

How You Can Conquer Fear and Manifest Healing

So many people today are living in fear. Counselors and therapists across the country report increased levels of stress, anxiety and other mental and psychological problems as we continue to face the coronavirus pandemic, racial tensions and other issues.

But there is another way. Author and healing minister Joan Hunter tells host Kathy DeGraw on a recent episode of the *Prophetic Spiritual Warfare* podcast, “Fear comes in to kill, steal and destroy. Yes, the enemy comes in. But it’s really fear that comes in. And right now, fear is literally running rampant in the United States.”

She shares with Kathy about a visitation from the Lord that a friend experienced, saying he was overwhelmed with the power of God’s presence. “But while Jesus is in the background, the spirit of fear comes in, in a beam. And the spirit of fear comes up to him and tells him, ‘Jim, I want you to tell your people, which is the body of Christ, ‘Thank you for feeding me.’ The spirit of fear said, ‘Tell them thank you for feeding me.’ And then all of a sudden, boom, spirit of fear left, and [my friend] didn’t have fear.”

“And this is the problem, Hunter explained. “People are feeding that spirit of fear like never before. And it is obese, because we’re feeding it so much.”

So how do we get rid of that fear? “Fear and faith are absolute opposites of each other,” says Hunter. “And when you have fear, then you can’t have faith. They fight, OK? So faith can overcome fear. And this is what we need to do: We need to praise Him. We need to have an attitude of gratitude. Even though it rhymes, it’s still the truth, and the attitude is to

stay very worshipful and spend time worshipping.”

But Hunter revealed another component. “You know, I don’t want to say spend time rebuking the devil. But it says to cast down vain imaginations. So anything that is not of God, we have the power to cast it down and to condemn it and command to go.”

“What if it doesn’t?” she asked. “That’s not an option. That’s not even an option to think, *Well, what if it doesn’t go?* No, you don’t give up. You’re in a battle. You fight for what’s right.”

To learn more from Joan Hunter and podcast host and deliverance minister Kathy DeGraw on casting out the spirit of fear, listen to the entire podcast here. {[eo2](#)}