



## *Defeating Fear with Faith*

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God has not given us a spirit of fear. [2 Tim. 1:7](#). Fear is an emotion that the devil uses to torment in an attempt to capture our faith from working effectively in life-threatening situations, spiritual warfare, and courageous acts of proclamation of the power of God. If we are crippled by fear, we will lack the confidence to trust God. I have myself experienced fear and have at one point in my life been held in prison to its grip. God responds to tenacious unwavering faith. Confronting fear is necessary to defeating fear and if you neglect to resist it then fear will cheat your God given authority in the spirit realm. Faith forces fear to come subject to the authority of faith. A working faith is aggressive and resist the illusion that fear is stronger. Faith must be active as well, but it is more powerful than fear. Faith is spiritual power in the heart, mind and mouth of the believer who employs it as an active unyielding force in their lives which refuses to be denied.

In working with many congregants, it is clear to me that fear is a weapon of Satan to keep the called from launching into purpose by his whisper of inability, fear of failure and even fear of the loss of life in situations where medical diagnosis pronounce life-threatening outcomes. Fear has to be confronted by an aggressive and intentional proclamation and attitude of fearlessness that is confident of your rights to the power and authority of God.

At the root of fear is doubt that God will protect one from whatever the pending doom is. Fear is generally centered in a sense of feeling unsafe or an insecurity regarding the lack of ability to manage the situation for positive outcome. Yes, it is a defense mechanism and is designed of God to be an alarm of pending danger. However, the divide is when fear challenges faith and causes the Christian to not follow through on what is to be conquered by faith. When fear becomes the dominant emotion that drives our attitudes, behaviors and decisions then we are in prison to it. Fearfulness is contrary to faith and wars against the truth that God has set us free from bondage, even fear. Fear is a strong emotion and it will rule if allowed to reign. It can hide in the subconscious and arise when triggered by some relation to an event that may be forgotten many years ago, but manifest its root is revealed by fearful behavior.

Fear does its best work in the mind and emotions. When a person does not understand that the war is waged in the mind, they will confuse fear for their own thoughts and embrace it as biological or normative to how we as human beings are created. When in fact, since being born again we are liberated from all that bounds by faith, but it is absolutely a choice to be free from the bondage of fear.

Understanding the torment of fear and how it plagues the mind and emotions and even the body is essential to identify how fear is preventing you from thriving in God. Fear says, you can't do it, you can't be it, the forces against you are too strong, but God's Word say "We Can Do All Things through Christ" [Philippians 4:13](#). Learning to identify fearfulness and where it is doing its destructive work in your life is key to you fully moving forward in God. You must use your spiritual grit to overcome the torment of fear. Though we hide its affects from the public, the reality is fear is more real in the lives of Christians than we want to admit. Overcoming fear is necessary to live in the strength of faith. Faith is most powerful but is displays its greatest strength through your confidence in God. So, we must be deliberate about our determination to live free from fear and proclaim the promises of biblical text as each of our situatedness and stoutness in God.

Taking the authority over fear is really a step into spiritual warfare and demands an intentional and discipline faith that fights its way through to the victory. Any emotions that impede progress and camouflage fear as appropriate demands confrontation and this fight is necessary to put out the fire of fear so faith can take its place in the heart, mouth and attitude of the one who dares to believe in spite of the emotion of fear. We are familiar with fear as it is a familiar part of our psychological, physical and spiritual being and can be too common if we aren't conscious and intentional to manage it through the Word of God. Faith forced in our daily life's births full assurance of the power of faith available to us. This type of faith positions us for being victorious in very battle. Through this exercise of faith, we become effective and efficient in the things of God.

Lazy faith will be defeated by the spirit of fear because fear demands confrontation. Winning the battle over fear to move into an authoritative faith challenges us to step out in faith and declare Christ as victor and then getting up and doing what is needed to initiate and activate faith. Faith is active and can overcome all situations. We must faith it until we can with confidence occupy and thrive in who we are empowered to be. Jesus getting up out of the grave he purchased complete victory over the adversaries for us and thereby opened up opportunity for all who believe to be filled with spiritual potential.

Choosing faith over fear is choosing to fight for liberty from emotional impulses that capture our potentiality. The power of intimacy with Christ fuels our faith and aids our thought processes toward God's power as complete for defeating fear. Knowing the Word of God and quoting it to your emotions to claim victory over all that is contrary to the Word will offer freedom in the spirit to live in the authority of Christ.

Admitting fear lives within is necessary to kicking it out of your heart, mind and spirit and for defeating its negative affect in your life. When this struggle is brought to God in prayer he will aid in the revelation of his strength and lead you into opportunities for growing your faith and confronting your fears so he can do the work of healing. When we know God and trust his Word to be final authority concerning all matters, we discover the freedom declared by Jesus when he said, "Whom the Son set free is freed indeed" [John. 8:36](#). Jesus made it possible for every believer to experience total freedom, the issue is believing it and taking it by force as our adversary fights to keep us from experiencing the power available through Christ death, burial and resurrection. It is yours for the taking, confront it and thrive in God!

