



OVERCOMING FEAR

A Checklist for Victory

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THE CHECKLIST



ACCEPTANCE	<input type="checkbox"/>
PRAYER AND MEDITATION	<input type="checkbox"/>
SEEK GUIDANCE	<input type="checkbox"/>
SELF-REFLECTION	<input type="checkbox"/>
THANKSGIVING	<input type="checkbox"/>
VISUALIZATION	<input type="checkbox"/>
ALERTNESS	<input type="checkbox"/>
SERVICE AND GIVING	<input type="checkbox"/>
PRAYER AND FASTING	<input type="checkbox"/>
AFFIRMATIONS	<input type="checkbox"/>
FORGIVENESS	<input type="checkbox"/>
SURRENDER TO GOD	<input type="checkbox"/>
PATIENCE	<input type="checkbox"/>



OVERCOMING THE SPIRIT OF FEAR

Fear is a powerful and often paralyzing spirit that can affect our emotions & lives in many different ways. However, as believers, we are reminded in the Bible that "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, NKJV). Let's explore how we can overcome the spirit of fear through faith and trust in God.

Understanding Fear:

The Spirit of Fear can manifest in various forms: fear of the unknown, fear of failure, fear of rejection, fear of sicknesses and more. It can hinder our progress, cause delays & stagnation, damage our relationships, and steal our joy. However, it is not what God intended for us.

The Source of Fear:

The spirit of fear often has its roots in our perception of our own limitations and the uncertainties of life. Fear always tell you the opposite of what God says in His Word. Also, The Spirit of fear likes to challenge our faith in God. It thrives in the absence of faith and trust in God's plan. Don't allow fear to be your God. If you remember Job chapter 3, Job lived in fear of the unknown and the things which he had feared the most came upon him. Therefore, we need to be extremely careful who we give our fears, too!

When the spirit of fear arises, you can use this checklist to help you navigate and address this demonic spirit. Remember your fear belongs to the LORD. Here are some steps you can take...

[] Acceptance: Acknowledge the presence of "The Spirit of Fear" and prepare for a spiritual battle, for the Lord of Host stand by your side, STRONG and MIGHTY in the midst battle. (Psalm 24:8)

[] Prayer and Meditation: Establish a connection with your Heavenly Father by engaging in prayer, meditating on scriptures, and offering worship. The key is to immerse yourself in the presence of the Lord, causing the spirit of fear to flee.

[] **Seek Guidance:** Consult with a trusted and wise man or woman of God, connect with a community of believers for support and wisdom, or call someone that will join you in fervent prayer.

[] **Self-Reflection:** Reflect on the lessons or opportunities for spiritual growth that may be hidden within the trial or situation. Often, these are tests from God that reveal hidden sins or areas in our lives requiring deliverance, although this isn't always the sole purpose.

[] **Thanksgiving:** Remain thankful for the positive aspects of your life, even in the face of challenges. May God get the Glory in your story. (1 Thessalonians 5:16-18)

[] **Visualization:** Envision a path through the trials and a positive outcome. See yourself victorious in the face of Fear. (Read Phillipians 4:8)

[] **Alertness:** Be on alert for this spirit throughout your life's journey, as it has a tendency to come and go. Be vigilant, for the adversary lurks, seeking to devour anyone. Keep yourself prepared for battle.

[] **Service and Giving:**

Find ways to help others, as acts of kindness can bring a sense of purpose and relief while redirecting your focus towards what truly matters.

[] **Pray and Fasting:** Pray and fasting will be a mass weapon of destruction against the spirit of fear. This step is too vital for you to skip. Please reach "Sherry's Prayer Closet" on Facebook for more info.

Please consult your doctor if you are diabetic or have other health issues.

[] **Affirmations:** Use Biblical affirmations to reinforce your inner strength and resilience. The word of God is active, alive and moving. When you speak the Word of God, it must fulfill what has been declared.

[] **Forgiveness:** Extend forgiveness to both yourself and others, thereby releasing emotional burdens and preventing Satan from gaining a legal foothold in your life. As it is written in Matthew 6:14-15 (NIV), "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

[] **Surrender to God:** Let go of the need for control and place your trust in God. Permit Him to take charge of your battles, for He has a flawless track record of victory!

[] **Patience:** Understand that trials may be temporary, and patience can be a valuable virtue during difficult times. As stated in James 1:3-4 (NIV), "because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Fear Has Been Defeated!!

Work through the checklist at your own speed, keeping in mind that it may extend beyond a single day and you may need to revisit certain steps. Customize this checklist to harmonize with the teachings of the Word of God. Recognize that each individual's deliverance from "The Spirit of Fear" is a unique and personal journey. Keep in mind that trials and tribulations present significant opportunities for personal growth and spiritual transformation. Always recall that the Lord's strength is most evident in your weaknesses and imperfections.



Conclusion

The spirit of fear can be overwhelming, exhausting, and unbearable, but it's not insurmountable. Through faith, prayer, and the support of others, we can conquer fear and live with the confidence that God has given us a spirit of power, love, and a sound mind. As we let go of fear, we make space for God's peace and joy to fill our hearts. We make space for our destiny to unfold in such an amazing way. Not only that, but once you defeat the spirit of fear you can help assist other brother or sister in Christ , in their deliverance.



LET'S PRAY!!

Dear Heavenly Father,

I come before you in the name of Jesus, seeking your divine presence and strength. You have told us in your Word that you have not given us a spirit of fear, but of power, love, and a sound mind. I humbly ask for your help in overcoming the spirit of fear that has taken hold in my life.

Lord, you are the source of all strength and courage. I confess my fear and anxiety before you. I lay all my worries, doubts, and anxieties at your feet. I surrender them to you, for I know that your perfect love casts out all fear.

I come into your agreement with your Word!! My fear, reverence and honor belongs to you alone, God. I honor you by believing in your Word.

Fill me with your peace that surpasses all understanding, and with your love that drives away all fear. Grant me a sound mind to face the challenges and uncertainties of life. Help me to trust in your plan and purpose for my life.

I rebuke the spirit of fear that has been tormenting me. In the name of Jesus, I command it to leave me and my life. I declare that I am a child of the Most High God, and fear has no place in my heart.

Lord, I ask for your guidance and wisdom to confront the specific fears that trouble me. Help me to walk in faith, knowing that you are with me every step of the way. Strengthen my belief in your promises and your protection.

Surround me with a community of support, people who will encourage me and lift me up in times of fear. Help me to be a source of courage and hope for others who are struggling with fear.

Thank you, Lord, for your faithfulness and for hearing my prayer. I trust in your power to destroy the spirit of fear in my life. May I live in the freedom and confidence that comes from knowing you.

In Jesus' name, I pray. Amen.

Dear Readers,

I want to express my deepest gratitude for the incredible journey we've shared through Overcoming Fear; A Checklist for Victory. Your support has been the wind beneath my wings, and I am genuinely thankful for each reader who has taken the time to explore the pages of my creation guide by the Holy Spirit and wisdom from God Himself. Writing this book has been a labor of love, and I hope it has resonated with you, providing moments of reflection, joy, and freedom from the Spirit of fear. Your feedback and connection mean more to me than words can express.

Thank you for being integral to this literary adventure. I eagerly anticipate sharing more Christian booklets and impactful prayers in the future. Feel free to explore additional resources on my website for some complimentary offerings - www.sherrygdixon.com.

With heartfelt thanks,
Sherry Green-Dixon



SHERRY

AUTHOR

Thank You!



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