

Giving You a Fresh Start After Divorce

Fear is Our Biggest Enemy!

This teaching is about **“your biggest enemy”**. We think it’s our soon to be ex-husband, but it is not. Yes, he maybe creating all kinds of havoc and issues to try to make your life more difficult. But it’s fear that is the bigger enemy. Fear is the opposite of peace and if we are not walking in a level of peace no matter what our circumstances are, we have probably let fear in.

You might ask why is fear your biggest enemy? Well, I’m going to show you what fear really is from a place where I get truth and that’s the Word of God. Fear is truthfully described in the Word and if you don’t discard it from your life, it will deplete you, bury you in terror and take away the life God has for you. Understand that ...

It’s More Than a Feeling --- It’s a Spirit!

Yes, fear is not just a feeling, it is a spirit. It definitely feels like a feeling but it’s truly a spirit. Go with me to 2 Timothy 1:7 where Paul is telling Timothy that **“God has not given us a spirit of fear and timidity, but of power, love and a sound mind.”** When I first read that, it had taken me back a bit. I had to read it a few times to really get the impact of what was being said in that Scripture. For years I was guided by my feelings. I let fear, rejection, depression, and oppression rule and guide me. So, when I *“felt”* fear, I became immobilized, halted in my tracks, and could not move forward in whatever I needed to move forward in.

What we need to understand is yes, fear feels scary and makes us not want to proceed or encourages us to run away, but it’s a spirit and spirits can be commanded to leave our presence whether in, on or around us. We have been given that authority when we accepted Christ into our life and the Holy Spirit resides in us *“And these miracle signs will accompany those who believe: They will drive out demons in the power of my name. They will speak in tongues. They will be supernaturally protected from snakes and from drinking anything poisonous. And they will lay hands on the sick and heal them.”* (Mark 16:17 The Passion Translation, TPT)

Fear can serve a purpose and that’s only when you are in danger. That could be called *“legitimate fear.”* It’s a fear that will rise up and cause you to fight or flight. But once you are out of that danger, the *“feeling”* of fear should go. If it doesn’t, then it’s a spirit (*illegitimate fear*) and you are letting it take residence inside you and that is dangerous.

I remember years ago when my son was between 1 & 2 years old. He had an incident happen to him which brought on a “spirit” of fear. Because of this incident, he would not take a bath any longer. This went on for a week. Finally, one day, a friend of mine said to me, *“Girl, you need to get that spirit of fear off him in the Name of Jesus.”* Well, it was as if a light bulb went off. I knew what I needed to do. So that night when it was bath time, I carried him upstairs. Now mind you he was under 2 years old and just really learning to speak. As we proceeded upstairs, I said to him, *“Let’s call Jesus.”* So, we both were calling out for Jesus. When we got into the bathroom and I placed him on the counter, I told him I wanted him to repeat what mommy was going to tell him. Word by word I said, *“In the Name of Jesus, I rebuke a spirit of fear.”* That was it. He barely could speak the words. He said “buk” for rebuke and sevy for spirit. We said it once and he clapped his hands and said *“Yay, again.”* So, we did it again. He again clapped his hands and said, *“Yay, again.”* We did it a third time. I took off his diaper and into the tub he went. Not a bit of fear or concern in him. It was over and he had victory over that spirit of fear.

Now mind you, he really didn’t know what he was saying and couldn’t even pronounce the words. But between what he and I professed and my faith, the Lord honored it and took that spirit of fear off him. We can do the same when we “feel” fear, and feeling fear you will so many times while going through your divorce or moving on from being abandoned. That is what I call illegitimate fear. Legitimate fear is seeing that bear in front of you and having that *“fight or flight”* feeling and making a decision which one to act upon.

