

How to Break Free From One of the Most Crippling Spirits Christians Face

As the founder and co-leader of International Bethel Sozo Ministry, Dawna De Silva deals with inner healing every day. She helps release people, churches and cities into new vision and freedom.

At Sozo, many come to her for ministry on how to break free from fear, one of the most crippling spirits a Christian can face. In order to eradicate fear, De Silva says, you must find the root cause.

“What I would recommend is that you be honest with yourself and ask God about the places inside where fear comes from,” De Silva told Dr. Steve Greene on a recent episode of “Greenelines” on the Charisma Podcast Network. “I would sit down with God and I would say, ‘OK, God, this is where I feel fear. Where does this originate?’ I’m not talking about a specific situation, but a specific feeling of fear.

“Were you ridiculed as a child or did this come from your childhood? When you discover that, then you can come to a place where you say, ‘I choose to forgive,’ because forgiveness is the key to breaking free.

“The next time that rage comes up within you or cowering happens, you need to ask God why this is still triggering those feelings. What else is still down inside that needs to be healed. Go get inner healing; get deliverance. Find somebody you trust that you can say, ‘Hey, can you take a few minutes and pray through this situation with me?’ When you don’t understand on your own to break free, there’s nothing wrong with getting outside help.”

For more on how to break free from fear, listen to the podcast below.