



# FREEDOM FROM FEAR

“But you, LORD, are a shield around me,  
my glory, and the one who lifts up my head.  
I cry aloud to the LORD, and he answers me  
from his holy mountain.” (Psalm 3: 3-4)

We are God's sons and daughters and Jesus set us free from the power of fear at the Cross. We do not have to "bow" to fear and allow it to control us and rob us of abundant life in Christ. Scripture tell us in Psalm 23, ***"Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff – they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the LORD as long as I live."***  
(Psalm 23:4-6)

God is with us and His goodness and faithful love pursues us! However, fear robs us of the confidence we need as we walk through life. The enemy uses fear as a weapon to steal our hope, peace and confidence as children of God. Our prayer is that God will use this handbook to lead you to freedom from fear and equip you to walk in freedom from fear.

## **STEPS TO FREEDOM FROM FEAR:**

### **1 - Exposing Darkness**

- Take a couple of moments to get quiet before God – away from distractions. Ask God to speak to your heart and show you your fears. It's helpful to write down your fears on a piece of paper or use "Notes" on your phone.
- Ask God to expose (bring into the light) any lies the enemy is telling you – specifically as it relates to fear. Write down whatever God brings to mind.



### **2 - An Honest Heart**

Talk to Jesus openly and honestly about your fears. Tell Jesus what your fears are and what the enemy is telling you. Scripture tells us in Psalm 62:8, ***"Trust in him at all times, you people; pour out your hearts before him. God is our refuge."*** God is telling us that He wants us to pour out our hearts to Him – tell Him what we are feeling. The good, the bad, the ugly, the sins, the fears, the disappointments, the frustrations – all of it. Pour it out to Him. Our hearts are safe with Him. He is a refuge, a shelter that our hearts desperately need at all times.

### **3 - Confession**

Confession is agreeing with God. We need to agree with God that the lies of the enemy are lies. There is no truth in the enemy's lies, yet we have believed his lies. We agreed with the enemy's lies and we need to break the agreement. To do this, ask God to forgive you for believing the enemy's lies and break the agreement in Jesus Name.

NOTE: Confess and pray for each individual lie that you believed.

#### **4 - Healing**

Lies hurt us. The enemy's lies can be extremely painful. He knows how to target his lies to places in our hearts that can cause the most damage. The enemy is not all-knowing but he knows our past and he knows our present. His lies are intended to wound us and take us out. We need Jesus to heal our hearts of the pain we have experienced with the enemy's lies. We also need Jesus to heal our hearts of fear.

- Take a moment and sit quietly before Jesus. Give Him your heart. Ask Him to speak to you and heal you.
- Prayer: Jesus, you know how the enemy's lies have wounded my heart. Come into those wounds and heal me. Help me receive your healing and freedom from fear.

#### **5 - Spiritual Warfare Prayer**

The enemy gains ground in our lives when we believe his lies and allow fear to take root in our hearts. The following is a prayer to take back stolen ground from the enemy:

##### ***Prayer for Freedom from Fear:***

*Father, thank you that you did not give me a spirit of fear but of love, power and a sound mind. You have called me out of darkness to live in your light. Thank you that the enemy is defeated by Christ and he has no power over me. I worship you and you alone as my God, my refuge, my strength and my stronghold. You alone are God and there is none who is your equal. You are King of Kings and LORD of LORDS. I worship you and exalt you.*

*God, I give you my heart. You know where the enemy is attacking me with fear and the way he is attempting to grip my heart with a spirit of fear. I come against the spirit of fear in the name of Jesus and demand it to leave me and my family, in the name of Jesus. Fill me with your Spirit and restore my soul. Heal my heart, mind and spirit from fear and make me confident and secure in you.*

*God, give me discernment to quickly recognize the lies of the enemy and teach me to take every thought captive under the authority of your Word. Thank you that you are truth and you lead me into all truth. Jesus, thank you for setting me free from fear. Thank you that you heal my heart and mind of fear. You cause me to walk in your peace and your joy gives me strength.*

*Lord, help me to be a light for you in my home, church and community. Lead me to pray for others and with others who may be struggling with fear. Work in me and through me to lead others to you.*

*In Jesus Name, Amen.*

## 6 - Stand Firm Daily

***“For freedom, Christ set us free. Stand firm then and don’t submit again to a yoke of slavery.” (Galatians 5:1)***

The enemy assaults God’s children daily with his lies, temptations, distractions and accusations. To walk in freedom, we need to know when the enemy is attacking us without exalting him in any way.

The following are practical ways to stand firm daily against the enemy:

- Worship God through songs, prayers and Scripture. Acknowledge the greatness of our God in our hearts, minds, speech and songs!
- Ask God to give you discernment to quickly recognize the lies of the enemy.
- As God shows you a lie from the enemy, then choose to reject it! We do not have to focus on lies, even if they feel very real. We can reject the enemy’s lies and choose truth. Ask God to help you believe what He says about you, your life and Him over what the enemy is saying.

***“For although we live in the flesh, we do not wage war according to the flesh, since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.” (2 Cor. 10:3-5)***

- Memorize a verse that you can focus on when the enemy is attacking you with fear. There are verses at the bottom of this guide that are specifically related to fear.
- An Honest Heart – Be honest with God and yourself about how you are feeling. Instead of trying to “shelve” or ignore your feeling, tell Jesus how you are feeling. Ask Him to give you His peace, His comfort and His hope.
- Identity in Christ – Read the “Identity in Christ” card aloud and be reminded of who you are in Christ. It can be found below and at [empoweredhomes.org/resource/identity-in-christ/](http://empoweredhomes.org/resource/identity-in-christ/).
- The Name of Jesus - There is power in the name of Jesus! When you feel attacked by fear, then pray aloud, “I come against a spirit of fear, in the name and authority of Jesus and demand you to leave, in Jesus Name.” After this short prayer, spend a few minutes worshipping God, reading Scripture and thanking Jesus for who He is!

