

How Holy Spirit Can Empower You to Demolish Your Fears

Everyone faces fear in life. And I believe that sometimes we have more fear than we recognize—little, underlying fears that have been with us for so long we've gotten comfortable with them and don't realize they are there.

But I want to be totally free from fear in my life. I'm sure you feel the same way.

It's important to understand that when fear rises up in your soul, you can't run and get away from it. God wants us to confront our fears and know that because He is with us, we can do anything, anytime, anywhere that we need to do it!

The Bible has a lot to say about fear. The main reason it gives for not being afraid is that God is with you.

For example, Deuteronomy 31:8 (NIV) says, "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

And Joshua 1:9 says, "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord you God will be with you wherever you go."

Sometimes we hear something so much that we get used to it, and it doesn't mean what it should to us. But if you take the time to stop and think about this truth throughout your day, it will become a greater conscious reality to you.

We need to purposely meditate on thoughts like, *God is with me right now. I'm never alone. God is with me in this situation.*

The truth is God doesn't live in a church building; you don't just go see God on Sunday morning. As a believer in Christ Jesus, *you* are the temple, or house, of the Spirit of God. He

is with you, and He lives in you! (See 1 Cor. 3:16 and 6:19.)

The basic definition of the Greek word for *fear* is “to take flight; to run from.” In Hebrews 10:38 (AMP), God says, “My righteous one [the one justified by faith] shall live by faith [respecting man’s relationship to God and trusting Him]; and if he draws back [shrinking in fear], My soul has no delight in him.”

Fear can cause us to shrink back, or to not do what we know we need to do. Have you ever felt like you should talk to someone about a certain issue, but you avoided it because you don’t like confrontation?

I know it’s not easy, but just because we don’t want or like to do something, if God is leading us to do it, we need to take a step of faith and do it. That’s why we have the Holy Spirit with us, living in us. He can show us what to do and how to do it so we won’t shrink back in fear.

A good definition of “courage” is doing what you know you should do even though you feel afraid. I like to say it this way: “Do it afraid!”

We’ll never reach a point in our lives here on earth where we won’t feel fearful at times. I believe it’s the devil’s No. 1 weapon that he uses against God’s people to keep them from their God-ordained destinies.

Think about it. Have you ever backed off from doing something you knew in your heart you were supposed to do, and now you regret it? Have you ever thought, *I wish I would’ve ...?*

Most of us would probably say yes to these questions. But I want to encourage you not to live with regrets. Instead, let’s start doing what the Bible tells us to do and live by faith!

Here’s a practical way to think about this biblical principle of living by faith: Fear is like poison that weakens us and

holds us back from our destinies. But God's antidote for fear is faith. So when fear knocks on your door, send faith to answer!

Second Timothy 1:7 says, "For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]."

This is a promise we can count on, because God loves us completely, and He always wants what is best for us. The more you experience His love for you and trust Him, the more you'll be able to live by faith.

Your faith in God will always be greater than any fear that comes against you. {eo}

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