

To:

From:

Date:



OVERCOMING
FEAR



Our Mission:

“Called to bring the supernatural power of God to this generation”.

Overcoming Fear

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DEDICATION

This book is dedicated to my Heavenly Father who helped me to understand the revelation of the deliverance ministry. Also, I am eternally thankful to my wife and partner in ministry, Ana G. Maldonado, who is, and always will be, my ideal partner in life and in ministry—the day the Lord united our lives was the beginning of the fulfillment of God’s purpose for us and the starting point for this ministry in our church.

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WHAT IS
FEAR?

Fear, terror, and phobias are man's greatest enemies. These are the most effective weapons used by the enemy to enslave humanity. Because of this "dark monster," people throughout every nation suffer material destruction, moral degradation, and spiritual annihilation.

The Universal Fear

The problem that is most often presented by the people of every nation, race, color, and gender is fear, as it is applied to every area of human activity including finances, the industry, government, and the church. Fear is no respecter of persons. It does not take into consideration their social status. This invisible enemy attacks our children, our youth, adults, and the elderly—men and women throughout every nation. With the Word of God, we will learn the meaning of fear and how we can be delivered from its grip.

What is fear?

The concept of fear comes from the Greek word "phobos", meaning that which provokes a person to escape or run away. Another Greek word for fear is "deilia" which means cowardice, shyness, and shame.

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Who is a coward? A coward is a person who is afraid or scared to take action.

Who is brave? A brave person might feel afraid or scared to take action but does not allow these emotions to stop him from doing whatever needs to be done.

What is the Biblical definition of fear?

According to the Word of God, fear is an evil spirit that causes horror and fright. It prevents us from taking action by making us run from challenging situations.

This spirit does not operate alone. It works in cooperation with intimidation, causing us to act with cowardice and shame. Its goal is to enslave and punish us physically, emotionally, and spiritually. In Romans 8:15, the Word says: *"For you did not receive the spirit of bondage."* and in 2 Timothy 1:7 it says, *"For God has not given us a spirit of fear."*

The Biblical definition of fear differs from what the world believes fear to be. The world describes fear as a negative emotion caused by man. The Word of God describes fear as an evil spirit that must be dealt with and defeated with spiritual weapons.

To sum this up, the spirit of fear operates in an individual. It causes him to runaway from responsibilities, people, and from life's challenges. This spirit also causes people to shy away from success, it makes them feel intimidated by others, and it turns people into cowards when confronted with challenging

WHAT IS FEAR?

situations; thus, preventing them from taking action. Fear enslaves and paralyzes!

Fear Prevents Us from Taking Action

It is interesting to learn that the Word places those who are cowards or afraid in the same category as those who are skeptical, abominable, and murderers.

"⁸But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death." Revelation 21:8

The question we must now ask ourselves is: "Why does God do this?"

- Because the Word teaches that everything that does not come by faith is sin.

"²³But 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

- Because faith without works is dead.

Faith, without a corresponding action, is dead. Fear prevents us from taking action. It kills our faith. Everything that does not come by faith is sin. For this reason, cowards will not inherit the Kingdom of heaven, and they will be punished in eternal fire for their lack of action.

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A coward is afraid to take action and does not live by faith. When confronted with a crisis, difficult matters that need immediate attention, or when he finds himself in a perilous or dangerous situation, he fails to take the proper action. A coward's usual response to challenging situations is to run away from them because he is afraid or scared to act—his problem is not fear or being afraid but rather the lack of action on his part.

If we choose not to take action because we are scared and afraid, we join the list mentioned in Revelation 21:8. Many of us, because of fear, fail or refuse to take the appropriate action when we are faced with dangerous situations, even when our actions might save our families, business, or anything else of value. However, if we learn to overcome our fears and take action by faith, we are taking the appropriate action. "Do it even if you feel afraid."

Illustration: Firemen fear the sound of the fire alarm, but they face their fears and do their jobs. While firemen run into burning buildings, the people run from the fire to save their lives. Firemen overcome their fears and take action by doing everything in their power to extinguish the fire.

What are the physical and emotional symptoms of fear?

Below is a list of symptoms that manifest in people when they contemplate fearful thoughts:

WHAT IS FEAR?

- The heart begins to beat faster
- The body trembles
- Their knees buckle or shake
- Mental confusion
- Upset stomach
- Frustration and discouragement
- Constant worry eventually resembles an addiction. Worry can take people to the extreme of thinking that something is wrong even when there is nothing to worry about.

Neurologists teach that the lower part of the brain called the thalamus is the center of all emotions, and it is from there that thoughts of fear are spread throughout the nervous system. Also, they teach that fear fabricates worry and imaginary phobias. Fear is mostly based on imaginary or unreal events or things. It is produced by the spirit of fear that attacks our thoughts with lies.

A stack of several white papers with deckled edges, held together by a silver metal paperclip at the top left. The top sheet of paper features the title "THE ORIGIN OF FEAR" printed in a black, monospaced, all-caps font. The text is centered horizontally and arranged in three lines. The entire stack is set against a plain white background with a soft shadow cast to the right.

THE
ORIGIN OF
FEAR

W

hen we read the Word of God, we realize that the devil is the creator and initiator of fear. He holds his empire together by using fear. This is why most sects, false religions, and cults are structured by intimidation, fear, manipulation, and control. Many of its members, when they realize that they are involved in something that is false and misleading, try to leave, escape, or run away, but their efforts are met with threats against their lives and the lives of their families. Because of these threats, they are forced to stay and remain in bondage the rest of their lives.

"¹⁴Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, ¹⁵and release those who through fear of death were all their lifetime subject to bondage." Hebrews 2:14, 15

The empire of death governed by the Devil is sustained by fear

The Devil's Empire Before Christ

Before Christ, the devil enjoyed a time of "peace" in which

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humanity was subject to his fear tactics. The devil did whatever pleased him. He enslaved men—manipulated and controlled them because he trusted in his weapons of fear and lies.

