

3 Minutes in the Word That Can Help You Knock Out the Enemy

The Bible is full of truths related to issues such as anxiety and fear. As believers, God gives us authority to activate these truths as weapons to combat whatever we experience or feel that doesn't agree with His Word (Eph. 6:17).

To help you use God's Word to defeat these negative emotions, here are three minutes of spoken Scripture set to beautiful, instrumental music from my *Experience Freedom* album. To be especially effective, I've paired each Scripture with a personalized version designed for you to speak aloud. I'm confident that just several minutes of speaking these Scripture confessions with sincerity will help you experience freedom from your worries.

Additionally, below I've included these seven powerful Scripture truths that you can print and confess later.

Matthew 6:31–33, MEV

Therefore, take no thought, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' (For the Gentiles seek after all these things.) For your heavenly Father knows that you have need of all these things. But seek first the kingdom of God and His righteousness, and all these things shall be given to you.

Speak It!

I don't worry about anything. Instead, I seek first the kingdom of God and His righteousness and I trust that all of my needs will be met.

1 Peter 5:6–7, MEV

Humble yourselves under the mighty hand of God, that He may exalt you in due time. Cast all your care upon Him, because He cares for you.

Speak It!

I humble myself before God and trust that He will promote me in the right time. I cast all of my worries, fears and anxieties on Him, because He cares for me.

Philippians 4:6–7, MEV

Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God. And the peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus.

Speak It!

I'm not anxious about anything. Instead, I make my request known to God through prayer and thanksgiving. The peace of God guards my heart and my mind in ways that I can't even understand.

John 14:27, MEV

Peace I leave with you. My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Speak It!

I have the peace of Jesus, which is far better than what the world offers, and so my heart is not troubled or afraid.

2 Timothy 1:7, MEV

For God has not given us a spirit of fear, but of power, and love, and self-control.

Speak It!

God has not given me a spirit of fear or shyness. Instead, I have power, love and self-control.

Romans 8:15, MEV

For you have not received the spirit of slavery again to fear. But you have received the Spirit of adoption, by whom we cry, “Abba, Father.”

Speak It!

I have the Holy Spirit and He has freed me from fear. I’m not afraid of anything because I’m protected and taken care of as a child of God.

Psalms 23:4, MEV

Even though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

Speak It!

Even when I’m in a dark valley, I fear no evil, because God is with me. His rod and staff comfort me.

Kyle Winkler equips people to live in victory. His mobile app, Shut Up, Devil!, is the No. 1 spiritual warfare app; and his recent Scripture confessions album, Experience Freedom, has helped thousands identify with the truths of God’s Word. Kyle holds a Master of Divinity in biblical studies from Regent University. Get daily encouragement from Kyle on Facebook and Twitter.

YouTube link: