

Break Free From Fear

Fear and worry often exposes and reveals the things that are most valuable to us, the things we are devoted to. Our fear often is a sign that we value these things more than God, and do not trust God to take care of us and meet our needs. The Bible calls this idolatry. When we care more about what other people think about us than what God thinks, we drift into fear which is based in idolatry of others (and their opinion of us). The following guide contains some prayers to help us deal with fear through confessing wrong priorities and values, and seeks to help us put Jesus back in the proper place as Lord of our lives. Often times you will be called to renounce a wrong priority (idol), and ask God to restore it the proper place in your life. To renounce means to verbally reject the illegitimate hold someone or something has on you, just as we need to verbally accept the authority of Jesus in our lives. May God give you the grace to be open to His Spirit and to break free.

Dealing With Idols of the Heart

You were made to worship the true and living God above all else. You will worship whatever or whoever is most important to you. Begin by praying the prayer which expresses a heart to that chooses to worship the Lord your God and serve him only:

Dear Lord God, I know how easy it is to allow other things and other people to become more important to me than YOU. I know that this is offensive to your Most Holy eyes as you have commanded that I “shall have no other gods before You.” (Exodus 20:3)

I confess to You that I have not loved you with all my heart and soul and mind (Matthew 22:37) and as a result I have sinned against You, violating the first and greatest commandment. I repent of and turn away from this idolatry and now choose to return to You, Lord Jesus as my first love once again. (Revelation 2:4,5).

Please reveal to my mind now any and all idols in my life. I want to renounce each of them and in so doing cancel out any and all ground Satan may have gained in my life through my idolatry. In the name of Jesus, the true God. Amen.

As the Holy Spirit brings to your mind the things or people that have become more important to you than the true God, Jesus Christ, use the prayer below in bold print to renounce them. The checklist below may be a help to you in recognizing those areas. Notice that most (if not all) things listed below are not evil in themselves: they become idols when we usurp God’s rightful place as Lord of our lives.

- | | | |
|--|---|--|
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Money/Possessions | <input type="checkbox"/> Financial Security |
| <input type="checkbox"/> Church Activities | <input type="checkbox"/> Sports or Physical Fitness | <input type="checkbox"/> Ministry |
| <input type="checkbox"/> Work | <input type="checkbox"/> Friends | <input type="checkbox"/> Boy(girl) friend |
| <input type="checkbox"/> Spouse | <input type="checkbox"/> Children | <input type="checkbox"/> Parents |
| <input type="checkbox"/> Food/Substances | <input type="checkbox"/> Computers/Video Games | <input type="checkbox"/> TV/Movies/Entertainment |
| <input type="checkbox"/> Fun/Pleasure | <input type="checkbox"/> Appearance/Image | <input type="checkbox"/> Busyness/Activity |
| <input type="checkbox"/> Power/Control | <input type="checkbox"/> Popularity/Opinion of Others | <input type="checkbox"/> Hobbies |

In the name of the true and living God, Jesus Christ, I renounce my worship of the false god (name the idol). I choose to worship only You Lord, and ask you, Father, to enable me to keep this area of (name the idol) in its proper place in my life.

Dealing With Fear

An essential part of walking in the truth and rejecting the deception is to deal with the fears that plague our lives. First Peter 5:8 says "our enemy, the devil prowls around like a roaring lion seeking people to devour". Just as a lion's roar strikes terror into its victim, so Satan seeks to paralyze us with fear. His intimidation tactics are designed to rob us of faith. God doesn't want us to be mastered by our fears. Pray this prayer from your heart:

Dear Heavenly Father, I confess to You that I have listened to the devil's roar and have allowed fear to master me. I have not always walked by faith in You but instead have focused on my feelings and circumstances. Thank you for forgiving me for my unbelief. Right now I renounce the spirit of fear and affirm the truth that You have not given me a spirit of fear but of power, love and a sound mind. Lord please reveal to my mind now all the fears that have been controlling me so I can renounce them and be free to walk by faith in you. I thank you for the freedom You give me to walk by faith and not by fear. In Jesus' powerful name. Amen.

The following list may help you to recognize some of the fears the devil has used to keep you from walking by faith. Check the ones that apply, or write down any others the Holy Spirit may bring to your mind. Then, one by one, renounce those fears out loud, using the prayer below.

- | | |
|--|--|
| <input type="checkbox"/> fear of death | <input type="checkbox"/> fear of Satan |
| <input type="checkbox"/> fear of rejection by people | <input type="checkbox"/> fear of disapproval |
| <input type="checkbox"/> fear of financial problems | <input type="checkbox"/> fear of never getting married |
| <input type="checkbox"/> fear of death of a loved one | <input type="checkbox"/> fear of being a hopeless case |
| <input type="checkbox"/> fear of losing my salvation | <input type="checkbox"/> fear of having committed the unpardonable sin |
| <input type="checkbox"/> fear of not being loved by God | <input type="checkbox"/> fear of embarrassment |
| <input type="checkbox"/> fear of being a victim of crime | <input type="checkbox"/> fear of marriage |
| <input type="checkbox"/> fear of divorce | <input type="checkbox"/> fear of going crazy |
| <input type="checkbox"/> fear of pain/illness | <input type="checkbox"/> fear of the future |
| <input type="checkbox"/> fear of confrontation | <input type="checkbox"/> fear of specific individuals (list them) |
| <input type="checkbox"/> fear of failure | |

I renounce the (name the fear) in the name of Jesus Christ and I declare that God has not given me a spirit of fear, but of power, love and a sound mind (2 Timothy 1:7).. I choose to live by faith in the God who has promised to protect me and meet all my needs as I walk by faith in Him.

After you have finished renouncing the fears that have controlled you, pray the following prayer from your heart:

Dear Heavenly Father, I thank You that You are trustworthy. I choose to believe You. Even my feelings and circumstances tell me to fear. You have told me not to fear, for You are with me; to not look anxiously about me, for You are my God. You will strengthen me, help me, and surely uphold me with Your righteous right hand. I pray this by faith in the name of Jesus my Master.

Amen.