

¹Stronghold Buster for Fear

The lies:

- *If I don't look out for myself, then no one else will.*
- *My life and well-being are not on God's radar.*
- *My fear object(s) is/are strong enough to prevent me from experiencing God's goodness, power and loving kindness in my life.*
- *Other:* _____

Effects of this stronghold: Whenever I believe one or more of the above lies, it causes me to submit to fear rather than submit to God. When I submit to fear I am tempted to fight against God's help and direction; I am frightened into running away from people who need exposure to God's redeeming love; I become frozen in uncertainty and allow indecision to bring my spiritual journey to a stand still. The lies that give fear power prevent me from understanding the true meaning of courage. Courage is never the absence of fear. Courage is the guts to do what is right even in the face of fear. Every good virtue in my life, at some point, will need courage to activate. This will take trust in God and obedience. Faith must be courageous. Hope must be courageous. Love must be courageous. Humility must be courageous. Wisdom must be courageous. And so on.

Truth for Life:

Don't be afraid, for I am with you. Don't be discouraged, for I am your God.

*I will strengthen you and help you. I will hold you up with my victorious right hand. Do you not know that your bodies are temples of the Holy Spirit? **Isaiah 41:10 NLT***

The Lord is my light and my salvation— so why should I be afraid?

*The Lord is my fortress, protecting me from danger, so why should I tremble? **Psalms 27:1 NLT***

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

2 Timothy 1:7 NLT

Daily Declaration:

By faith in Jesus Christ...

I renounce the fear of (name the specific fear(s)) because God has not given me a spirit of fear. Instead, I choose to believe the truth that in Christ I am more than a conqueror. Nothing or no one can ever separate me from God's love for me in Christ. Therefore, because of God's awesome majesty, I have nothing to fear. I declare victory over these fears today in Jesus name. I choose to be courageous in the authority, power and mighty name of Jesus. Amen!

Repeat this declaration for 40 Days. Mark off each day you complete:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

