

Healing Confessions that Shatter the Spirit of Fear

Lisa Crum
CallThoseThings.Com

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1 Tim 1:7 You see, God did not give us a cowardly spirit, but a powerful, loving, and disciplined spirit. FATHER, THIS PANIC ATTACK I'M FIGHTING IS STRAIGHT FROM THE DEVIL. YOU DID NOT INSTILL THIS WRETCHED FEELING IN ME. YOU HAVE INSTEAD MADE ME BRAVE, CALM, EMPOWERED, FULL OF LOVE FOR YOU AND OTHERS, AND I AM ALSO DISCIPLINED "LIKE A WEANED CHILD." I REJECT IN JESUS' NAME ANY TYPE OF EMOTION THAT WOULD CAUSE ME TO DOUBT WHO I AM IN YOU, AND WHO YOU ARE. YOU ARE DWELLING INSIDE OF ME AND THERE'S NOT ROOM FOR BOTH YOU AND FEAR!

2 Corinthians 10:5 We are demolishing arguments and ideas, every high-and-mighty philosophy that pits itself against the knowledge of the one true God. We are taking prisoners of every thought, every emotion, and subduing them into obedience to the Anointed One. FATHER, IN JESUS' NAME, WITH MY VOICE I SPEAK OUT AND REJECT THE SPIRIT OF FEAR FROM OFF MY LIFE. FEAR CHALLENGES YOUR SOVEREIGNTY, AND I WON'T HAVE THAT. I CORRAL INTO THE HOLDING CELL OF DISCIPLINE ALL THESE THOUGHTS AND WILD IMAGININGS THAT ARE LOOSE AND WREAKING HAVOC. I IMPRISON ANY SUCH NOTION THAT YOU'RE NOT LOOKING OUT FOR ME. I REST UNDER THE SHADOW OF YOUR WINGS NOW, AND I THANK YOU FOR HELPING ME TO SHAKE LOOSE FROM THE TEMPORARY STATE OF WORRY I FOUND MYSELF IN. YOU MADE ME AWARE THAT I NEEDED TO PLEAD THE BLOOD OF JESUS...I'M PLEADING IT NOW OVER MY MIND, MY THOUGHTS, MY ACTIONS, AND ESPECIALLY MY WORDS. I WILL NOT CONTRADICT YOUR PROMISES WITH WORDS OF FEAR AND UNBELIEF.

1 John 4:18 Love will never invoke fear. Perfect love expels fear, particularly the fear of punishment. The one who fears punishment has not been completed through love. THANK YOU, LORD, THAT MY LOVE FOR YOU IS GROWING AND GRAVITATING TOWARD PERFECTION. IT MELTS AWAY THE FEAR THAT SAYS I CANNOT TRUST YOU TO STAY WITH ME AND NEVER LEAVE. YOU ARE WORKING ALL THINGS TO MY EVENTUAL GOOD.

Genesis 18:15 Sarah was embarrassed and tried to deny laughing. She feared these were no ordinary guests. Sarah: I wasn't laughing. Eternal One: That is not true, Sarah. You did laugh. THANK YOU, LORD, FOR PATIENTLY ENDURING WHEN I SOMETIMES ACT AS THOUGH YOUR PROMISES ARE TOO GOOD TO BE TRUE. I ALREADY KNOW YOU CAN DO ANYTHING; THANKS FOR TEACHING ME HOWEVER, THAT YOU LOVE ME ENOUGH TO DO THE MIRACULOUS NOT JUST FOR OTHERS, BUT ALSO FOR ME...YES, EVEN FOR ME!

Genesis 20:11 Abraham: I did it for my own protection. I did it because I thought this was not a God-fearing place, and I was afraid you would surely kill me to possess my wife. THANK YOU, FATHER,

THAT I DON'T HAVE TO LET FEAR DRIVE ME TO MAKE DISHONEST OR FOOLISH CHOICES. YOU ARE ORDERING MY STEPS TOWARD A GOOD FINISH. I WILL OPERATE IN INTEGRITY AND TRUST YOU TO GUARD MY BEST INTERESTS.

