

Your Supernatural Keys to Overcoming Soul-Rending Fear and Loneliness

Do you feel like no one understands what you are going through? Trials make us feel this way.

Do you sometimes feel like God doesn't understand? The enemy wants us to feel like this, but this is when we need to encourage ourselves in the faith that God does care; He understands what we are going through. Hebrews 4:15-16 (AMP) tells us, "For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin. Therefore let us [with privilege] approach the throne of grace [that is, the throne of God's gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment]".

Sickness oftentimes causes great fear, and fear is very real; it is an actual spirit. 1 Timothy 1:7 (NKJV) says, "For God has not given us a spirit of fear, but of power and of love and of a sound mind." I have found during years of healing ministry that a spirit of fear travels with sickness and disease. It is often the forerunner of a spirit of premature death. It takes a decision on the part of the one who is gravely ill to not give into this spirit and force themselves into the arena of faith where power, love and a sound mind exist. And Jesus, more than anyone else, understands this battle. In the garden of Gethsemane, He knew He was about to be slaughtered for all people and that the suffering would be so torturous that He would battle fear and sweat great drops

of blood (see Luke 22:41-44). He was tempted to give up, but He overcame this fear by faith and prayer. And this is how you will too.

Illness often makes people feel like they are all alone. Jesus experienced loneliness the night He was arrested and during the suffering of Calvary when those closest to Him deserted Him because they feared being seen with Him would cause them harm, even possible death. And when He transformed into the curse to redeem us from it He felt the ultimate loneliness—separation from His heavenly Father so we would never have to know this loneliness. “My God, My God, why have You forsaken Me?” (Matt 27:46, MEV). If you feel lonely now, call upon the name of Jesus. He understands the pain of what you are suffering. Jesus is a friend who sticks closer than a brother (see Prov. 18:24). He promises to never leave us or forsake us (see Heb. 13:5).

Jesus is our Lord and high priest, and He understands the fear and loneliness that we can pass through at times. And if you are facing these types of difficulties in your life now, take comfort in knowing that He loves and cares about you; He has not left you alone. He’s right by your side. Call out to Him by faith and let Him hold you tight until the fear and loneliness pass. {eoa}

Becky Dvorak *is a prophetic healing evangelist and the author of DARE to Believe, Greater Than Magic and The Healing Creed. Visit her at .*

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