fear of another's sexuality
- Fear of pregnancy
- Fear of suffocation
- Fear of drowning
- Fear of water
- Fear of responsibility
- Fear of commitment
- Fear of dependency
- Fear of weapons
- Fear of being robbed
- Cowardice
- Other Fears (write in)
- Other Fears (write in)
- Other Fears (write in)
- Other Fears (write in)
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