Genesis 28:17 But even as he said this, a bit of fear came over him. Jacob: This place is absolutely awesome! It can be none other than the house of God and the gateway into heaven! I AM GRATEFUL TO YOU, GOD, FOR THE DIFFERENCE BETWEEN REVERENTIAL FEAR AND CARNAL FEAR. THE AWE I FEEL WHEN I CONSIDER YOUR UTTER MIGHT AND POWER IS NOT ONLY OVERWHELMING ME, BUT IT ALSO CAUSES THE OTHER, UNHEALTHY FEAR TO DISINTEGRATE IN YOUR PRESENCE. THANK YOU FOR BEING APPROACHABLE EVEN THOUGH YOU ARE WHO YOU ARE!

Exodus 1:17 But the midwives respected God more than they feared Pharaoh, so they did not carry out the Egyptian king's command. Instead, they let all the boys live. THANK YOU, LORD, THAT THE KNOWLEDGE OF WHO YOU ARE OVERRIDES MY FEAR OF MAN'S JUDGMENTS. I WILL PERSEVERE TO DO THE RIGHT THING EVEN IN THE FACE OF A SINFUL WORLD THAT OFTEN DISREGARDS YOUR HOLY COMMANDMENTS.

Exodus 2:2 She became pregnant and gave birth to a son. When she saw that her son was healthy and beautiful, she feared for his safety; so she kept him hidden from view for three whole months. THANK YOU, FATHER, THAT I DON'T HAVE TO FEAR FOR MY CHILDREN'S SAFETY. I STAND WITH ASSURANCE THAT YOU ARE WORKING OUT THEIR FUTURE AND THAT YOU'VE ORDAINED GREAT PURPOSE FOR THEIR LIVES—AND THAT YOU'LL EQUIP ME TO TEACH THEM WELL. I DRAW THE BLOODLINE AROUND MY CHILDREN AND MY HOME, AND I DECLARE YOUR DIVINE PROTECTION OVER MY FAMILY. I WILL NOT BE FEARFUL OF LOSING THEM TO THE ENEMY, BECAUSE I USE THE AUTHORITY YOU'VE GIVEN ME IN OUR HOUSEHOLD TO ESTABLISH RIGHT BOUNDARIES AND TO CLOSE ALL OPEN DOORS TO DEMONIC ATTACK.

Exodus 2:14 Offender: Who made you our prince and judge? Are you going to kill me as you did the Egyptian yesterday? Fear immediately gripped Moses. THANK YOU, LORD, FOR BECAUSE YOU ARE HELPING ME, I CHOOSE TO REMAIN LED BY FAITH AND NOT BY MY FLESHLY IMPULSES. I DON'T HAVE TO COVER MY TRACKS OR FEAR MY MISTAKES WILL BE DISCOVERED AND EXPLOITED BY OTHERS. EVEN IF I DO MAKE A RIDICULOUSLY FOOLISH CHOICE, I CAN TRUST YOU TO NAVIGATE ME BACK TOWARD YOUR PLAN FOR MY LIFE...SO THEREFORE, I REJECT LIVING IN FEAR AND ALWAYS LOOKING BEHIND ME TO SEE IF MY PAST IS CATCHING UP WITH ME.

Exodus 3:12 Eternal One: Do not fear, Moses. I will be with you every step of the way, and this will be the sign to you that I am the One who has sent you: after you have led them out of Egypt, you will return to this mountain and worship God. FATHER, THANK YOU FOR NEVER PUTTING ME OUT THERE FARTHER THAN YOUR WILLINGNESS TO GUIDE ME AND PROTECT MY ACTIONS. WHEN YOU REQUIRE GREAT THINGS OF ME, YOU ALWAYS ARE THERE TO HELP ME MAKE RIGHT DECISIONS AND CARRY THEM OUT.

