

How You Can Silence the Spirit of Fear

“Jesus, Jesus/ You silence fear” is more than just a great lyric to a popular worship song; it’s actually a reality we can live in.

As believers, we have the capacity to silence fear. There is a permission and an invitation to live in the reality of the name of Jesus. We know that God has not given us a spirit of fear, so where does fear come from? (see 2 Tim.1:7).

There is a physiological reaction that happens to our bodies with an actual or perceived threat. We know this as the flight or fight response. However, there is a difference between the fight or flight response, fear as an emotion and a spirit of fear.

Recently I went through a battle where I learned the difference. The chaos around me was trying to create chaos within me. The spirit of fear was trying to paralyze me from sharing the struggle with those closest to me.

Fear was attempting to silence me. The voice of the spirit of fear would shout loud one day, and then the next day, it would come like a whisper.

The spirit of fear will say authentic things, but it comes from the wrong source. It tries to get us to come into agreement with the father of lies versus the Father of lights. As believers, we have been blessed with every spiritual blessing and have been given everything we need to overcome in Christ (Eph. 1:3; 2 Pet.1:3).

We don’t have to live in response to the problem; we can live in the reality of the promise. When those thoughts would come, I then had a choice to make. I could agree with the voice of

fear or the voice of my Father. It was the fresh embrace of the Father's love that would silence the voice of fear.

Listen to this episode of *Remnant Voice with Jason Armstrong* titled "Silencing Fear Part 1" on the Charisma Podcast Network. {eoa}