

Overcoming Fear Part 2 – Recognizing 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

1. Speaking anxiety, being anxious. Phil 4:6-7
(Other Versions: AMP - worried, AMPC – fret).
 - a. Synonyms of anxiety (Merriam-Webster.com): agitation, anxiousness, apprehension, care
disquiet, disquietude, fear, perturbation, sweat, unease, worry.
2. Speaking negativity, criticism, problems, evil reports, Eph 4:29 (AMPC), Matt 15:10-11,
ungodly or crude words or jokes. Eph 5:4 (ESV), Mark 11:23, Phil 4:8
3. Speaking failure or calamity. Rom 4:17, Prov 18:21
4. Accepting weakness, lack of ability or helplessness. Rom 8:37

B. Actions of Fear

1. Hesitancy, slowness to respond, procrastination. 2 Tim 4:2
2. Laziness. Prov 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 too soft, too loud, laryngitis, hoarseness, inappropriate
laughter, incessant clearing throat.
7. Body reactions, difficulty swallowing, cold sweats, inability to move.

C. Thoughts of Fear

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
6. Other related words of Thoughts of Fear, Anxiety or Worry: strain, stress, tension, alarm, anguish,
cold feet, desperation, discomfort, dismay, distraction, distress, disturbance, dread, edginess,
foreboding, franticness, hand-wringing, jitters, jumpiness, misgiving, panic, suspense, torment,
upset, vexation, (Merriam-Webster.com).

D. Overcoming Fear

1. RRB

- Repent - Confess sins including fear.
- Renounce
- Break

1 John 1:9
2 Cor 5:17, James 4:7
Isaiah 10:27

2. BCO

- Bind all demons, devils & evils spirits behind the sins.
- Cast Out

Matt 18:18
Mark 16:17

3. Invite the Spirit of God to fall fresh upon you.

Isaiah 11:2

4. Establish the Kingdom of God

- Pray God's will be done in your life
- Loose God's will, power and angels into your life.
- Bind satan, his demons, devils and evil spirits from you

Matt 6:10
Matt 18:18
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.
- 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)".

2 Tim 1:7

Rom 8:15