

Declare These 3 Scriptures to Expel Fear From Your Life

Fear is the opposite of faith, and faith and trust are interchangeable.

I remember living in fear. I was afraid of storms, vehicle breakdowns and driving over a bridge with water underneath. I would fear medical ailments and financial uncertainty. I cried out to the Lord for years for a faith impartation. Every conference I went to and in my prayer time, I would ask the Lord to activate my faith. I was tormented and frankly quite done living in fear. I'm sure some of you feel that way too! I am passionate now about assisting others to freedom from fear because, as I say, freedom feels good!

Do thoughts rage through your mind?

Is it challenging to pull your thoughts back into a positive direction when you are experiencing fear, anxiety or worry?

Have you tried to cast fear out of your life but haven't experienced true freedom?

I've been where you are. I'd like to give you some Scriptures I used to manifest my freedom and how I was able to transform my thoughts away from fear.

I quoted and thought about the following Scripture: "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'" (Rom. 8:15).

I would consistently remind myself that I had been adopted by my heavenly Father and that I did not have the generational curse of the spirit of fear. I would look down at my veins in my arm and say, "I have been given a blood transfusion, and

there is no fear in Jesus' blood."

"For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds, casting down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ" (2 Cor. 10:3-5).

Taking every thought captive is crucial in releasing the fear in your life. After I started receiving my deliverance from fear, I would recognize when it would attempt to attack my thought life. Half of our deliverance comes from us changing behavior patterns and habits. Therefore, I had to learn to capture and dismiss the thought. I couldn't entertain the thought by thinking about it. I had to learn to capture it instantly and reject it.

I like this verse because when you study it, it actually means "does the thought obey Christ; does it line up to His Word?" When we submit lying and fearful thoughts to the Word of God, we will discover they do not line up.

– "For God has not given us the spirit of fear, but of power, and love, and self-control" (2 Timothy 1:7).

When we quote this verse, we often focus and hammer out, "I've not been given a spirit of fear,". While that is good, I think it is even more important to focus on what we do have. We need to quote and put our faith in "I have power, love and self-control." Self-control can additionally be interpreted as self-discipline and a sound mind. Instead of looking at the demonic side of this verse—fear—let's put our focus on what we have been given: love, power, self-control, self-discipline and a sound mind.

Quoting these three Scriptures and realizing the interpretation was for me brought me to freedom, and I hope and pray it will bring you to freedom too!

Receive deliverance from fear and other strongmen in Kathy's new book, *Unshackled*, available on Amazon. Kathy's e-courses on *How to Conquer Fear*, *Destroy Fear*, *Your Keys to Self-Deliverance* and *Inner Healing* at *Charisma Courses* will release you from the bondage of the enemy and assist you in setting others free! {eoa}

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