"²¹When a strong man, fully armed, guards his own palace, his goods are in peace. ²²But when a stronger than he comes upon him and overcomes him, he takes from him all his armor in which he trusted, and divides his spoils." Luke 11:21, 22

Jesus lived 33 years, as a man. During this time, He lived in perfect obedience to the Father. Later, He went to the cross where He died and resurrected three days later. Through His death, He defeated the devil and his demon army. He destroyed the one who held the Kingdom of death in his grip.

"¹⁴...having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. ¹⁵Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it." Colossians 2:14, 15

The victory of the cross was glorious against the enemy. Jesus took back the devil's authority and dethroned him. Scripture tells us that the devil had control over the kingdom of death and that this empire operated under the paralyzing strategy of fear and lies, but Jesus defeated him by dying on the cross and taking back the keys of death and Hades; thus, releasing humanity and setting it free from the bondage of fear.

"¹⁷And when I saw Him, I fell at His feet as dead. But He laid

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His right hand on me, saying to me, "Do not be afraid; I am the First and the Last. ¹⁸I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death." Revelation 1:17, 18

What was Jesus' next move after defeating the one who ruled over death?

"¹⁵...and release those who through fear of death were all their lifetime subject to bondage." Hebrews 2:15

The devil enslaves unbelievers—men and women of all ages—with the fear of dying. Furthermore, ignorance in God's Word keeps believers enslaved and in bondage to fear. Sadly, many people remain in bondage their entire lives because of fear. This is the condition of most people today.

|||||

***The root of
fear is the
fear of
dying***

Is there good news for people who are in bondage?

Yes! The good news is that Jesus died for them, and through His death, He destroyed the devil—the one who had authority over the kingdom of death which is held together for those who refuse to accept Jesus as their Lord. Jesus took back the keys of Hades and death and now every person who chooses to believe in Him receives the benefits gained by His death and resurrection. People can be instantaneously free from fear if they accept this good news.

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*"¹⁵...and also that He might deliver and completely set free all those who through the (haunting) fear of death were held in bondage throughout the whole course of their lives."
Hebrews 2:15—AMP*

When people are afraid, the source or root of this fear is the fear of dying or the fear of death. For instance, many people manifest the fear of suffering an accident, but in truth, what they are really afraid of are the consequences that any accident can cause, such as paralysis or death. People who are afraid of rejection have a tendency to hide or shy away from people to avoid exposing themselves to the pain of rejection because this implies death to their ego.

"¹⁰Do not fear any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that you may be tested, and you will have tribulation ten days. Be faithful until death, and I will give you the crown of life." Revelation 2:10

The fear of losing our spouse, home, business, or health is nothing more than a feeling of insecurity of what tomorrow might hold or of what people might say.

We might use phrases such as: "If I die, what would happen to my children?" "If I divorce my spouse, how will I survive?" "If I lose my business, will I end up homeless?" "My pride has been hurt, and I do not want to experience shame." We fear physical death and what might happen tomorrow. We are afraid of people's comments and of losing our reputation.

Why are people afraid of moving in the supernatural or to minister in the gifts of the Spirit?

People are afraid of moving in the supernatural because they are afraid to make mistakes and of what people might say about them. They fear losing their reputation and having people think badly of them because this would hurt their pride and wound their ego. They do not want to die to self.

Sometimes, fear is stronger than the love we have for other people. When we are afraid of being attacked, destroyed, or left alone to fend for ourselves, without any family support, we should remember that the reason we feel this way is our own fear of experiencing physical death or our fear of dying to our ego or self.

How can we overcome the fear of physical death and death to our ego?

- We must die to our old nature or old lifestyle.

"²⁴Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain." John 12:24

We must decide to die to our old self before we can bear fruit. The process is much the same way as when the seed from the tree falls to the ground. It must die in order for the new tree to grow and bear its own fruit. We must commit ourselves to actively participate in the death of

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our worries, in trying to keep a good reputation, and to keep our old self alive.

- We must completely surrender everything to Jesus and completely transform our lives.

"²⁵He who loves his life will lose it and he who hates his life in this world will keep it for eternal life." John 12:25

The Lord teaches that fear is rooted in the fear of losing the temporary life that we now enjoy (the old self). Jesus said that if we want the "zoe" or abundant life, the life that is without fear, which He has for us, we should surrender our old self and everything that it represents. He wants us to surrender our temporary life to Him. Surrender it!

In essence, Jesus said, "Surrender your reputation, wealth, material possessions, health, family, and your children; surrender you future, your job, and everything you are afraid to lose. When you surrender everything to me, then, and only then, will you be able to rest in me. I will give you eternal and abundant life; a life where you do not have to be afraid anymore."

When the devil attacks you by saying, "I am going to kill you!" you must tell him, "My life belongs to Jesus." If the devil tells you, "I am going to destroy your children!" your response should be, "I have surrendered my children to Jesus, and in Him you cannot touch them or harm them." If the devil says, "People are going to criticize and reject you!" Your answer should be, "I am dead to criticism and rejection

THE ORIGIN OF FEAR

because that was my old self which I have surrendered to the Lord. Therefore, criticism cannot stop me.”

If you have died to your temporary life or to your old self, surrender your home and properties, your health and family, your business and career, your money and wealth to the Lord. Surrender everything you have to Him, and trust in God. He watches over you and protects you. He is with you regardless of the circumstances.

“²⁵Anyone who loves his life loses it, but anyone who hates his life in this world will keep it to life eternal. (Whoever has no love for, no concern for, no regard for his life here on earth, but despises it, preserves his life forever and ever.)”
John 12:25—AMP

We should no longer worry about or love our old self or lifestyle. We must reach the point of no return and reject or despise our ego which is inside of us. We must hate the old life where the carnal man dwells and where there is no room for the spiritual man. We must love our new life in Christ, and there must be an exchange of lives where we surrender to God our old life so He can give us a new one.

Remember, the root of fear consists in fear of physical death or the death of our ego or old self, but if we surrender to God everything we are afraid to lose, then we are already trusting in God and fear cannot overpower us.