You could experience fear of Court, Lawyers, Judges, not having provision, not keeping your children safe (*if that is an issue*), where will you live, and the list could go on. But when you feel that fear, rebuke it and command it to go. Remember as a believer you have been given the authority to, *“Cast out demons in His Name”* Mark 16:17. Use that authority. Don’t let fear build up in you so that you give the enemy an open door to do more havoc in your life. Rebuke the fear and “rest” in Him.

KNOW THAT REST (IN CHRIST) IS A WEAPON!

Many times, we want to be “taken” from our trial and circumstance. But perhaps, our ABBA Father wants to walk with us through those trials and circumstances. Trust Him and know He is right by your side. Mediate on the Word and hold onto His Promises for dear life because His Word and Promises are life.

Have you let fear be your friend?

Sometimes in life we have had some very intense tragedies happen to us which caused us to accept into our lives a “spirit” of fear. Remember what 2 Timothy 1:7 says, ***“God has not given you a spirit of fear but power, love and a sound mind.”*** So even though fear may feel like a feeling, it truly is a spirit.

I know for me I allowed that spirit to come into my life at a very young age. It made me believe it was protecting me. So, if I felt afraid about something I wouldn't venture down that path or move forward in my intent. The only problem was there were many good things placed in my path that I allowed this spirit to deceive me into believing it was something to be afraid of. Hence, I missed out on a lot in my life. **This spirit so controlled my life that it had become my friend** or so I thought. I didn't even realize when it was "*acting up*" and raising its stupid head in my life and causing me to walk in fear. I walked so long with it that it was familiar to me. I thought it was normal.

Is this something you too are dealing with? Don't let it take control of you any longer. Here are some strategies or tools to use to set you free from this nasty, demonic spirit. Here is what the Lord shared with me:

- First and foremost, rebuke this spirit and command it to leave.
- Repent and ask the Lord to forgive you for allowing this spirit to rule in your life. Then receive His forgiveness.
- Stop "*thinking*" your way through the trials you are in right now. Just hand them to the Lord and let Him handle them for you. Obey when He tells you to do something.
- Rehearsing your troubles can potentially result in experiencing them many times. Instead of doing that, soak in His presence and relax in His peace.
- Invite Christ into all aspects of your life.
- Be thankful for quiet days.
- When bored, go and seek His face.
- Trust Christ; don't be afraid.
- Let the Holy Spirit lead you to the rock that is higher than you and your circumstances.
- Take refuge in the shelter of His wings and meditate on Psalm 91.
- Grip His hand and look for growth opportunities.
- Don't complain about lack of comfort. Accept this challenge as something new.
- Approach Him in stillness and trust.
- Get a buffer zone of silence around you. We have too many distractions and way too much stimulation.
- Don't let your senses dominate your thinking.
- Spend time alone with the Lord. Breathe slowly and deeply.
- Receive His gift of peace. Receive it gratefully – hide it in your heart.
- Stay in communication with the Lord. Listen more than you speak.
- Don't linger in the future. Enjoy the present.
- Remember He is ALWAYS with you.
- Stop being the god of your fantasies and don't have "*magical*" thinking.
- Meditate continually on: **God Emmanuel – He is with us**; Jesus – He saves.
- Talk to the Lord about what delights you, upsets you or whatever is on your mind.
- Appreciate difficult days and know together with the Lord you can handle anything.
- Look back on your life and call to mind those difficult times He has helped you through.
- Remember He is the same yesterday, today and forever. He helped you before, He will help you again.

- Know that in His presence you live and move and have your being.
- Sit quietly with the Lord so all your fears and worries can come to the surface. In His presence, they will disappear.
- STOP projecting yourself (*in a bad way*) mentally into the next day, week, month, year ... or even decade. This is a false image.
- When a future worry comes at you, capture it, and diffuse it by releasing the *"light of His presence"* into those thoughts. Say out loud, *"Jesus will be with me then and I don't need to worry about it now."*
- If you have a problem that will not let up, look at it as a rich opportunity. It's like a tutor always by your side. But you must be teachable.
- In faith, thank Him for your problem.
- Ask the Lord to open your eyes and your heart to all He is accomplishing through this difficult time.

