

Prophetic Minister: How to Defeat the Spirit of Fear During COVID-19 Pandemic

Prophetic minister Kathy DeGraw says while people need to be wise and cautious during the COVID-19 outbreak, they need not panic.

“Do we have to be wise in some circumstances? Yes,” DeGraw says. “Should we practice social distancing right now? You bet. I don’t think we should go and tempt Satan. I don’t think we should expose our flesh to people who we know are infected in hospital beds. But what we need to do is not fear it. And that’s what’s happening. Everyone’s afraid.

“They’re going out and wearing gloves and masks. ... We’ve hoarded them, and now they’re not available to our medical professionals when they need them.”

DeGraw says she grew up with a mindset that if she felt any pain or abnormality in her body, she’d immediately assume the worst, she says on the *Prophetic Spiritual Warfare* podcast on the Charisma Podcast Network.

“My husband would be like, ‘Kathy, I don’t understand you,’” DeGraw says. “And I’m like, ‘This is how I was raised.’ It takes time to defeat that mentality. And that’s what you have to do. Because, friends, we’re not trusting God to be our healer. If we’re in fear, thinking, *We’re going to get this*, we’re not trusting Him to be our healer. ...

“When you feel that torment coming in, you call up a friend. You go find your spouse, you go find a prayer partner and say, ‘The devil is tormenting me that the worst is going to happen.’ Friends, I couldn’t fight the fight alone. I couldn’t fight the battle alone.”

To listen to the entire episode titled *Remove the Fear of Sickness and Disease*, [click here](#).