Exodus 4:4 Eternal One: Reach out and grab it by the tail. Despite his natural fears, Moses reached out and grabbed the snake; and as he held it, it changed back into a shepherd's staff. THANK YOU, LORD, FOR HELPING ME TO BE OBEDIENT EVEN WHEN I AM VERY AFRAID. YOU ARE GIVING ME THE POWER TO TAKE AUTHORITY OVER THE DANGEROUS SERPENTS I ENCOUNTER—BOTH THE SPIRITUAL AND THE TWO-LEGGED VARIETY! MY FAITH IN YOU IS BIGGER THAN MY FEAR OF WHATEVER I AM FACING.

Exodus 14:13-14 Moses to the people: Don't be afraid! Stand your ground and witness how the Eternal will rescue you today. Take a good look at the Egyptians, for after today you will never see them again. The Eternal will fight on your behalf while you watch in silence. THANK YOU, FATHER, FOR EVEN WHEN IT APPEARS THAT THE ENEMY HAS ME HEMMED UP, YOU ARE PLANNING A DARING ESCAPE FOR ME. I CAN TRUST THAT YOUR TIMING IS PERFECT, EVEN WHEN IT APPEARS TO BE CUTTING DANGEROUSLY CLOSE. WHEN YOU DO MAKE THAT MEANS OF ESCAPE FROM THE ENEMY, YOU ARE BRINGING DOWN A WALL OF DESTRUCTION BEHIND ME TO ASSURE THAT I AM NO LONGER IN HARM'S WAY.

Deuteronomy 31:6 Be strong and brave, and don't tremble in fear of them, because the Eternal your God is going with you. He'll never fail you or abandon you! THANKS, PAPA GOD, FOR NEVER ABANDONING ME! I WON'T LET THE ENEMY SEE ME COWERING IN DREAD, BECAUSE YOU'RE THERE FIGHTING ON MY BEHALF. I AM STRONG IN THE LORD AND IN THE POWER OF YOUR MIGHT!

Ruth 3:11 You may rest easy. You have nothing to fear, my child. I will do everything you ask. Everyone in this city agrees you are a woman of virtuous character. FATHER, THANK YOU THAT I CAN REST EASY, FULLY ASSURED THAT YOUR FAVOR GOES BEFORE ME IN MATTERS WHERE I NEED AN ADVOCATE. YOU ARE PROTECTING MY BEST INTERESTS AND ALSO MY REPUTATION. EVEN IN MY SITUATION, I'M SO VERY CLOSE TO MY BREAKTHROUGH...AND UNTIL IT MANIFESTS, I'M COVERED AT YOUR FEET!

2 Kings 6:16-17 Elisha: Have no fear. We have more on our side than they do. praying O Eternal One, I ask You to allow my servant to see heavenly realities. The Eternal awakened Elisha's servant so that he could see. This is what he saw: the mountain was covered with horses and chariots of fire surrounding Elisha. THANK YOU, O GOD, FOR OPENING MY EYES TO SEE JUST HOW HUGE AN ANGEL ARMY YOU'VE DISPATCHED TO RESCUE ME FROM DESTRUCTION. THANK YOU THAT THE ENEMY TREMBLES AND IS SET TO UTTER CONFUSION AS THE REALITY OF SUCH PROTECTION OVER ME SINKS IN! YOU WILL NOT ALLOW ME TO BECOME AMBUSHED OR CAUGHT DEFENSELESS. THANK YOU FOR OPEN EYES TO SEE THAT YOU'RE LAUNCHING A FULL-SCALE INITIATIVE TO GET ME OUT OF THE TRAP.