***“For God has not given us a spirit of fear, but one of power, love, and sound judgment.” (2 Timothy 1:7)***

- Our Words – Speak words that build our faith and not our fears. Speak words that are life-giving and based on Scripture.

***“Death and life are in the power of the tongue, and those who love it will eat its fruit.” (Proverbs 18:21)***

## **7 - Our Families**

We can be a source of strength for our families or we can allow our fears to become their fears.

- Parents of Young Children – Guard what you say in front of your children. They are listening to you, the news and the radio.
- Talk to your children and allow them to express their fears to you. Pray for them and with them. Encourage them through Scripture and your own faith.
- Parents of Teens – Your teens are watching you and listening to how you respond to fear. Talk to your teen and allow them to share their fears with you. Pray for them, with them and share this handout with them.

## **8 - Be the Light!**

Read Psalm 3:1-8. This Psalm tells us what David, the writer of Psalm 3, experienced when He brought His heart to God and allowed God to set him free from fear.

- 1 - David had an “honest heart” and told God how he was feeling (vs. 1).
- 2 - The enemy’s lies were exposed (vs. 2).
- 3 - David believed God to be his refuge – His protector and shield (vs. 3-4).
- 4 - David made a choice to make God and God’s glory his priority (vs. 3).
- 5 - God gave David confidence and freedom from fear (vs. 5-7).
- 6 - God moved David from an inward focus on fear to an outward focus on God and others (vs. 8)

When we experience freedom, it impacts those around us—our family, friends, co-workers, neighbors and people we meet every day who need freedom as well. Ask the Spirit to lead you and anoint you to be a light for all those around you.

***“For you were once darkness, but now you are light in the Lord. Live as children of light.” (Ephesians 5:8)***

***“You are the light of the world. A city on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” (Matthew 5:13-16)***

## SCRIPTURES

*"You did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, "Abba, Father!" (Romans 8:15)*

*"I will bless the LORD who counsels me – even at night when my thoughts trouble me. I always let the LORD guide me. Because he is at my right hand, I will not be shaken." (Psalm 16:7-8)*

*"For God has not given us a spirit of fear, but one of power, love and sound judgment." (2 Timothy 1:7)*

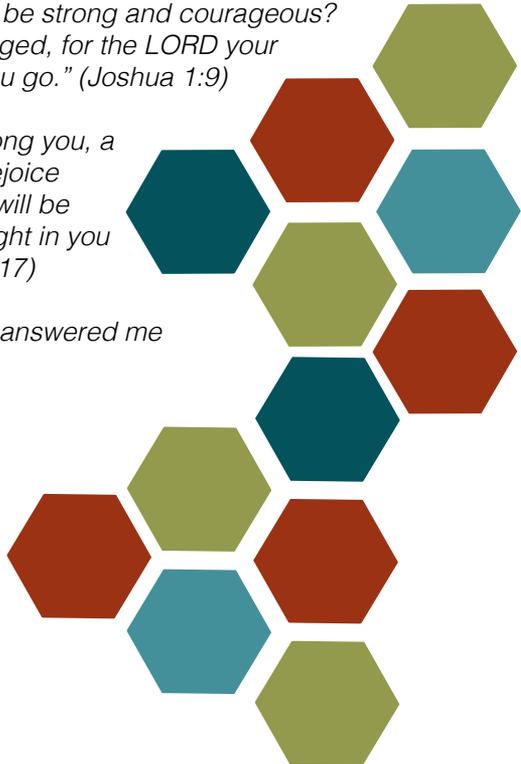
*"There is no fear in love; instead, perfect love drives out fear, because fear involves punishment. So the one who fears is not complete in love." (1 John 4:18)*

*"For I am the LORD your God, who holds your right hand, who says to you, 'Do not fear, I will help you.'" (Isaiah 41:13)*

*"Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go." (Joshua 1:9)*

*"The LORD your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing." (Zephaniah 3:17)*

*"I sought the LORD, and he answered me and rescued me from all my fears." (Psalm 34:4)*



# MY IDENTITY IN CHRIST

I am a child of God (John 1:12).

I am a New Creation! I have been given a new life in Christ (2 Corinthians 5:17).

I am a saint (Ephesians 1:1).

I am rescued from the domain of darkness and transferred into His Kingdom (Colossians 1:13).

I am a citizen of heaven (Philippians 3:20).

I am free forever from condemnation (Romans 8:1-2).

I am Christ's friend (John 15:15).

I am fearfully and wonderfully made (Psalm 139:14).

I am blessed and surrounded by God's favor (Psalm 5:12).

I am no longer controlled by the sinful nature but by the Spirit of God (Romans 8:9).

I am anointed, sealed and the Spirit is in my heart (2 Corinthians 1:21-22).

I am born of God and the evil one cannot touch me (1 John 5:18).

I am God's workmanship, created for good works (Ephesians 2:10).

I am victorious over the enemy because the Lord has given me His authority (Luke 10:19).

I am bought with a price and belong to God (1 Corinthians 6:19-20).

I am loved by God (John 3:16).

I am holy and blameless in God's sight (Ephesians 1:4).

I am chosen (Ephesians 1:4).

I am no longer a slave—I am God's child, and He made me His heir (Galatians 4:6-7).