So, my beloved sister, take these suggestions, strategies, tips, and truths and apply them to your life. You will then watch your longtime friend of fear depart and a new friend come forward. A friend of peace and rest. *New friends are always exciting!*

Take These Additional Weapons and Put Them to Use!

Know that the opposite of fear is peace and faith. Many say that fear is *"false evidence appearing real."* Our frightening circumstances can truly seem real to us. That is why we need to seek His truth in the Word of God and *"by faith"* believe that truth. What is happening to you is fact. Truth is what the Word of God says.

Romans 10:17 in the King James Version says, ***"So then faith cometh by hearing, and hearing by the word of God."*** Read that again.

"So then faith cometh by hearing, and hearing by the word of God."

How does Faith come? It comes by hearing ... hearing ... again I say hearing not reading but hearing the Word of God.

Reading is good but the best is hearing. So how can you *"hear"* the Word of God? By reading it out loud. Yes, it's that simple. We make it so hard sometimes.

Now let's take some of His promises in the Word that you can ***"read out loud"*** so that your heart can receive them, your spirit can be filled, and you can walk in freedom. I love to start with the following:

"So shall My Word be that goes forth out of My mouth; it shall not return to Me void (without producing any effect, useless), but it shall accomplish that which I please and purpose, and it shall prosper in the

thing for which I sent it.”

Isaiah 55:11 The Amplified Bible, AMP

*“For the Word of God is alive and powerful.
It is sharper than the sharpest two-edged sword, cutting
between joint and marrow.
It exposes our innermost thoughts and desires.”
Hebrews 4:12 The Amplified Bible, AMP*

Now take those two Scriptures and really meditate on them and believe in the power of what they are saying to you.

As you move on, take these Scriptures below and apply them to your life and to your situation.
Verbally speak them out loud again and again until they really are secured in your heart.

*“Therefore, I have not sinned against you.
Rather, you have wronged me by attacking me.
Let the Lord, who is judge, decide today
which of us is right...”
Judges 11:27 The New Living Translation, NLT*

*“I come to you for protection, O Lord my God.
Save me from my persecutors – rescue me.”
Psalm 7:1 The New Living Translation, NLT*

*“The Lord is a shelter for the oppressed,
a refuge in times of trouble.
Those who know your name trust in you,
For you, O Lord, do not abandon those who search for you.”
Psalm 9:9-10 1 The New Living Translation, NLT*

*“O Lord, hear my plea for justice.
Listen to my cry for help.
Pay attention to my prayer,
For it comes from honest lips.
Declare me innocent,
For you see those who do right.”
Psalm 17:1-21 The New Living Translation, NLT*

*“I also noticed that under the sun there is evil
in the courtroom. Yes, even the courts of law are corrupt!
I said to myself, ‘In due season, God will judge
everyone, both good and bad, for all their deeds.’”
Ecclesiastes 3:16-17 The New Living Translation, NLT*

*"For the Lord is our judge,
our lawgiver, and our king.
He will care for us and save us."
Isaiah 33:22 The New Living Translation, NLT*

*"He frustrates the plans of schemers
so the work of their hands will not succeed.
He traps the wise in their own cleverness
so their cunning schemes are thwarted."
Job 5:12-131 The New Living Translation, NLT*

The above Scriptures are just a few of the many promises the Father has for you my Beloved Sister in the Lord. Read them, pray them into your life and most importantly verbally **speaking them out loud** so your spirit, heart and soul will hear them. This is a key to your victory.

Kisses from your King

"A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh and blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places." (Ephesians 6:10-12 New Living Translation, NLT)

Write about what is bringing fear into your life. Take the above Scripture and speak them out. Remind the Father of His written Word. Stay close to Him and write what He is speaking to you. Meditate day on night on His truth until you feel you are free from fear.

From a Woman Who Has Been Redeemed!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.