1 Chronicles 28:20 to Solomon: Be strong, courageous, and effective. Do not fear or be dismayed. I know that the Eternal God, who is my God, is with you. He will not abandon you or forsake you until you have finished all the work for the temple of the Eternal. THANK YOU, LORD, THAT BECAUSE YOU'RE WITH ME AND FOR ME, I CAN BE STRONG, COURAGEOUS, AND EFFECTIVE. WHAT YOU'VE CALLED ME TO DO IN YOUR NAME, YOU ARE FULLY EQUIPPING ME TO CARRY OUT AND ACCOMPLISH. I WILL TOSS OUT MY EXCUSES AND MY SENSE OF INFERIORITY...YOU ARE FITTING ME INTO THE PICTURE AND ALSO SETTING ME UP FOR SUCCESS, EVEN IN DOING A NEW THING. THANK YOU FOR AN UNDERSTANDING HEART THAT MAKES RIGHT DECISIONS UNDER THE CANOPY OF TRUST IN YOU!

2 Chronicles 20:17 Stand and watch, but do not fight the battle. There, you will watch the Eternal save you, Judah and Jerusalem. Do not fear or worry. Tomorrow, face the army and trust that the Eternal is with you. FATHER, ALTHOUGH I AM IN A TIME OF WAR IN THE SPIRIT REALM, I DON'T HAVE TO SUMMONS COURAGE AND STRENGTH TO FIGHT. I AM HERE AS AN OBSERVER TO PRAY AND WATCH AS YOU SHOW YOURSELF MIGHTY TO SAVE. I RELEASE ALL FEAR AND WORRY, AND I SEAT MYSELF AT RINGSIDE TO WITNESS A FIGHT OF EPIC PROPORTIONS AS YOU ANNIHILATE THE ENEMY OF MY SOUL AND BODY!

Nehemiah 6:9 We knew our enemies' intent was to intimidate us into stopping our work. They reasoned, "These Jews will stop rebuilding out of fear and discouragement. Progress will grind to a halt." Instead I renewed my dedication, strengthened my hands. THANK YOU, LORD, FOR SQUASHING THE SPIRIT OF INTIMIDATION. I RENEW MY DEDICATION, I STRENGTHEN MY HANDS, AND I WILL NOT BE DETERRED FROM THE MISSION TO WHICH YOU'VE ASSIGNED ME! FEAR AND DISCOURAGEMENT WILL NOT, IN JESUS' NAME, MAKE ME UNFRUITFUL; AND NEITHER CAN ACCUMULATING CIRCUMSTANCES. IF "WHEN IT RAINS, IT POURS" IS THE BUSINESS OF THE DAY, YOU ARE SWAPPING MY LITTLE POCKET UMBRELLA FOR YOUR BIG STADIUM UMBRELLA AND A NEW SET OF RAIN GEAR! I WILL NOT BE SOAKED TO THE SKIN BY THE ENEMIES LIES OR HIS CLOUDBURST OF ATTACK, AND I AM FREE TO WORK THROUGH WHAT YOU HAVE ASSIGNED ME TO DO.

Job 3:25 What I feared most descends on me; my nightmare—now reality. THANK YOU, FATHER, FOR DELIVERING ME FROM CRIPPLING FEARS WHICH TORMENT MY MIND AND LEAK OUT MY MOUTH. I WILL NOT OPEN MYSELF UP TO DEVIL'S SNARE BY VOCALIZING WHAT CAUSES ME TO BE AFRAID OR WORRIED. I REPENT OF IDLE, UNFRUITFUL WORDS WHICH MAY HAVE GIVEN EVIL SPIRITS A CLUE AS TO AREAS IN WHICH I'M VULNERABLE, AND I COME BOLDLY TO THE THRONE OF GRACE TO OBTAIN HELP IN THIS MY TIME OF NEED. YOU WILL HELP ME TO SPEAK FAITH WORDS EVEN WHEN MY MIND SCREAMS, "IT'S NO USE! JUST GIVE UP BECAUSE YOU'RE WHIPPED!" IT IS NOT TOO LATE FOR ME. YOU HAVEN'T FORSAKEN ME. I CAN MAKE IT ONE MORE DAY IN JESUS' NAME.

