

Overcome the Spirit of Fear Before it Cripples You

People like to say that having a little fear is healthy. It's true that fear can be a vital response used to warn us, and help us avoid evil and harm. While fear can be useful in some situations, it should never have unhealthy control over our lives.

The Bible calls fear a *spirit*—a demonic spirit. It can torment your mind and influence a person to behave illogically, even in harmful ways towards themselves and others. It will eventually affect your health and invite disease into your body. Have you ever considered that worry, anxiety and panic are also different intensities or levels of fear? While they may have different names, they can all produce the same feelings of dread and despair over our lives.

Are these emotions ruining your life and your health? Are they causing you to make unwise or hasty decisions? Do they keep you from meaningful relationships? Fear and all forms of it, whether real or imagined, can produce a strong physical reaction within our bodies. Job 4:14 states, "Fear came upon me, and trembling, which made all my bones shake." Fear is a distressing emotion caused by a real or perceived threat or danger.

Proverbs 12:25 says, "Anxiety in the heart of man causes depression." The Bible actually tells us what is behind depression. That's quite a statement. Fear is the root, or at least the contributing cause of many mental and physical ailments according to God's Word. If you don't value God's Word in your life, you'll merely dismiss this Scripture. I am not claiming to be a medical professional, nor am I giving you medical advice. In some instances there may be a chemical imbalance or physical reasons for depression, but it is still

important to examine your self and be honest before God. Many imbalances can be corrected with correct knowledge and a change in diet and lifestyle.

It also must be said that if you are a born-again believer in Jesus Christ, we encourage you to seek the Lord. Do a biblical study on fear, renew your thinking with God's promises, receive His direction, be obedient to what it says, and stand against any fear in your life. Throughout the Bible, we are commanded to "fear not!"

Why does it matter if we gain control over the fear that tries to invade our lives? Will it really cause that much damage?

The answer is, yes! Fear is a thief of joy and a deceiver. It is not from God and He does not want any of His children to be in bondage to it. The good news is that we can find help and solutions in the Bible.

We can have victory over crippling fear and anxiety. God's Word always has the answers if we'll take the time to read it, study it, proclaim it and obey it.

Bill Wiese is the author of New York Times best selling book, "23 Minutes In Hell," the story of his life-changing visit to hell in 1998. Bill has since authored six additional book titles, and continues to share his experience around the world. He and his wife Annette founded Soul Choice Ministries in late 2006 and have dedicated their lives to reaching the unsaved. For more information about Bill Wiese and Soul Choice Ministries please visit us at:

You can find more of Bill's teachings at: