

Tuesday, February 3, 2026, Mentoring

God's sovereignty is not based on our feelings. He is already working out your issues. You need to know what you are called to do! Agree with God on His purpose.

## Anxiety and Fear

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Fear:

1. An emotion associated with risk or danger (real or imagined).
2. A defensive response to something that has entered the atmosphere around you.
3. Motivation to escape to a place of safety.
4. The power of confusion comes from unrealistic thoughts.
5. It is the opposite of love, and the negative force that neutralizes faith.

IPeter 5:6-7

Be in humility (agree with God).

Roll your worries on Him.

Learn to hear God wherever and whatever you are doing.

If you believe God doesn't love you, you will be full of fear.

He cares about you and knows how to find you.

Anxiety:

1. Internal friction in your soul in relation to outside conditions.
2. Brought about by a lack of trust.
3. Results in fear, depression, and control.
4. Micromanage
5. The outside forces move inside of you.
6. Affects every organ in your body.
7. Drag around in circles and miss the moment of worship. Distracted. (Martha)
8. Creates depression of your spirit.
9. The opposite is TRUST. Trust God. Don't be afraid to go where He sends you.

### **Deliverance from the spirit of fear.**

FEAR: Natural fear can bring caution.

Natural fear can bring wisdom. (Don't run in front of moving cars.)

The Spirit of Fear is not an attitude; it is a demonic personality.

Produces hesitation, confusion, hopelessness, and contradicts God's character and Will.

It wants to get you off track and unable to function.

*2Tim 1:7* (For God has not given us a spirit of fear, but of Power, and of Love, and a sound Mind.

**POWER:** Is the Holy Spirit's authority and enablement.

Not self-confident or personality

**LOVE:** Perfect love of Jesus Christ (never makes us feel foolish or guilty)

**SOUND MIND:** think creatively, make clear judgments, discern wisely.

## **Deliverance from the Spirit of FEAR.**

Step 1. **Repent** for anything done or said that allowed the spirit of fear in your life.

Step 2. **Renounce** and cancel its legal foothold in your life. (Emphatic)

Step 3: **Break** its power by the Blood of Jesus. Cancel all agreements ever made with fear. **Declare** that the Spirit of fear is defeated in your life today.

Step 4: **Pray** in the Holy Ghost. Worship.

THIS IS NOT “ONE AND DONE.”

The spirit of fear will try to enter again to keep you from moving with God.

Be careful what you say. You can invite the spirit back by careless speaking or thinking.

“I’m afraid somebody will get mad.” I’m afraid to make a mistake.”

This is internal.

**Anxiety** comes from external bombardment.

**Fear** comes from internal bombardment.