

Steps To Freedom #5 Fear – Anxiety - Panic

The fifth area we must address in order to obtain lasting freedom in is the area of FEAR. Here is a link to a 10 minute Video of Bruce praying for you and with you to get free of these evil spirits. <https://youtu.be/oh-FzQyr8CI>. We recommend that you take time and watch it.

This is another link to Bruce's 1 hour teaching on Deliverance from Fear for further study. <https://youtu.be/J-mcdXyBW30>

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Do you suffer from fear, anxiety or worry?

The late Derek Prince, a deliverance minister, shared his experience dealing with the spirit of fear:

My release from demons has been progressive, perhaps because of my occult background and heritage. At times I have still had to seek the Lord for deliverance for myself. One of the enemies that has assailed me persistently is a spirit of fear that began in my childhood. In certain circumstances I would be gripped by fear. My stomach would tighten up, my body would grow tense and sometimes my face would turn pale, even though, by the exercise of my will, I could usually maintain outward control, so that people were not aware of the struggle going on inside me.

I remember vividly when I first experienced this kind of fear. I was nine years old, sitting on the back seat of a car going too fast down a steep incline. My whole body became tense, and suddenly I felt a tingling sensation in my feet that worked its way up my legs and seemed to settle in the pit of my stomach. We did not have an accident, but a spirit of fear entered me.

After I was saved and baptized in the Holy Spirit, these attacks of fear diminished but did not altogether cease. Once I came into deliverance, I knew what to do. I would call on the Lord and He would set me free. Yet somehow I did not immediately succeed in keeping my deliverance. In moments of physical or emotional weakness, when my spiritual defenses were weak, the spirit of fear would come on me unawares. As soon as I recognized its presence, I would once again claim and receive deliverance.

...In time I learned how to deal with this particular attack. Today, whenever I recognize the familiar symptoms of fear coming on me, I quote 2 Timothy 1:7; applying it personally: "God has not given [me] a spirit of fear, but of power and of love and of a sound mind[self-discipline]." Then I take my stand against the spirit of fear. When I do

this, I am victorious. The spirit of fear can attack me from without, but it cannot enter me. (They Shall Expel Demons, pgs. 79-80)

The following is another example of a person delivered from the spirit of fear by the authority of the Lord Jesus Christ: *Sometimes we are overtaken and overwhelmed by traumatic events.*

At a conference on healing, I spoke with a schoolteacher who shared his deep fear of dying. He was in his early forties and, as far as he knew, he suffered from no terminal illness. None of his family had had such illnesses. The fear seemed to have come from nowhere.

As we continued to talk I noticed that he had a very slight stammer. When I asked him about this, he told me that when he was four years old he had been knocked down by a semitrailer. His first memory after the accident was of lying face up, underneath the truck, staring at its wheels. He felt terribly afraid and wondered if he had died. His stammer had emerged soon after that, and he had learned to control it only by concentrated effort. He found that he could not control it in times of pressure, when he would irrationally feel that he was going to die. His Christian faith was in constant difficulties, and he felt depressed at never seeming to "make it" in his Christian walk. He had asked for healing from this fear on a number of occasions, but nothing had happened.

It was then that we agreed that the power behind his fear was, in fact, a spirit which had used the accident to gain access to his life. A simple prayer of authority, commanding the spirit to be cast out of his life, was enough to release him from the persistent thoughts and feelings of death. His stammer virtually disappeared and did not return even in times of pressure. (Russ Paker, Battling the Occult, pgs. 103-104)

Fear, anxiety and worry plague and torment both believers and unbelievers alike. Since the fall of man the enemy has made it seem natural for us to worry, to fret, to fear something in our past, present and future because that is his plan to deceive us.

Worry may seem to be normal to us and that is because the enemy has lied to us, however worrying is also sinful. That's because most elevated emotions such as fear, anxiety and worry is a failure to trust God and His goodness or to believe what He told us.

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. (Psalm 55:22 NIV)

Jesus knew that worry is a powerful weapon that the enemy uses against us. This battlefield against fear, anxiety and worry is done in our minds however, Jesus promised us that we could walk in freedom just like He did here on Earth (*Matthew 6:25-34*).

Even David who was close to God's heart could not resist himself from fear, anxiety and worry. He dealt with the fear of death because of Saul and from his own son Absalom. We can read from many of his Psalms that he was crying for Lord to help him as the enemies tried to pull him down. But David was very clear and had a deep understanding in his heart that God is the rock, protector and refuge in times of distress.

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. Psalm 18:2 (NIV)

Fear, Anxiety and Worry were perhaps as much a common disorder in biblical times as it is today and causes of and reasons for it are not dissimilar to those of today. The great apostle Paul gave us instruction on how to deal with worry.

Paul said, *“Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude” (Philippians 4:6 TPT).*

Paul gave us further instruction to *“focus our thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy” (Philippians 4:8 CJB).*

Don't fear, for I have redeemed you; I have called you by name; you are Mine. Isaiah 43:1 (NIV)

God actually commands us not to fear or worry. The reason why is because if we let fear inside, we are not using our faith and trusting in the Lord.

In one of our Inner Healing and Deliverance sessions we worked with a woman who was suffering from fear, anxiety and worry. She said, “Fear and Anxiety had a such a strong gripping hand on my life”. She had financial debt problems due to her business loss and faced anxiety for many years without being able to come out of it. It wasn't until she came to know Jesus Christ as Lord that things started to change for her. Once we found the root of the dissociative, wounded parts of the soul for her anxiety, we began the healing process for Jesus to come and take the pain away permanently.

