

# Giving You a Fresh Start After Divorce

## Fear Not! Don't Be Afraid!

Today I'm going to talk with you about one of the enemy's biggest weapons and that is fear.

I will be teaching from Isaiah 54. As I've said in my last few teachings, Isaiah is my most favorite book in the Bible and Isaiah 54 is my favorite chapter. The whole basis of these teachings has Isaiah 54 as its foundation.

***"Fear not, for you shall not be ashamed; neither be confounded and depressed, for you shall not be put to shame. For you shall forget the shame of your youth, and you shall not [seriously] remember the reproach of your widowhood anymore." Isaiah 54:4 The Amplified Bible, AMP***

There is much in this verse that God is saying that I will break it down for you over the course of the next 3 Podcasts. The first thing He said was *"fear not."* Do you know how many times we are instructed in God's Word to *"fear not?"* According to Strong's Concordance (*in the King James Version*), this phrase appears 170 times in the Old Testament and 32 times in the New Testament. I believe the Lord is speaking something strongly to us when He says, ***"Fear not, and do not be afraid!"*** I also love how it's expressed in the Passion Translation, *"Do not yield to fear."*

The Father desires that we walk in complete trust of Him and not in fear.

*Trust in and rely confidently on the Lord with all your heart And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way]. Proverbs 3:5-6 The Amplified Bible, AMP*

*Commit your way to the Lord; Trust in Him also and He will do it. Be still before the Lord; wait patiently for Him and entrust yourself to Him; Do not fret (whine, agonize) because of him who prospers in his way, Because of the man who carries out wicked schemes. Psalm 37: 5, 7 The Amplified Bible, AMP*

It's so clear that the Father wants us to trust Him and not live in fear. But that can be hard especially when things around us seem so scary. It is something we need to make a conscious decision to not allow it in our hearts, minds or spirits.

But these 2 truths might help you.

First, it is a place the enemy wants you to reside in. Because if you live and operate out of fear, he has much control over you.

Second, did you know that fear is a spirit? You may think it's just a feeling. But it truly is a spirit and it's not a spirit the Lord wants you to have.

Yes, fear feels like a feeling and that feeling is ok at times. For example, you are taking a hike one day and, on the path, ahead of you is a bear. What rises in you? Fear. It's that fight or flight movement. You are now in your sympathetic nervous system, and all you know is that you need to get out of that situation without being harmed.

But once that situation is over, that fear or feeling goes away. You are back in your parasympathetic nervous system, and you are breathing more calmly as you feel you are now safe.

I had a revelation a few years ago about how I struggled in my gym class in high school. I was always the last runner and the one who never had speed even though I felt I was giving it all I could. What I realized years later was that the trauma in my life back then was intense and I was living in my sympathetic nervous system and my breathing was shallow. I was not breathing in a normal calm way. So, putting effort on my body to run with speed was not going to happen.

Observe your breathing. Are not taking deep breaths and do you breathe in a shallow way? You could be in that constant fight or flight mode.

So yes, fear is a spirit. Yes, a spirit. Let's read 2 Timothy 1:7, Paul says to Timothy:

***“For God has not given us a spirit of fear and timidity, but of power, love and self-discipline” or some versions say a “sound mind”.***

I know that while I was on this difficult journey, I needed more of a sound mind. Thoughts of abandonment, betrayal, poverty, and failure were constantly bombarding my mind. My mind was in a battle and it's a battle that I still must fight against from time to time. I cannot say “I've arrived.” It does creep up on me, but I have to say I'm living in a greater state of peace now knowing that I can instead run to rest in my Abba's arms.

Let's go back to the Word “**power**” in 2 Timothy 1:7. In the Greek, this power means **Dunamis power**. Here is the definition:

***Dunamis power: stems from duna; inherent power; having the basic meaning of being able, capable; one who has ability. (The New Strong's Exhaustive Concordance of the Bible, James Strong, LL.D, S.T.D., Thomas Nelson Publishers 1990)***

God has not given us this spirit of fear that our circumstance or situation is causing us to walk in. It's a spirit that is trying to come on us and cause us to think we will “*not be able,*” “*not be capable,*” or we will “*walk in defeat and failure.*” But that spirit is not operating in accordance with God's Word. Instead, He has given us power, **dunamis power** which causes us to be capable. What are we capable of? Well for right now, we are capable of walking through this journey of divorce and making it to the other side – **but in complete victory** and not defeat. God tells us we are “**more than a conqueror!**”

*Yet even in the midst of all these things, we triumph over them all, for God has made us to be more than conquerors, and his demonstrated love is our glorious victory over everything!” (Romans 8:37 The Passion Translation, TPT)*

So, let me remind you again what God's Word is because I think it's worth repeating.

*"For we have the living Word of God, which is full of energy, like a two-mouthed sword. It will even penetrate to the very core of our being where soul and spirit, bone and marrow meet! It interprets and reveals the true thoughts and secret motives of our hearts." (Hebrews 4:12 The Passion Translation, TPT)*

Remember what the two-edge sword means. One side of the sword is the truth of God's Word that we get from the Bible. The second side of the sword is when we believe that truth and speak it. We then have a two-edged sword that will penetrate all our circumstances.

### ***Kisses From your King***

*"Don't worry or surrender to your fear. For you've believed in God now trust and believe in me also."*  
*John 14:1 The Passion Translation, TPT*

Here in John 14:1 Jesus talking to His disciples as well as us. Anytime Jesus is speaking, He is speaking to us as well.

So, for now my dear sister, will you believe His Word? Will you take His invitation and hold onto His truth for dear life? Accepting this offer will help you have a lifeline as you proceed on this journey which may feel like life is being taken from you. I pray that as you embrace His Words, you will rest in His arms, not surrender to your fear, place your head on His chest, and know He is your power that will enable you to walk through a journey you really would rather not walk. I pray that you know that you will come out the other side with blessings beyond what you could have imagined.

You can be a **"Woman Redeemed,"** if you accept His loving invitation. He is a gentleman, and He will not force you to accept His ways. But as a fellow hurt sister, I can tell you that I'm so glad that I embraced His love for me!

Take a few minutes and write down what has brought you fear. Then repent of allowing this spirit to enter your heart, mind and soul. Receive the Father's forgiveness and begin to walk in that freedom.

What I want you to take away from this teaching is that fear is a spirit and the only spirit we should be allowing in our heart is the Holy Spirit. Every other spirit is not of God.

So, take a few minutes, **download the PDF Study Guide** below and spend some time identifying your fears. Write about it, repent of it, receive forgiveness, renounce or rebuke them and then walk in freedom. Please understand when I tell you to repent of a specific sin (*like walking in fear*) it is not to condemn you. It is to set you free.

You know there used to be a saying out there *"Feel the fear and do it anyway."* Well, I debunk that statement. We are **not** to feel the fear. If you feel the fear, you are allowing it to reside in you. You want to walk in God's peace. That's His desire and His promise for you.

Take a few minutes and spend time with your Father. He's waiting.

***I am a Woman Redeemed living in His Arms!***

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