Psalms 3:5-6 I lie down at night and fall asleep. I awake in the morning—healthy, strong, vibrant—because the Eternal supports me. No longer will I fear my tens of thousands of enemies who have surrounded me! IN THE NAME OF JESUS, I AM GOING TO SLEEP LIKE A BABY TONIGHT AND AWAKE REFRESHED, KNOWING I'M PROTECTED BY ANGEL ARMIES. MY FATHER HAS ALREADY SET ME UP FOR A WIN OVER THE ENEMY. DOESN'T MATTER WHAT THE CIRCUMSTANCES APPEAR TO BE...GOD IS GOING TO SHOW HIMSELF MIGHTY ON MY BEHALF!

Psalms 16:8 He is ever present with me; at all times He goes before me. I will not live in fear or abandon my calling because He stands at my right hand. HOW ABOUT THAT...YEAH GOD! THE ENEMY WILL NOT SCARE ME INTO COMPROMISE OR BACK ME INTO A CORNER, BECAUSE YOU'RE ASSURING THAT I CAN DO ALL THINGS YOU'VE ORDAINED ME TO DO, THROUGH CHRIST WHO STRENGTHENS ME. YOU ARE SETTING ME UP FOR A WIN.

Psalms 23:4 Even in the unending shadows of death's darkness, I am not overcome by fear. Because You are with me in those dark moments, near with Your protection and guidance, I am comforted. NOT EVEN THE FEAR OF DEATH CAN INTIMIDATE ME! LORD, THANK YOU THAT I KNOW YOU'RE HOVERING OVER ME AND SHIELDING ME FROM DESTRUCTION. DEATH HAS NO POWER OVER ME BECAUSE JESUS PULLED ITS TEETH! I REJECT THE ACCUSER'S SUGGESTIONS OF ALL THE ILLNESSES THAT ARE ATTACKING ME. WHEN SICKNESS THREATENS, I CHOOSE TO GET INTO YOUR WORD AND SHUT OFF THE INTERNET SEARCHES OF SYMPTOMS AND DISEASES. IF THE DOCTOR GIVES ME A NEGATIVE REPORT, I HAND IT TO YOU AND SAY, "I CHOOSE TO TRUST THE GREAT PHYSICIAN—JESUS!"

Psalms 46:2-3 No fear, no pacing, no biting fingernails. When the earth spins out of control, we are sure and fearless. When mountains crumble and the waters run wild, we are sure and fearless. Even in heavy winds and huge waves, or as mountains shake, we are sure and fearless. FATHER, NO WEATHER PHENOMENON AND NO WAVE OF WICKEDNESS IN THIS WORLD CAN DRIVE ME INTO THE GROUND. NO MEDICAL DIAGNOSIS, NO FINANCIAL CRISIS, AND NO FAMILY DRAMA CAN ROB ME OF YOUR PEACE. I

AM SURE AND FEARLESS, I AM SURE AND FEARLESS, I AM SURE AND FEARLESS...AND I DON'T CARE ONE BIT TO KEEP REPEATING THAT TILL IT DRIVES THE ENEMY CRAZY!

Psalm 56:3 When struck by fear, I let go, depending securely upon You alone. FATHER, HOW AWESOME IT IS TO KNOW WHAT WHEN YOU'RE ALL I HAVE, I HAVE ALL I NEED! YOU ARE EVERYTHING TO ME AND BECAUSE I HAVE YOU, I DON'T HAVE TO HAVE ALL THE ANSWERS IN THIS MOMENT. YOU KNOW THE END FROM THE BEGINNING, AND YOU ARE ORDERING MY STEPS. THAT'S ALL I NEED TO KNOW—THAT YOU LOVE ME AND THAT YOU ARE FOR ME.