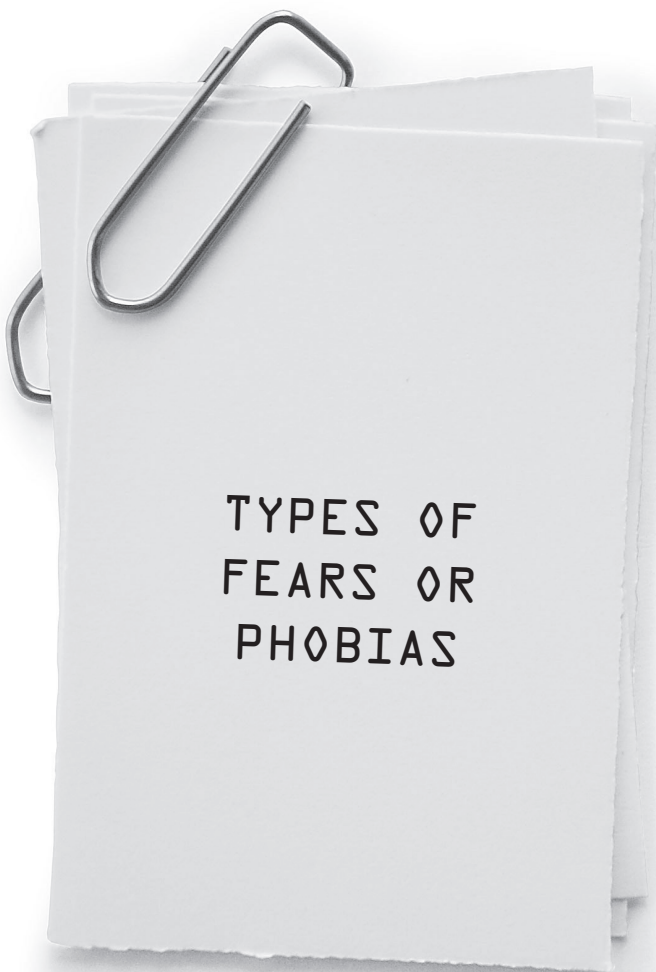
Illustration: During a missionary trip I made to Honduras, my team and I were assaulted at gun point—a gun was placed to

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my head and held for 45 minutes, sufficient time to test if I was afraid of dying or not.

I admit that for a moment, many thoughts went through my mind—my sons, wife, church, among other things—but instead of allowing the spirit of fear to take over, I started to pray in the Spirit. Immediately, it was confirmed in my spirit that my time to die had not yet come. I continued praying while the assailants robbed the team of our jewelry and money yet, through it all, peace filled my heart. This led me to the following conclusion: If this is my time to die, I know I will go to heaven and God will watch over my family. If this is not the time for me to die, nothing is going to happen to me. And so, I prayed, *“Lord, I surrender my life to you, and I recognize that you have complete control of everything.”*

Finally, the assailants left and no one was hurt. There was no human loss, and the few things that were taken were replaceable. God protected us! After this experience, I am no longer afraid to travel where the Lord sends me. Even if it is a dangerous place, I will not be afraid because I surrendered my life to God. I no longer worry about dying. The moment we decide to surrender our old selves, our temporary lives, and our hearts to God, we will be prepared and unafraid to face any crisis.



TYPES OF
FEARS OR
PHOBIAS

Everyone should know and understand that God delivers us from all fears. However, for those who need a more descriptive list of what types of fears we might experience, here is a listing of the most common fears experienced by people:

- Fear of death
- Fear of getting sick
- Phobia of dark places
- Fear of the devil and his demons
- Fear of the unknown
- Fear of people and of being rejected
- Fear of being alone
- Fear of having greater responsibility
- Fear of public speaking
- Fear of having a terminal illness
- Fear of accidents
- Fear of failure
- Fear of divorce
- Fear of losing everything we own

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- Fear of the future
- Phobia of animals or insects
- Phobia of water and fire
- Fear to blaspheme against God
- Fear of sinning and not being able to recover from it
- Phobia of heights
- Fear of authority

There are many fears and phobias, but those mentioned are the most common. We should understand that God delivers us from fear. Here is one powerful promise from God:

"I sought the LORD, and He heard me, and delivered me from all my fears." Psalm 34:4

How are we attacked by these fears and phobias?

1. Physical attacks

Many people live in agony because of their fear of cancer, AIDS, and other life-threatening illnesses. They spend millions of dollars trying to prevent infirmities that only exist in their minds. Eventually, after living with this fear for so long, they open the door to a spirit of sickness and then they really get sick. Proof of this is found in the medical research which concluded that fear can cause gastric ulcers, insomnia, nervous breakdowns, panic, depression, and hypertension.

2. Mental attacks

The mind is the battlefield where the enemy attacks with thoughts of fear. You and I know it is impossible to “feel thoughts”, but we can experience the physical changes caused by a thought that targets our emotions and will. Thoughts can also cause other minor and less visible symptoms.

What should you do when the enemy attacks with thoughts of fear?

“⁵...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 10:5

The moment the thought enters your mind, you must say, “Heavenly Father, I rebuke every fear and take captive every thought to the obedience in Christ.” Do not entertain these evil thoughts. Rebuke them with your mouth and with the Word of God. Cover yourself with the blood of Jesus. The Word of God tells you to have a sound, disciplined, and controlled mind.

“⁷For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but (He has given us a spirit) of power and of love and of calm and well-balanced mind and discipline and self-control.” 2 Timothy 1:7—AMP

Testimony: I was afraid of everything. Fear made me afraid to enter my own kitchen. I had to sleep with the lights on because

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I saw demons hovering over me. Praise God I am free today. My deliverance started when I read the book Inner Healing and Deliverance, and it ended when someone ministered to me directly.

Another problem I had was low self-esteem. My father abandoned my mother while she was pregnant with me. I used to feel worthless, but now I feel terrific. The Lord gave me a pastor whom I regard as a father, and every time the enemy wants to come against me, I stand in the gap and feel like one of God's warriors. I do not fear Satan because I am free of all fears!

