

10 Tips to Fight Fear

1. Preach to Yourself

When God has asked me to do something that seems impossible for me, I have to preach to myself to defeat the fear and uncertainty that try to control me.

2. Don't Quit

In a relationship? In business? In reaching your personal goals? Will you give in to fear of failure and quit trying? The important thing to remember when you fail is not to quit. History shows that failure can actually become a catalyst to propel you to success.

3. Take Courage

You have to have courage against all odds. You have to be willing to face down frightening voices and take a risk to move forward into your destiny. You cannot give into the spirit of timidity and draw back when times get tough.

4. Take Risks

To be a fear fighter you can't just be an average joe. Fear fighters take advantage of opportunities. They don't wait to be attacked; they go on the offensive when opportunity presents itself. If you sing, join the choir. If you are thinking about starting a new business, take the steps to investigate your possibilities. If you are lonely, make the effort to develop friendships.

5. Confession

"Devil talk" will bring the devil on the scene, and "God talk" will bring God on the scene. There will always be things trying to attack you to pull you out of God's presence, out from under His shadow. But confessing the truth of the Word of God will keep you from giving into the enemy's lies.

6. Worship

The apostle Paul declared of Christ, "In him we live and move

and have our being" (Acts 17:28). God wants you to live in constant communion with Him. That is how you receive His constant provision and protection. You cultivate communion by learning to worship God in spirit and in truth. Praising God and thanking Him for His love and provision keeps you dependent on Him. You need to recognize that He is your source of life. That will keep you seeking Him and living under His shadow.

7. Fight With Faith

The Bible tells us to fight the good fight of faith (1 Tim. 6:12). It is not always easy to be filled with faith when fear is trying to attack you. Are you in a faith fight for your future, your marriage, or your finances? Then you know that unless you win the fight of faith, what you fear can become a reality, which can defeat you in your walk with God.

8. Don't Believe What You See

Have you been defeated because of what you saw with your eyes? Has the promise of God been aborted because you chose to believe what you saw instead of what God had promised? You can get it back if you will refuse to believe what your senses tell you and walk by faith in God's promises.

9. You don't have to be ruled by negative feelings.

Not one of your five senses is a match for the power of faith released in your life. Faith praises God for the answer before it comes. It steps on the neck of every lie that opposes the purposes of God for your life. Faith can move mountains and always does the will of God in you and for you.

10. Remember God is the Master of Disaster

When disasters strike, the good news is that God is Master in times of disaster. Whether from your poor choices or from circumstances beyond your control, when you call on God, He will resolve your situation. Even if your distress is self-inflicted, God has a plan to get you out. You don't need to be

tormented by fear

Jentezen Franklin is the pastor of Free Chapel in Gainesville, Georgia, and Orange County, California. This article was excerpted from his book *Fear Fighter*. He also hosts a weekly TV program *Kingdom Connection*, and has written several other books, including *Fasting* and *Believe That You Can* (both Charisma House).