Psalm 56:11 In God I have placed my trust. I shall not let fear come in, for what can measly men do to me? FATHER, IF YOU'RE FOR ME, WHO CAN BE AGAINST ME? I TRUST YOU TO HANDLE THOSE WHO OPPOSE ME. YOU WILL NOT LET THE ENEMY HAVE THE UPPER HAND! IF I'M ACCUSED FALSELY, THOSE WHO RISE UP AGAINST ME WILL BE SHOWN TO BE IN THE WRONG. YOU ARE MY DEFENDER, AND THE ONE WHO ASSERTS JUSTICE ON MY BEHALF. THANK YOU THAT I HAVE THE BEST LAWYER THAT FAITH CAN SECURE—MY ELDER BROTHER—AND THAT HE TAKES A PERSONAL INTEREST IN MY CASE!

Proverbs 3:24-26 Your mind will be clear, free from fear; when you lie down to rest, you will be refreshed by sweet sleep. Stay calm; there is no need to be afraid of a sudden disaster or to worry when calamity strikes the wicked, For the Eternal is always there to protect you. He will safeguard your each and every step. THANKS, FATHER, FOR SAFEGUARDING MY STEPS AND ORDERING THE COURSE OF MY LIFE. YOU ARE PROTECTING ME IN EVERY WAY—MY SPIRITUAL, PHYSICAL, EMOTIONAL, FINANCIAL, RELATIONAL WELL-BEING ARE LOCKED IN THE VAULT OF YOUR WORD, WHICH YOU WATCH OVER TO PERFORM! FOR THIS REASON, I'M NOT GOING TO LIE IN BED TORMENTED IN MY THOUGHTS. IN JESUS' NAME, I'LL JOIN HIM IN A SOUND SLEEP IN THE HOLD OF THE SHIP. OTHERS MAY BE PULLING THEIR HAIR OUT IN FEAR, BUT I WON'T BE PARTICIPATING IN THEIR DRAMA!

Proverbs 29:25 If you fear other people, you are walking into a dangerous trap; but if you trust in the Eternal, you will be safe. THANK YOU, FATHER, FOR DELIVERING ME FOREVER FROM THE FEAR AND THE ADDICTION OF APPROVAL BY MAN. I AM SET UP FOR SAFETY AND SECURITY BECAUSE I ALLOW NO ONE TO SQUEEZE ME INTO HIS MOLD. I AM TRANSFORMED EVERY DAY, ALL OVER AGAIN, BECAUSE I RENEW MY MIND TO WHAT YOUR WORD HAS SPOKEN.

Proverbs 31:25 Clothed in strength and dignity, with nothing to fear, she smiles when she thinks about the future. THANK YOU, FATHER, THAT JUST LIKE THE PROVERBS 31 WOMAN, I MODEL STRENGTH AND DIGNITY AND THEY FIT ME LIKE A BEAUTIFUL, TAILORED GARMENT. IF THE DEVIL WANTS TO MAKE ME ERUPT INTO LAUGHTER, LET HIM THREATEN TO MAKE MY FUTURE DARK AND BLEAK! I'M NOT AFRAID OF GETTING OLD AND HELPLESS BECAUSE YOU'RE KEEPING ME STRONG.

Isaiah 35:4 Tell those who worry, the anxious and fearful, "Take strength; have courage! There's nothing to fear. Look, here—your God! Right here is your God! The balance is shifting; God will right all wrongs. None other than God will give you success. He is coming to make you safe." THANK YOU, FATHER, NOT ONLY FOR REASSURING ME OF MY OWN SAFETY AND FAVOR, BUT FOR ALSO GIVING ME A BOLDNESS TO DELIVER THAT SAME MESSAGE TO OTHERS. YOU REALLY ARE RIGHTING ALL WRONGS AND TURNING AROUND SEEMINGLY IMPOSSIBLE SITUATIONS, AND I'M GOING TO TELL OTHERS JUST HOW POWERFULLY YOU ARE WORKING.

Isaiah 54:4-5 Don't be afraid, for there is no one to shame you. Don't fear humiliation, for there is no one to disgrace you. The shame of your younger years and the sorrow of your widowhood are over.