Testimony: I used to suffer with many fears. After experiencing a difficult family crisis, fear was my constant companion, but when I read the book Inner Healing and Deliverance, and after I read the deliverance questionnaire, I knew I needed deliverance. During one of the early Morning Prayer services at the church, the person directing the service said that a miracle was about to take place, and at 6:30 am, while kneeling in a corner humbled in God's presence, I suddenly felt something inside of me change. I knew I was free. Praise God for my miracle!

Testimony: I was afraid of being alone. I was always looking for people to keep me company. I did not care who they were, I just knew that I wanted people around me. I was afraid to go home alone. I used to cry, talk on the phone, and share with other people how lonely I used to feel and that I could not continue to live like that anymore. I had no idea how to

TYPES OF FEARS OR PHOBIAS

fill the void in my life. I hated the holiday seasons, especially Christmas time, because it increased my feeling of loneliness. I cried constantly. The holiday season made me feel more afraid to be alone—although I was not alone, the devil made me feel that way to try and destroy my life and the life of those around me. Fear and anxiety turned me into an alcoholic. I would drink until I fell asleep, and the next morning my day was ruined because the hangover kept me from getting out of bed. I knew very little about God because I did not have a personal relationship with Him. Someone invited me to church, but in that church, they did not believe in deliverance, and so, my condition remained the same. One day, I had the opportunity to travel to Miami where I found El Rey Jesus church. There, I received my deliverance. Now my life is completely different. I am free and happy! Now I have someone in my life who is my friend, husband, father, and everything I have always wanted and needed: His name is Jesus. I no longer feel alone nor do I need “friends” who were only stumbling blocks in my life and who kept me from knowing Jesus.

A stack of white papers with a metal paperclip on the left side. The top paper has a title printed in a black, monospaced, all-caps font. The text is centered and reads: THE DIFFERENCE BETWEEN FEAR AND FEAR OF THE LORD.

THE
DIFFERENCE
BETWEEN
FEAR
AND FEAR OF
THE LORD

Fear of the Lord has to do with respect, reverence, and precaution. It is based on someone who is real: God. Fear has to do with experiencing terror, fright, horror, dread, and phobias. It has nothing to do with reverence or respect for God or for others.

How did fear enter man?

Fear entered the human race when Adam and Eve sinned and disobeyed.

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

When Adam disobeyed God, he opened the door that allowed the spirit of fear to enter and govern his life. From that moment, every decision he took was overshadowed by the influence of the spirit of fear and not by the fear or reverence to God.

Doctors say that human beings are born with two types of fears:

- Fear to sudden noises
- Fear of suddenly losing the support of other people.

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Everyone, in one way or another, has experienced some type of fear that makes them lose their courage, become intimidated, and run away when confronted with life's sudden difficult challenges.

What negative effects are produced by fear?

1. Every thing that a man fears is going to happen, will happen.

"²⁵For the thing I greatly feared has come upon me and what I dreaded has happened to me." Job 3:25

What was Job's fear?

Job, a righteous man, feared God but also feared losing his family and fortune. He feared that his children would sin or blaspheme against God; hence, the reason why he offered sacrifices unto God everyday.

"⁵So it was, when the days of feasting had run their course, that Job would send and sanctify them, and he would rise early in the morning and offer burnt offerings according to the number of them all. For Job said, "It may be that my sons have sinned and cursed God in their hearts." Thus Job did regularly." Job 1:5

Job's actions opened the door that allowed the enemy to come into his life and destroy everything he had. His family and home were destroyed, and his children and animals were killed. Today, many people suffer the same

THE DIFFERENCE BETWEEN FEAR AND FEAR OF THE LORD

fate as Job. They experience that which they feared the most. There is a Biblical principal established by God which says, "He who fears does not trust God but believes in what the enemy can do.

What do you fear right now? Do you fear losing your spouse? Do you fear losing your business? Do you fear losing your health? Do you fear death? Do you fear being alone? Do you fear losing your children? Do you fear having a terminal illness? Do you fear losing your mind? Do you fear losing your emotional and material support?

If you are experiencing any of the mentioned fears, you must repent and seek immediate help for your deliverance. Otherwise, what you fear will eventually take place.

Opposite of fear is faith. When faith comes, fear leaves, and when fear enters, faith leaves.

"³⁰But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, 'Lord, save me!'" Matthew 14:30

What is faith?

Faith believes everything that God promised us in His Word. It believes in everything God does and will do in our lives. This can only be accomplished by faith.

What is fear?

Fear believes that the devil or man can cause us harm.

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When we believe that someone or something can hurt us, we experience fear, which in turn, opens the door for Satan to walk into our lives and oppress us.

Faith is opposite to fear. Therefore, if fear is based on something that is not real, then faith is based on the reality of God's promises which are established in His Word. If faith is concrete, solid, with substance and foundation, why, then, should we worry about the things that are unreal or imaginary and which are produced by fear?

We choose how we live our lives, either by faith or by fear. Fear allows the enemy to influence our lives, but faith is the means by which we please God and take away the devil's right to oppress us.

2. Fear forces us to lie.

"⁷And the men of the place asked about his wife. And he said, "She is my sister"; for he was afraid to say, "She is my wife," because he thought, "Lest the men of the place kill me for Rebekah, because she is beautiful to behold."'" Genesis 26:7

We might choose to lie when we feel pressured or afraid of being rejected, criticized, or misunderstood. We lie because we think it is the only logical answer to the situation at hand. We lie when we are afraid that our friends will have the wrong idea about us. Lying and fear always work together. Abraham was afraid to be killed and so he chose to say that Sarah was his sister instead of his wife. Fear makes us react impulsively. It is a survival instinct.

3. Fear discourages people.

"²⁶...men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken." Luke 21:26

Fear is a spirit that drains our physical, emotional, and spiritual strength. It weakens us to the point of discouragement. Fear is a negative force that makes us lose our motivation to continue, and it produces the desire in us to die.

