

4 Scriptures That Will Help You Cast Out Fear

Is fear bullying you? Many people don't know that the Bible is prescriptive for fear and other negative emotions.

Think about this—when people are sick, they seek a doctor because they believe the medication he or she prescribes will make them well.

The enemy uses fear to bully Christians. Stop the bullying through the truth in God's Word.

We should have even more confidence in the Holy Scriptures, the Bible. God's Word is His written prescription for His children not only to be well but to *do well* in Him.

The main benefit of obedience to His Word is that we come to know His character better day by day.

One of the main areas in which God's children need His prescription is in the area of fear.

The enemy uses fear to bully many of God's children. Spiritually, I see him as standing in the way of God's blessings for us.

The enemy says (metaphorically speaking), "If you want to get to God's blessings, you've got to get past me!"

Fear may mask itself as anxiety, worry, apprehension or concern, but these are still fear-based emotions.

The cause of fear is found in its definition: "An emotion experienced in anticipation of pain or danger."

The operative word here is "anticipation." The enemy tries to get you to imagine the worst possible outcome so that you

become fearful.

However, God's Word gives us prescriptions to stop fear at the source. My go-to prescription when fear tries to come upon me is 1 John 4:18: "There is no fear in love, but perfect love casts out fear, because fear has to do with punishment. Whoever fears is not perfect in love."

God does not want His children to live in torment, victims of the enemy's bullying. Jesus came to set us free and destroy the works of the enemy through the power of His Word!

God is our source of perfect love. First John 4:8 tells us: "Anyone who does not love does not know God, for God is love."

Here are three additional Scriptures (prescriptions) about God to memorize and meditate upon when you are afraid:

- *"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, yes, I will uphold you with My righteous right hand"* (Is. 41:10).
- *"Have not I commanded you? Be strong and courageous. Do not be afraid or dismayed, for the Lord your God is with you wherever you go"* (Josh. 1:9).
- *"The Lord, He goes before you. He will be with you. He will not fail you nor forsake you. Do not fear, nor be dismayed"* (Deut. 31:8).

In all these Scriptures, the Lord assures His children "I am with you." That is a statement that you need to lay upon your heart when fear tries to seize it. You are never alone; the Lord is with you.

In addition, the Lord tells His people not to be dismayed. The word origin of "dismay" means "not to be able."

When you are fearful or dismayed, that means you are meditating upon thoughts of "I am not able."

However, during those times, you need to remind yourself that the Lord is with you—and He is able.

Here is one of thing you need to decide upon to cast out fear: Refuse to anticipate pain and danger in your imagination. Second Corinthians 10:5 advises: “(Cast) down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

According to this Scripture, you can take the self-defeating thoughts the enemy has planted in your mind captive. You don’t let them run rampant in your mind, destroying everything!

Instead, you take fearful thoughts prisoner by focusing on what you know about God through His Word. God’s Word says:

- The Lord has already been where you are going! He is omnipresent, which means He can go before you and be with you at the same time.
- The Lord is there to strengthen you.
- The Lord is there to give you wisdom when you don’t know what to do. He only asks that you ask Him for wisdom (James 1:5).

When you meditate upon and believe God’s truth, is there any reason to be anxious about anything?

I recommend you meditate upon these scriptures throughout your day. They will be like your fire drill so that when fear tries to bully you again, you are ready to combat it.

According to Romans 8:37, we don’t fight for victory but from victory: *“No, in all these things we are more than conquerors through Him who loved us.”* {eo}

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