You'll forget those days as if they never happened. Because the One who made you will be your husband; the One called Commander of heavenly armies will set you right again, the Holy One of Israel. It's not for nothing that He is called "God of all the earth." THANK YOU, JESUS, FOR BREAKING THE CHAINS OF MY PAST FROM OFF MY LIFE ONCE AND FOR ALL. ALTHOUGH I'LL NEVER BE PROUD OF WRONG DECISIONS I MADE, NEITHER WILL I LET THEM CRIPPLE ME OR DWARF MY TESTIMONY. YOU ARE SETTING ME UP AS THE COMEBACK KID—AN ENCOURAGING, LIBERATING STORY THAT WILL HAVE OTHERS RUNNING TO YOU FOR DELIVERANCE, TOO. NO ONE CAN USE MY PAST TO HOLD ME DOWN OR LIMIT WHAT I CAN DO, BECAUSE MY FREEDOM AND STRENGTH ARE IN YOU. YOU ARE MY COVERING, YOU ARE THE ONE ENDORSING ME TO MOVE ON WITH MY LIFE—FORGIVEN, FREE, AND FULL OF THE HOLY SPIRIT. SHAME, YOU ARE NO LONGER MY LAST NAME BECAUSE I HAVE MARRIED THE ONE WHO BREAKS YOUR SOUL TIE TO ME!

Jeremiah 17:8 He is like a tree planted by water, sending out its roots beside the stream. It does not fear the heat or even drought. Its leaves stay green and its fruit is dependable, no matter what it faces. THANK YOU, FATHER, FOR BREAKING THE FEAR OF LACK FROM OFF MY LIFE. EVEN IN TIMES OF DROUGHT, MY ROOTS ARE SUNK DEEP TO WHERE YOU ARE KEEPING ME ALIVE, WELL, AND DEFYING ALL ODDS TO BEAR FRUIT.

Jeremiah 51:46 Do not lose heart or give in to fear and panic when the rumors start to fly in the land. Year after year, the rumors will come—rumors of violence reports of one ruler warring against another. THANK YOU, LORD, FOR WIPING OUT THE FEAR OF CURRENT EVENTS FROM MY MIND. I'M NOT GLUED TO THE TUBE, DRAWN INTO THE NONSTOP NEWS NETWORKS WITH THEIR NEGATIVITY; INSTEAD, I LOOK UP AND REJOICE, BECAUSE THE SIGNS INDICATE I'LL SEE YOU VERY SOON! I SUBMIT MYSELF TO THE PROTECTION, AUTHORITY, AND BOUNDARIES OF MY FATHER, I RESIST THE DEVIL AND ALL THIS ALLURING TEMPTATIONS TO BE GRIPPED WITH FEAR, AND IN JESUS' NAME, I COMMAND HIM TO FLEE FROM ME.

Matthew 17:7-8 But Jesus—who was, by this time, used to His disciples being plagued by fear—touched them. Jesus: Get up. Don't be afraid. And when the disciples got up, they saw they were alone with their Lord. THANK YOU, JESUS, THAT BECAUSE YOU CAME TO EARTH TO IDENTIFY WITH COMMON MANKIND, YOU'RE PATIENT WITH MY HAVING TO BE RESCUED FROM TIME TO TIME OUT OF THE GRIP OF FEAR. WHEN YOU SEE ME ABOUT TO REVERT BACK INTO THE MODE OF FEAR AND DISTRUST, I THANK YOU FOR TOUCHING ME AND REMINDING ME ALL OVER AGAIN THAT IT'S OK...IT'S JUST YOU AND ME.