The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18 (NIV)

The truth is Satan, is attacking your mind and has a legal right to do so because of our soul wounds. Soul wounds are caused by hurt and trauma at any age in our lives it can be from friends, family and even enemies that we come in contact with. The trauma usually associated with accidents, physical abuse, verbal abuse, sexual abuse, physical pain, or any emotional pain that we can't handle or cope with at that moment.

Since those past hurts (soul wounds) haven't been healed by Jesus, they open the doorway which gives the enemy a legal right to torment us. (*Matthew 18:23-35*)

That's what happened to the young lady with financial problems. Those past hurts, if not healed, will start showing in your life because a portion of your heart is still broken. We can't fix it ourselves as much as we want to, so we need to seek out Godly people who specialize in inner healing and deliverance.

The enemy torments us through these past soul wounds and it can affect us in our bodies (sickness, pain, undiagnosed medical conditions), our soul and in our minds (with feelings of hopelessness that bring with it elevated emotions such as fear, anxiety, anger, rejection, abandonment or despair). It can also affect us in our families, jobs and friends.

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10 (NIV)

Satan is very sneaky; he is responsible more often than we would like we think. He is usually the cause of your torrent of fear, anxiety, worry, pain, etc.

Healing your soul is just one of the many reasons why Christ died on the cross (*Ephesians 1:7*). God wants to heal our deepest hurts and that's where inner healing of soul wound comes in. *He heals the brokenhearted and binds up their wounds. (Psalm 147:3 NIV)*

It's time to be free from fear, anxiety and worry, in Jesus name!

Pray these Prayer Points EVERY time you are fearful, worry or filled with anxiety.

- ***I have been chosen by God! 1 Peter 2:9.***
- ***I have been forgiven of ALL my sins, not just some of them!***
- ***I have been redeemed, and transferred out of darkness, into the light of God! Acts 26:18.***
- ***I belong to God, and no one can pull me out of His hands. John 10:28-29.***
- ***I have been given authority over satan, and his workers (even the spirit of fear). Luke 10:19.***
- ***God has not given me a spirit of fear, but of Power, Love and a SOUND MIND! 2 Timothy 1:7.***

What To Do If You Suffer From Panic Attacks.

The fear rises in your chest without warning. Your heart begins to race and your pupils dilate. Dread and shame quickly weigh you down and before long you can't catch a

breath. It feels as if an elephant were sitting on your chest. You might pass out. You might become nauseous. You might break out into a sweat.

It's a dark, scary place — the kind of place you never hope to find yourself in.

1. Recognize that Panic Attacks are Not Your Fault

In my experience, the message often communicated to those who suffer from panic attacks is: *Maybe if you stopped worrying about things, prayed harder and trusted God more, you wouldn't have this problem.* Sound familiar?

“Just stop worrying.” “Don't think about it.” “You're being ridiculous and irrational.” “Real Christians don't have anxiety.” These are the words people speak.

Though they mean well, what many people don't realize is that having a panic attack is not like worrying about what you should wear to work. There's no off switch once your fight-or-flight mechanisms are activated.

From a physiological standpoint, no amount of willpower can stop panic attacks. It's not something we can fix. Many people say when anxiety first entered their life, they thought that they could fix themselves by simply believing or praying harder, like people suggested. Many report doing that left them feeling more empty and frustrated inside.

2. Look Outside Yourself for Healing.

The Bible says we are more than conquerors — we are overcomers

We cannot and we do not overcome by our own strength. The only way to overcome is to strengthen ourselves in the Lord (**1 Samuel 30:6**).

Overcoming also doesn't mean you'll never deal with something ever again. Sometimes overcoming is a daily battle, depending on what you're going through.

Panic attacks can come and go. And while we cannot carry ourselves out of the panic, God can — because He is faithful and when He promises to deliver His children out of darkness (**2 Timothy 4:18**), he means it.

How do we strengthen ourselves in the Lord? How do we experience peace amid the chaos of panic?

We draw near to God.

3. Find the Strength You Need by Drawing Near to God

We hold unswervingly to the hope we profess, for he who promised is faithful (**Hebrews 10:23**), and He promises to draw near to us when we draw near to Him (**James 4:8**).

And on the days when it feels like there's no light at the end of the tunnel, we pray for God to bring us treasures in the darkness and guide our feet onto the path of peace.

This prayer is an example of how you might trust in God to be your strength and help you overcome.

Lord, I come to you and I thank you for drawing near to me when I draw near to you. To think that you are mindful of me — it overwhelms my soul. But Lord, today my spirit is heavy and my body is weak. I cannot bear the weight of this anxiety and panic any longer. I recognize I can't get through this alone, and I pray against the very active enemy who is trying to shake my faith and tear us apart. Help me stand strong in you. Fortify these weary bones and remind me of the truth that this pain and panic will not last forever. It will pass.

Fill me with your joy, peace and perseverance, Father. Restore my soul and break the chains of anxiety and panic that bind me. I trust you with my panic and I know that you have the power to take it all away. But even if you don't, I know I don't have to be a slave to my fear. I can rest in the shadow of your wings and I will rise and overcome by your unwavering strength. In Jesus' Name, Amen.

And with that, I lift my hands up to the sky, feeling the weight lift as I surrender all to Him. I breathe in a new hope and a new strength rises within.

I picture God rescuing me from the troubled waters of my anxiety, whisking me up into the air on a cloud of perfect peace. If I let Him carry me, in Him I can overcome the panic every time it comes.

my helper, and **I will not fear what man shall do unto me.**" - **Hebrews 13:5-6**.

We pray this lesson blesses you and we pray for your freedom.

Drop us a line at [Email Us](#) and let us know how you are doing in these lessons and suggestions! We love to hear from you!