4. Fear is the method used by the enemy to stop the vision.

"⁹For they all were trying to make us afraid, saying, "Their hands will be weakened in the work, and it will not be done." Now therefore, O God, strengthen my hands." Nehemiah 6:9

The enemy sent false prophets and messengers to Nehemiah and the people to discourage them from building the Jerusalem wall. Every time we begin to build something for God, the spirit of fear will try to attack us.

How should we react to fear?

"¹¹...and I said, "Should such a man as I flee? And who is there such as I who would go into the temple to save his life? I will not go in!" Nehemiah 6:11

In essence, Nehemiah was saying, "The devil wants to make me afraid and force me to run from doing the work entrusted to me by God, but I will not run!"

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"¹⁴My God, remember Tobiah and Sanballat, according to these their works, and the prophetess Noadiah and the rest of the prophets who would have made me afraid." Nehemiah 6:14

Fear always tries to prevent the vision that God placed in our hands from becoming a reality.

5. The spirit of fear makes us see things that are not there.

"²⁶And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear." Matthew 14:26

The disciples believed in the legend which said that any person who saw a ghost walk on water during the fourth watch in the night would die. For this reason, the disciples were greatly disturbed when they saw Jesus walking on the water. They thought they were seeing a ghost!

People who are afraid are constantly imagining things. They imagine they are dead or that they had an accident. They imagine lying in a hospital bed or demons choking them. They imagine they are about to lose everything they own. These things are imaginary or fabricated. They are not real. Begin to use your imagination for beautiful things. Imagine that you are completely healed and delivered. Imagine that you are a successful business person and a beneficiary of God's promises. Every time you are tempted to have bad thoughts, reject them; do not meditate on these things—rebuke them, and think about good and beautiful things.

THE DIFFERENCE BETWEEN FEAR AND FEAR OF THE LORD

If we fear that something terrible is about to happen, it usually does. Someone once wrote, "Fear is the misguided use of imagination." Fear anticipates the worse instead of the best.

Illustration: A salesperson was driving down a lonely street on a dark and rainy night. He was frightened when he heard one of his tires blow out. He set out to change the flat tire when he realized he was missing the tools needed for the job.

The distant light from a farm house was barely visible, and it did not allow him to have a good view of the end of the road. He started to walk in the direction of that light, under the rainy sky. He thought as he walked: "Surely the farmer must have the tools I need. Of course, it is late and he must be asleep in a warm and dry bed. Perhaps he will not bother to open the door, but if he does, there is a strong possibility that he will be very angry because I woke him up in the middle of the night." The salesperson, with his dripping wet clothes and his shoes completely soaked, continued walking and thinking... "If this man opens the door, perhaps he will scream at me. He might ask me what is wrong with me and why I am knocking on his door and waking him up at such a late hour." This thought angered the salesperson. He continued thinking, "What right does this man have to deny me the use of his tools? After all, I am here, lost and soaked to the bone. Who does he think he is? He is so selfish!"

The salesperson finally arrived at the farmhouse and

knocked at the door very hard. The light was suddenly turned on and the window was opened. From inside came a voice that said, "Who is it?" With his face already showing the signs of anger, the salesman answered, "You know very well who it is, it is I! And you can keep your cursed tool. I would not think of asking you for the use of your tool if it was the last one on earth."

Let us continue listing the consequences produced by the spirit of fear when it is allowed to govern in our lives.

6. Fear makes the spiritual gifts given by God to die down.

"²⁵...and I was afraid, and went and hid your talent in the ground. Look, there you have what is yours.'" Matthew 25:25

Fear makes people hide their gifts, talents, and God's grace because they are afraid of using it and multiplying it.

To this day, many people have died and gone to their grave with their spiritual gifts and potential still undiscovered or undeveloped due to fear. Unfortunately, at this very moment, there are people who have awesome gifts and talents given by God—the gift of teaching, preaching, or singing; the gift of music, art, administration, or leadership—but they fail to use their gifts because they feel intimidated by what people might think or say about them. They fear losing their reputations because they are afraid of making mistakes when they use their gift. They are discouraged, cowards, and feel intimidated

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and ashamed to use their gift—their gifts are dormant, undeveloped, and inactive because of the spirit of fear.

Timothy is the perfect example of someone who suffered with this kind of fear.

"⁶Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. ⁷For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:6, 7

7. Fear causes the anticipation of physical, emotional, and spiritual punishment.

Why does fear bring the thought of punishment?

"¹⁸There 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

What kind of punishment does fear bring?

Fear might anticipate one or many of the following punishments:

Emotional Punishment

- Depression
- Guilt
- Loneliness
- Anxiety

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- Frustration
- Preoccupation
- Discouragement
- Tension
- Shame

Physical Punishment

- Sickness
- Insomnia
- Death
- Loss of appetite
- Destruction
- Fatigue

Spiritual Punishments

- Oppression
- Spiritual coldness
- Loss of hunger for God
- Attacks and nightmares during sleep
- Spiritual stagnancy

What is the punishment for a person who fears? The punishment for this person will be to experience what he fears is about to happen. In other words, if he fears that a physical, emotional, or spiritual calamity is about to happen, it will.

8. Fear prevents people from receiving their identity as sons and daughters.

"¹⁵For (the Spirit which) you have now received (is) not a spirit of slavery to put you once more in bondage of fear, but you have received the Spirit of adoption (the Spirit producing sonship) in (the bliss of) which we cry, Abba Father!" Romans 8:15—AMP

Many believers do not feel like sons of God or sons of the house where they congregate because fear prevents them from receiving this identity. Thoughts such as: "I am worthless!" or "I do not belong anywhere" and "They do not want me, and I do not fit in", are constantly on their minds. It is because of this mental battle that they have to cry out, "Abba Father!" They have to call on God for restoration, but they are afraid of God and believe that He wants to destroy them, kill them, or that God is not interested in what they have to say. Because of these thoughts, they are unable to approach our Heavenly Father with confidence and hope. On the other hand, others feel great shame and intimidation when they see their earthly spiritual father. They feel shame to approach him and talk to him. They fear getting close to him, and they are spineless when it comes to having a relationship with him. They go as far as to assume that their presence bothers their fathers; hence, they are afraid to make mistakes when they speak.

