

Conquer Your Fear of Sickness

We do not need to be in fear of sickness and disease. I wish I would have known this years ago. Unfortunately, I was more an expert in the area of fear than health ailments. I was raised to think the worst when a physical condition attempted to attack my body. It took years to overcome the fear of sickness, disease and even abnormalities that can happen regularly.

The coronavirus has been active for almost two years, and I can say I have never been in fear of it. I want to teach you and help deliver you from fear, not just of COVID but any physical ailment. You don't have to be afraid of anything. I know this may sound simple, but relying on 2 Timothy 1:7 helps: "For God has not given us the spirit of fear, but of power, and love, and self-control." God has not given us fear. His love is perfect. The Bible says, "perfect love casts out fear" (1 John 4:18). We have been given love; 2 Timothy 1:7 points that out; therefore, love can overpower fear.

I love Psalm 91. I think it is a perfect place to keep our peace. It instructs us that when we dwell in a secret place, He will protect us. "He who dwells in the shelter of the Most High shall abide under the shadow of the Almighty. I will say of the LORD, 'He is my refuge and my fortress, my God in whom I trust.' Surely He shall deliver you from the snare of the hunter and from the deadly pestilence. He shall cover you with His feathers, and under His wings you shall find protection; His faithfulness shall be your shield and wall" (Ps. 91:1-4). We will stay in perfect peace when we dwell with Him.

Staying in perfect peace didn't always happen for me. I know some of you aren't in perfect peace either. How do we move forward in faith and not fear when it seems like sickness and disease are all around and an adverse medical diagnosis comes our way? I want to give you some practical applications. These

can be implemented for all health ailments and fear, not just the coronavirus. Over half of the battle is in our minds. Our minds can be conquered.

1. Capture every thought (2 Cor. 10:3-5). Capture the thought and dismiss it; don't entertain it.

2. Get busy when your mind starts to go in an unproductive and unfruitful direction. Get up and get active. Don't sit and think, or you'll begin stinking thinking. Do something fun; get yourself into busywork, prayer or worship!

3. Cast down vain imaginations. Not everything is a demon! Recognize the lie or fear you are believing! Break agreement with it by speaking out and declaring audibly, "I break agreement with fear! I have faith! I am not going to get sick by Christ's stripes; I am healed! I walk in my divine authority! No sickness or plague will come near my dwelling, and no weapon formed against me will prosper, in Jesus' name." Declare faith, not fear.

4. Discern who you talk to about your feelings and emotions of fear of health ailments. Are people you talking to feeding the fear or fueling faith into you?

5. Press through to your breakthrough! Diagram out your fear and discern the root cause of fear, what you are afraid of and why don't you trust God to be your protector.

6. Receive deliverance! I have a free e-course you can take at titled How to Conquer Fear.

I suffered from fear for years, and I want to assure you, friends, you can be free! Set your heart and mind on the things of heaven, on the Word of God and our Lord and Savior Jesus! Transform your thinking and train your thoughts to go in positive directions. As a deliverance minister, I want to assure you that not everything is demonic. Sometimes our deliverance comes from us changing our behavior patterns and

thinking habits. Capture every thought that is contrary to the Word of God and dismiss it instead of entertaining it.

Declare aloud right now:

Fear has to leave! It has no part of me!

I break agreement with mind-binding spirits, and I command them to go, in Jesus' name!

I speak and proclaim that I have not been given a spirit of fear but of love and power. I have a self-controlled, self-disciplined and sound mind (2 Tim. 1:7).

I bind and restrict sickness and disease from attacking my health. I claim and decree that health and healing are mine because of what Jesus did for me!

No weapon formed against me will prosper! I bind and restrict the enemy from sending demonic attacks my way!

I speak and decree that my body works in perfect chemical alignment; my immune system is strong; and I am walking in divine health.

I command every spirit of fear to get out of me now, in Jesus' name!

Keep speaking out and decreeing. Allow the Holy Spirit to reveal to you what else needs to be prayed and called forth. You can learn how to further partner with the Holy Spirit and receive powerful warfare declarations in my new book, *Prophetic Spiritual Warfare!* {eoa}

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