Luke 8:47 The woman now realized her secret was going to come out sooner or later, so she stepped out of the crowd, shaking with fear, and she fell down in front of Jesus. Then she told her story in front of everyone—why she touched Him, what happened as a result. THANK YOU, JESUS, FOR MAKING ME BOLD AND NOT FEARFUL CONCERNING MY TESTIMONY OF DELIVERANCE. I CAN SHARE MY STORY WITH OTHERS, TOTALLY NOT BOUND BY THEIR OPINIONS OR JUDGMENTS. BECAUSE YOU'RE PERFECTING THAT WHICH CONCERNS ME, I NEED NO ONE'S APPROVAL BUT YOURS...AND YET, WHEN PEOPLE FIND OUT HOW YOU'VE SAVED, HEALED, AND SET ME FREE, MY STORY PROVES TO HAVE A HAPPY ENDING THAT BRINGS YOU GLORY AND BRINGS OTHERS HOPE.

Luke 12:7-8 Since you are so much more precious to God than a thousand flocks of sparrows, and since God knows you in every detail—down to the number of hairs on your head at this moment—you can be secure and unafraid of any person, and you have nothing to fear from God either. That's why I keep telling you not to be intimidated. THANK YOU, FATHER, FOR BREAKING THE SPIRIT OF

COWARDICE AND INTIMIDATION OFF MY LIFE, AS WELL AS THE FEAR OF LACK. YOU ARE EL SHADDAI, MORE THAN ENOUGH. I REVERENCE YOU, BUT I DON'T DREAD YOU! TODAY IS YET ANOTHER CHANCE TO WITNESS YOU AT WORK ON ME AND IN ME, TWEAKING THIS WORK IN PROGRESS AND CONFORMING ME TO THE IMAGE OF YOUR SON.

John 14:27 My peace is the legacy I leave to you. I don't give gifts like those of this world. Do not let your heart be troubled or fearful. JESUS, THANK YOU FOR LEAVING ME THE LEGACY OF PEACE. IT WILL NOT DIE WITH ME, BUT I WILL NURTURE IT AND PASS IT ON TO THOSE WHO FOLLOW ME. IT IS MY BIRTHRIGHT AS A CHILD OF GOD, AND I RECEIVE IT WITH GREAT JOY, RELIEF, GRATITUDE AND PRAISE. THE BLOOD OF JESUS IS THE BOUNDARY AROUND MY LIFE THAT REINS IN PEACE. MY ABILITY TO RETAIN MY PEACE AMID CHAOS IS YET ANOTHER WITNESS TO A LOST WORLD THAT YOU ARE CHANGING ME...AND THAT YOUR HOPE CAN CHANGE THEM, TOO. TAKE THIS SITUATION I AM FACING IT AND MAKE ME SHINE FOR YOU, AS I DISPLAY GREAT TRUST IN SPITE OF WHAT SCARES ME.

Romans 8:15 You see, you have not received a spirit that returns you to slavery, so you have nothing to fear. The Spirit you have received adopts you and welcomes you into God's own family. That's why we call out to Him, "Abba! Father!" as we would address a loving daddy. THANK YOU, FATHER, FOR THIS FATHER-AND-CHERISHED CHILD RELATIONSHIP WITH YOU. I'LL NEVER GO BACK INTO SLAVERY, BECAUSE I'M NOW ONE OF YOUR FAMILY. YOU DON'T SHOO ME OUT OF YOUR PRESENCE, BUT INSTEAD, YOU ARE TENDER AND LOVING AND INVITE ME TO CALL YOU MY DADDY. YOU INVITE ME TO BE HELD AND SPOKEN RIGHT WORDS OVER. SO SINCE YOU ARE GLAD TO RECEIVE ME THE SAME AS IF I WERE NATURAL-BORN, I CHOOSE TO STICK CLOSE TO YOU AND NOT LET YOU OUT OF MY SIGHT. I'M SAFE RIGHT HERE WITH YOU, AND NO THREAT OF SICKNESS, DEATH, LOSS, DEFEAT—NOT EVEN THE TAUNTS OF THE ENEMY WHO'D PULL ME BACK INTO SLAVERY IF HE COULD—CAN EVER PLUCK ME OUT OF YOUR HAND! SO *THERE*. I AM FIRMLY IN YOUR GRIP AND I WILL FEAR NO EVIL!

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