Fear always stands in the way of any relationship, and it prevents them from growing and developing a close relationship with their fathers.

9. Fear enslaves people.

"¹⁵For you did not receive the spirit of bondage again to fear...". Romans 8:15

When the spirit of adoption is not received, the spirit of fear and bondage takes over.

Fear renders us unfit for anything. It paralyzes and prevents us from going forward. Fear enslaves our emotions, our minds, and our will. People who are in bondage by the spirit of fear are unable to advance in ministry or in business. They are unable to have successful relationships and are enslaved by a feeling of shame. Shyness prevents them from expressing who they really are. These people live in bondage because of their past, their unresolved emotional pain, and the old patterns of behavior. They are "stuck" and every time they feel encouraged to try something new, the fear in them prevents them from accomplishing it.

10. Fear dominates.

In Hebrew, the word "mowqesh" means: rope, bait, lure, or snare. It implies that a hook is placed in the nose in order to control or dominate an animal. When the hook or ring is placed in the nose, the animal can be easily controlled or dominated, even by a child.

In some Eastern countries, this method was used to control, train, and domesticate animals. This is exactly what

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the enemy tries to do with us by using fear. He is trying to dominate, control, and domesticate our minds to make us run away or remain inactive when we are faced with life's challenges.

Right now, many people are feeling trapped. They feel paralyzed within their family life, their economic situations, their professional lives, ministry, and in their gifts. The enemy keeps them paralyzed, as if their lives were on a permanent "parked" status. He controls and dominates these people by using the power of fear. Frightened people will never grow, advance, or develop in the spiritual, physical, or emotional areas of their lives.

The following are important points that we should keep in mind concerning fear:

- What we fear is what we will experience.
- Fear or being afraid is opposite to faith. It believes what the enemy can do to us.
- Fear discourages people and forces them to lie. Fear is the weapon used by the enemy to stop God's vision for your life.
- Fear makes us see things that are not really there. Whatever fear fabricates in the mind of men, is not real.
- Fear extinguishes the gifts in us. It also implies punishment and prevents the believer from receiving the spirit of adoption.

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- Fear makes us run away from our problems. It stops us from taking action.
- The goal of fear is to enslave people physically, emotionally, and spiritually.



HOW TO
OVERCOME
FEAR

How to overcome fear and how to be delivered from its grip is the most important thing we should know about this subject. We can do it with God's help, one step at a time.

1. We overcome fear with mature love; with power and self-control (a sound mind).

"¹⁸There is no fear in love (dread does not exist), but fullgrown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment and (so) he who is afraid has not reached the full maturity of love (is not yet grown into love's complete perfection)." 1 John 4:18—AMP

"Perfect, mature, or complete love casts out all fear and destroys any trace that it ever existed."

Immature people have not been perfected in love. This is the reason they experience fear because they have not exchanged their old life for the new life in Christ. People who do not walk in complete and mature love have yet to trust their entire lives to God. To trust and understand the revelation of the Father's love makes us trust Him, in such a way, that we understand that regardless of the

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circumstances, we are secure in His hands. If we die, we die for Him. If we live, we live for Him. If we lose our earthly possessions, we are in His hands for He cares for us. Love believes in all things. It endures and hopes anything. It suffers everything, and above all, it trusts in God's love. Walking in love is a decision based on a commandment. It is an order and not an emotion or feelings.

- ***We overcome fear with love***

"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

How does love conquer fear?

True love gives everything and waits for nothing in return. It is an unselfish commitment with those we love.

Illustration: If a man enters your house and threatens you with a gun, you will feel afraid. If you add to this fear the presence of your children in the house, how do you think you might react? The answer is easy. You would protect your children regardless of the consequences, even if your actions destroy your life. You would stand in front of your children and take the bullet for them. This is a natural reaction on your part because of your love for them.

Love has to do with others, but fear has to do with us. If our love is sincere, we will give up our lives and take any risk to protect our families. If our love is not sincere, we need to remember that the root of fear is selfishness. When God gives us a word for another person, but keep it

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to ourselves because we are too shy, too afraid of making a mistake, or because we fear what people might say, then we are selfish because we are thinking only of ourselves, our image, and our reputation. If we risk everything because of our love for the other person, we are walking in love and not in fear.

▪ ***A spirit of power***

“⁸But 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

When you know you are powerful in Jesus, you can overcome anything, including fear.

Illustration: If a person enters your house and threatens you with a knife, but you have no weapon available to defend yourself with, you will feel afraid. However, if you have a gun nearby, would you still feel as afraid? No, you would not feel as afraid because with the gun you are the one with the power. This is exactly what happens in the spiritual realm. We should never feel afraid because we know that God has empowered us through the Holy Spirit. Then, why are we still afraid to take action?

▪ ***A spirit of self control***

In some Biblical translations, the expression “self-control” appears to mean “sound mind”. We must be clear that faith and fear begin in the mind. People with a sound mind, who are wise and reason things out with common

OVERCOMING FEAR

sense and wisdom, do not allow worry and fear to affect them—when we set our minds on God and on His Word, it helps us to overcome fear.

“¹³You will keep him in perfect peace, whose mind is stayed on You because he trusts in You.” Isaiah 26:3

People invite fear into their lives when they entertain thoughts of worry, anxiety, and anguish. These thoughts affect their emotions and weaken their will which paralyzes and prevents them from taking the appropriate action. It also keeps them from living free.

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

2. We overcome fear with the revelation that God is with us every day of our lives.

“¹⁰Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.” Isaiah 41:10

There are over 365 Biblical passages for each day of the week that say, “Do not fear for God is with you.” Perhaps we cannot see the manifestation of this truth with our physical eyes, but He is still by our side. He stands beyond what our physical eyes can see. When we go through difficult situations, He is there. When we go through the wilderness in our lives, He is there. When the business is not doing well, He is there. When fear attacks, He is there.

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When the whole world abandons us, He is there.

