

Overcoming Fear – How to Recognize Fear

Overview: Generally, fear causes us to lose our joy, peace and patience.
Specifically, fear can be identified through our words, actions & thoughts.

Definition: Fear is believing an evil report, which is accepting as true or as a possible outcome anything which contradicts God's word. Rom 14:23b

A. Words of Fear

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| 1. Speaking worry, anxiety, concern. | Phil 4:6,7 |
| 2. Speaking negativity, criticism, problems. | Phil 4:8 |
| 3. Speaking evil reports. | Mark 11:23 |
| 4. Speaking failure or calamity. | Rom 4:17; Pro 18:21 |
| 5. Accepting weakness, lack of ability or helplessness. | Rom 8:37 |

B. Actions of Fear

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| 1. Hesitancy, slowness to respond, procrastination. | 2 Tim 4:2 |
| 2. Laziness. | Pro 6:6; 13:4 |
| 3. Running away, being intimidated, quitting. | Heb 10:38 |
| 4. Always looking for help. | Phil 4:13 |
| 5. Avoidance of new people, places and situations. | Luke 10:19 |
| 6. Voice reactions e.g., extreme speaking, laryngitis, hoarseness. | |
| 7. Body reactions, difficulty swallowing, cold sweats, inability to move. | |

C. Thoughts of Fear

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| 1. Mental focus on failure or problems. | Eph 3:20 |
| 2. Doubt, unbelief, uncertainty. | 2 Tim 1:7 |
| 3. Inferiority or feelings of failure. | 1 John 4:4 |
| 4. Confusion, panic, nervousness. | James 3:16 |
| 5. Dislike of persons, places, food (1 Cor 10:27). | Titus 1:15; 1 John 4:20 |

D. Overcoming Fear

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| 1. RRB | |
| • Repent - Confess sins including fear. | 1 John 1:9 |
| • Renounce | 2 Cor 5:17; James 4:7 |
| • Break | Isa 10:27 |
| 2. BCO | |
| • Bind all demons, devils & evils spirits behind the sins. | Matt 18:18 |
| • Cast Out | Mark 16:17 |
| 3. Invite Spirit of God to fall fresh upon you. | Isa 11:2 |
| 4. Establish the Kingdom of God | |
| • Pray God's will be done in your life | Matt 6:10 |
| • Loose God's will, power and angels into your life. | Matt 18:18 |
| • Bind satan, his demons, devils and evil spirits from you | Matt 28:18 |
| 5. Affirm scriptures on fear | |
| • In the Name of Jesus, God has not given me a spirit of fear but of power and love and a sound mind. | 2 Tim 1:7 |
| • In the Name of Jesus, God has not given me a spirit of bondage again to fear but a spirit of adoption whereby I cry "Abba, Father (Daddy)". | Rom 8:15 |