

# DELIVERANCE FROM FEAR AND ANXIETY

There is power in the words we confess. The Bible says that death and life are in the power of the tongue. The following confessions are taken from the Word. They are powerful.

Take authority over your life and boldly confess the following:

- I will not be afraid, not even when I go through the valley of the shadow of death; because You are with me, my God. Your rod and staff comfort me.
- You are my Lord and my God. In you I will be confident, carefree and bold!
- ***With you on my side I'm fearless, afraid of no one and nothing. Ps. 27:1***
- You have not given me the spirit of fear; but of power, and of love, and of a sound mind.
- ***I will not fret or worry. Instead of worrying, I will pray. I will let petitions and praises shape my worries into prayers, letting you know my concerns. Before I know it, a sense of God's wholeness, everything coming together for good, will come and settle me down. It's wonderful what happens when Christ displaces worry at the centre of my life. Phil. 4:6,7 (Message)***
- ***I will use my powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. 2 Cor. 10:4, 5 (Message)***
- ***I will not let my heart be troubled: I will believe in God, and also in Jesus. John 14:1***
- ***There is no room in love for fear. Well-formed love banishes fear. Fear is crippling. 1 John 4:18 (Message)***
- Lord I ask to be filled with perfect love.
- Your name is a strong tower, I will run into it and be safe.
- When I am in trouble I will run to You. I will hide myself in You, God. Under the shadow of Your mighty wings I will rejoice! Yes I will sing songs of freedom and victory!
- I will not be afraid of ...(name the things that you fear), in Jesus' name.
- Thank You that You will keep me completely whole, because I set my mind on You. I will be steady on my feet, because I keep at it and won't quit.
- I will lie down and sleep in peace, I will fear nothing. I will be conscious of Your presence with me, in Jesus' name. Amen.

## **When you are afraid**

Sit down in the High God's presence.

***You who sit down in the High God's presence, spend the night in Shaddai's shadow, Say this: "GOD, You're my refuge. I trust in You and I'm safe!"***

***That's right - He rescues you from hidden traps, shields you from deadly hazards. His huge outstretched arms protect you- under them you're perfectly safe; His arms fend off all harm.***

***Fear nothing - not wild wolves in the night, not flying arrows in the day, not disease that prowls through the darkness,***

***not disaster that erupts at high noon.***

***Even though others succumb all around, drop like flies right and left, no harm will even graze you.***

***You'll stand untouched, watch it all from a distance,***

***watch the wicked turn into corpses.***

**Yes, because GOD's your refuge, the High God your very own home, Evil can't get close to you, harm can't get through the door. He ordered his angels to guard you wherever you go. If you stumble, they'll catch you; their job is to keep you from falling. You'll walk unharmed among lions and snakes, and kick young lions and serpents from the path.**

**"If you'll hold on to Me for dear life," says GOD, "I'll get you out of any trouble. I'll give you the best of care, if you'll only get to know and trust Me.**

**Call Me and I'll answer, I'll be at your side in bad times;**

**I'll rescue you, then throw you a party.**

**I'll give you a long life, give you a long drink of salvation!"**

**Ps. 91 (Message)**