"²⁰...I am with you always, even to the end of the age." Amen." Matthew 28:20

"⁶So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?" Hebrews 13:6

God promises to be with us every day of our lives. The only thing left for us to do is to trust and to believe in His word. If we trust in God, we will have His protection forever.

3. We overcome fear when we renounce every spirit of fear, cowardice, and shyness.

I want to take a moment to guide you in a prayer of self-deliverance. Afterwards, if you believe with all your heart, you will be free. Remember, Jesus destroyed the one who had legal rights over death so you could be completely free of every oppression and bondage created by the spirit of death or fear. To be free, you need to believe, wholeheartedly, that you will be delivered from any fear of dark places and rejection; from the fear of people, fear of getting sick, or fear of losing everything.

Please repeat the following prayer out loud:

Prayer of Self-deliverance

"Heavenly Father, I renounce every spirit of fear, dread, fright, cowardice, shyness, and death. Right now, in the name of Jesus, I order every spirit of fear to leave my life. Right now,

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in the name of Jesus, and by the power of His blood, I declare myself free."

Now, breathe deeply. Do it again. Breathe deeply and repeat the prayer over and over again until you feel free or until you know that God has delivered you.

Some people might feel dizzy or experience the desire to vomit. Others will feel as if something has left their bodies. Each time this happens, breathe deeply. If by chance you were not completely free in your self-deliverance, seek help from a deliverance minister who can pray for you.

4. Fear can be eliminated with the help of a deliverance minister.

Sometimes, people have very deep problems that must be dealt with carefully. They must seek the root of the problem which can only be determined using the gifts of the Holy Spirit and with divine revelation. Also, they must seek help from a person who is trained in deliverance.

5. We overcome fear when we meditate on the Word that speaks on how to be free from fear.

"⁷He will not be afraid of evil tidings; his heart is steadfast, trusting in the LORD." Psalms 112:7

"⁶Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you."" Deuteronomy 31:6

HOW TO OVERCOME FEAR

*"The LORD is my light and my salvation; whom shall I fear?
The LORD is the strength of my life; of whom shall I be afraid?"
Psalms 27:1*

6. We overcome fear by confronting and resisting the enemy.

"...therefore submit to God. Resist the devil and he will flee from you." James 4:7

The word "flee", in some translations, means fear, terror, or dread. If we resist the enemy, he will flee for his life with terror and dread. The enemy is a coward and full of fear. Wherever he is, we can resist him in the name of Jesus, and he has to flee from us.

Important principles on fear:

- The Kingdom of death is held together by fear.
- Jesus destroyed the Kingdom of death and defeated the enemy.
- The main source of fear is the fear of death.
- To overcome the fear of physical death and of our ego, we must die to self. We need to surrender "the old man" to Jesus and receive the new life He has for us. We must surrender everything to the Lord.
- There are many types of fears or phobias, yet God delivered us from them all.

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- When we are attacked by fear, through our mind, we must immediately take captive every thought to the obedience in Jesus Christ.
- The most powerful weapon capable of defeating fear is perfect love.
- We must have the revelations that God is with us every day of our lives.
- We can deliver ourselves from fear by renouncing this spirit.
- If we feel we are not completely free, we should seek the help of a deliverance minister.
- Meditate on the Word of God.
- We must resist and confront our fears and the devil will flee with fear and trembling. The enemy is a coward. He is afraid. Therefore, if we resist him, in the name of Jesus and with the power of His blood, he has no choice but to run!



SELF-
DELIVERANCE

Deliverance is progressive in our lives; as we grow and mature in the Word, we are delivered in many areas. Although many people receive complete deliverance the moment they invite Jesus to come into their hearts, this is not a common occurrence. Most people receive deliverance as they grow in the knowledge of the Word and in God.

What is bondage?

It is a demonic oppression that prevents people from doing what is right. While in bondage, people are still able to distinguish between right and wrong but are unable to act upon that knowledge because the demonic influence operating in their lives prevents them from doing what is right.

What is self-deliverance?

Self-deliverance is when a believer repents of his wrongdoings and renounces to any demonic spirit that is operating in his life. The believer is able to do this, without the help of another individual because of his authority in Christ and the power of the Holy Spirit.

One reason that self deliverance might fail could be that the individual is under a powerful demonic control. Another reason

is that the person might be controlled by familiar spirits. In simple terms, the spirits operating and controlling this person have been in his family for generations and will not give up their territory easily or without a fight. In this case, it is not just a question of casting them out. These demons will defend what they believe to be their territory because legal rights were given to them long ago by a member of the person's ancestry.

Who receives the benefit of self-deliverance?

- Those who are absolutely convinced that deliverance is the "children's bread".
- People who live in remote areas.
- Leaders and believers that hold high positions in the ministry but lack the spiritual Father who can minister to them.
- Believers that have been through deliverance sessions several times with the help of another person.
- Believers that received deliverance but failed to resist temptation; their sin opened doors to the enemy once more.
- Believers that still need deliverance. (The root of the problem needs to be dealt with prior to ministering self deliverance).
- Believers who received deliverance but continue to feel there is a particular or specific oppression still operating in their lives.

How should we prepare for self-deliverance?

Before a person practices self deliverance, he must be absolutely sure that Jesus is the Lord and Savior of his life; he must be born-again. Other important factors that need to be taken into consideration are total repentance and living a pure, holy, and righteous life.

There are three obstacles that prevent believers from receiving deliverance:

- Lack of repentance
- Unforgiveness
- Doubt

What steps must be taken for a successful self-deliverance?

- 1. Make a list of the things in your life that you feel the need to be delivered from.**

Then practice self-deliverance; for instance:

- | | |
|-----------------|-----------------|
| ● Lust | ● Medication |
| ● Rejection | ● Alcohol |
| ● Lies | ● Cigarettes |
| ● Unforgiveness | ● Drugs |
| ● Fear | ● Pornography |
| ● Gluttony | ● Homosexuality |

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- Anger
- Generational Curses
- Sickness
- Depression
- Passiveness
- Doubt
- Lesbianism
- Anxiety
- Sterility
- Loneliness
- Cancer
- Pills

This is only a small sample list. You can add more of your own. You need to search every area of your life, including your emotions, your sexual practices, your spiritual situation, and any other area that might apply.

2. Repentance and renouncing

Once you have finished your list, begin to repent of each one individually and finally renounce them.

Repeat the following prayer out loud:

"I confess that Jesus Christ is my Lord and Savior. Of my own choice, I voluntarily renounce to all of Satan's activities in my life that came because of my parents, grandparents, or my own iniquity and transgressions.

"I repent from every thought, word, or action made consciously or unconsciously, which dishonored Jesus. Lord, I ask you to forgive me, and I beg you to cleanse and deliver me from these evil strongholds."

"Jesus, I renounce the devil, the demons and his works, his

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influence in my life, the strongholds against me, and all oppressions, curses, and sickness that are present in my life. I renounce every demonic influence that separates me from your path. I ask for total deliverance because I believe that your death and resurrection makes my deliverance possible. I ask that you become the Lord of my entire life. Amen!"

3. The process of self-deliverance

Since this is a matter between the Lord and yourself, it is recommended that you do this in private. As soon as you finish confessing the previous prayer and declaration, begin to name each spirit. If you don't know what to call the spirits that are manifesting in your life, then order the spirit behind that oppression or influence to loosen you. You can say:

I order every spirit behind that evil influence to loosen by body right now in the name of Jesus!

If you know exactly what spirits are oppressing you, then you can say: *"Spirit of fear, I bind and order you, in the name of Jesus, to get out of my life; I break your power over me and declare myself free in the name of Jesus, right now!"* You should do this for every spirit, area by area. Renounce it, bind it, and order it to leave in the name of Jesus. It will leave your life.

At this time, you are probably experiencing the desire to cough, to yawn, or perhaps to vomit; this happens as

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the Holy Spirit begins to deliver you. If you don't have a spontaneous evidence of deliverance, then begin to cough and to breathe deeply. You will find that the voluntary act of coughing will continue until the spirits responsible for your condition leaves your body. Coughing, whether it is voluntary or deliberate, is a step of faith that you take, but demons recognize it as a sign to leave; the results are the same as if someone else were casting them out.

Important words of advice that must be remembered at the time of self-deliverance:

- Never talk to the spirit that is speaking into your mind. Order it to remain silent and to leave in the name of Jesus. Once you have commanded it to leave, begin to cough deliberately until you feel that it has left.
- Demons might try to distract you by making you cry.
- This is their usual tactic to try to delay the process. Therefore, don't give into it. Begin to cough deliberately or to yawn until they have no choice but to obey; at this time, you will notice that the desire to cry disappears.
- Remain seated the whole time and refuse to surrender to any force that might want to make you scream or fall to the floor. When you refuse, in the name of Jesus, to obey these demons, they are quick to understand that you are the one in control.
- Declare that you are free; claim it and take hold of it by faith. Sometimes, the demons will try to convince

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you that nothing happened, especially when there is no physical evidence to back up your deliverance. The first couple of days and weeks after your deliverance, the spirits will try to convince you that you are not free and that your deliverance was not complete. They will strike back at you with the same symptoms and make you feel the same desires that operated in you before your deliverance, but now you have the authority to take total control over them and to rebuke them.

- If you tried self deliverance for the first time and you were not totally delivered in certain areas, then do it again, only this time be more specific in those areas that still need deliverance.
- You must believe that this act of faith is really happening. The key to loosening your faith is your confession and it must be spoken with authority.
- Work together with the Holy Spirit. He will show you those areas in which you need deliverance. He will constantly remind you which ones they are.
- Be patient because some strongholds are stronger than others. A weak stronghold can be broken instantly, but a strong one could take longer.

4. Pray for a cleansing and renewal.

Begin to pray. Ask the Lord to cleanse every area of your body, soul, and spirit. Ask Him to fill those areas that the

OVERCOMING FEAR

spirits left vacant. One way a person can receive total cleansing is to breathe deeply; this is an act of faith.

I would like to leave you with a final word of advice. Hold on to your deliverance, decide to live in holiness (without sin), pray every day, read God's Word, and rebuke every thought that the enemy puts in your mind. Be filled with the Holy Spirit, assist a spirit filled church, and resist the devil.

Important principles you should know:

- Strongholds are demonic influences that prevent you from doing what is right.
- Self deliverance can be done by any believer.
- Unforgiveness, doubt, and not repenting are great obstacles that stand in the way of your deliverance.
- Deliverance occurs instantaneously or progressively.
- Self deliverance is successful when you work together with the Holy Spirit.



LIVING FREE
FROM FEAR

Living Free From Fear

- 1.** Put on the Armor of the Lord.
Ephesians 6:10-18.
 - Know the meaning behind each piece of the armor.
- 2.** Know your position in Christ.
Zachariah 3:1-3
 - Understand that you are in Him and He in you.
- 3.** Make positive confessions and declarations.
Romans 10:18-10
 - Your spoken words have power.
- 4.** Deal with sin, quickly.
Isaiah 59:2
Romans 6:23
 - There is no substitute for repentance.
- 5.** Stay in God's Word.
Joshua 1:8
Psalms 1:1-3
 - Read the Bible every day.

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- 6.** Forgive immediately.
Matthew 18:32-35
 - Develop a lifestyle of forgiveness.
- 7.** Crucify the flesh.
Galatians 5:24-25
Romans 6:16
 - No demon can be allowed to control your flesh.
- 8.** Praise and worship the Lord.
Psalms 150
- 9.** Be grateful.
Psalms 100
- 10.** Fellowship.
Hebrews 10:24
Ecclesiastes 4:12
- 11.** Maintain the Fruit of the Holy Spirit.
Galatians 5:21-33
- 12.** Place your home in divine order.
Ephesians 5:21-33
 - Love the Lord and His children.

LIVING FREE FROM FEAR

13. Never cease to pray.

1 John 5:14-15

1 Thessalonians 5:17

Romans 8:26-27

14. Seek to live in holiness.

1 John 3:1-3

Deuteronomy 10:12-13

- Completely consecrate yourself unto God.

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