

Dealing With Specific Diseases

Use Your Weapon to Counter a Fear and Anxiety Attack!

With Bishop Ronald K. Powell

Our Text

1 Thessalonians 5 v 23: "And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

When the enemy comes to attack you in your mind with fear, anxiety and worry, the easiest way to interrupt that thought and bring it captive to the obedience of Christ is to start speaking.

Start talking so that he can't get a word in edge ways because you can't speak and hear his lies in your mind at the same time. If you are a worrier, you need to make the effort to memorize a few of the scriptures in this message by heart.

I strongly recommend that you speak out the Word when you feel a worry or panic attack coming on.

One of your most powerful weapons to defeat the enemy is to speak out the Word of God.

Joyce Meyer says,

"You cannot defeat Goliath with your mouth shut." Hebrews 4 v 12 says that "The Word that God speaks is alive and full of power [making it active, operative, energizing and effective]; it is sharper than any two-edged sword."

The Word of God is a powerful two-edged sword that we can use in spiritual warfare to defeat the enemy in our life.

However just as a sword left in its sheath is not effective in battle until you take it out and use it, the Bible on the shelf is not going to do anything for you. Its power is only released Jesus was tempted three times by the devil when he was fasting in the dessert. Each time, Jesus simply resisted him by saying, "It is written...it is written...It is written..." (Matthew 4 v 4, 7, 10).

That is the way we need to respond to the devil when he tries to tempt us with fear, anxiety and worry.

The flesh can get lazy when it comes to learning the Word and speaking it out to counter the worry attack when it comes. But here is the bottom line - do you want to overcome your habit of worry and fear and enjoy good health or not? God has given you His Word so use it!

The Word that is spoken from your mouth, with faith to back it up, is the single most effective weapon that can be used to win the battle against worry and anxiety.

Faith comes by hearing and hearing by the Word of God (Romans 10 v 17).

Faith will defeat fear. Fear and faith are opposing spiritual forces and they both demand to be fulfilled - which voice are you going to listen to? Personally, in dealing with spiritual roots and struggles in my own life, I have found it very helpful to write out a "Faith Confession" with relevant scriptures, which I speak out on a daily basis until my mind is renewed and I have victory in that area.

Below is a suggestion for part of your faith confession in dealing with fear and anxiety: Faith Confession for Fear and Anxiety "I lose my mind from fear and anxiety and bind my mind to the mind of Christ.

(Mathew 16 v19)

God has not given me a spirit of fear, but of power and love and a calm and well-balanced mind. (2 Timothy 1 v7)

Father, I cast the whole of my care - all my anxieties, all my worries, all my concerns, once and for all on You, for You care about me affectionately and You care about me watchfully. (1 Peter 5 v7)

Therefore, God's peace which surpasses all understanding is guarding my heart and mind. (Philippians 4 v 6 -7)

Because I have Your peace, I will not let my heart be troubled. I will not allow myself to be agitated and disturbed. I will not permit myself to be fearful, intimidated, cowardly and unsettled. (John 14 v27).

The fear of man brings a snare, but because I lean on, trust in and put my confidence in the Lord, I am safe and set on high. (Proverbs 29 v 25)

Father, I thank you for your promise in Hebrews 13 v 5 "God Himself has said, I will not in any way fail you nor give you up nor leave you without support.

I will, not, I will not, I will not in any degree leave you helpless nor forsake you nor let you down or relax My hold on you.

Assuredly not!" So, I can take comfort and be encouraged and confidently and boldly say: "The Lord is my Helper; I will not be seized with alarm. I will not fear or dread or be terrified.

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What can man do to me?" (Hebrews 13 v 6)

The Lord is my Light and my Salvation – whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life - of whom shall I be afraid? (Psalm 27 v 1)

I fear not (there is nothing to fear) for God is with me. I do not look around in terror and be dismayed, for the Lord is my God. He will strengthen and harden me to difficulties, yes, God will help me; yes, He will hold me up and retain me with His victorious right hand of rightness and justice. (Isaiah 41 v 10)

Father as You commanded me in Joshua 1 v 9: "I am strong, vigorous and very courageous. I will not be afraid or dismayed, for the Lord my God is with me wherever I go. There is no fear in love (dread does not exist), but full-grown complete love turns fear out of the doors and expels every trace of terror! (1 John 4 v 18)

Therefore, Father I ask that You would strengthen and reinforce me with mighty power in my inner man by the Holy Spirit (Himself indwelling in my innermost being and personality).

May Christ dwell and make His permanent home in my heart. May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend what is the breadth, length, height and depth of Your love - that I may really come to know practically through experience for myself the love of Christ which far surpasses mere knowledge without experience: that I may be filled through all my being with the fullness of God (with the richest measure of Your Divine Presence and become a body wholly filled and flooded with God Himself!)

(Ephesians 3 v 16 - 19 from Amplified Bible)

Father, I ask that You would give me a love for You as no man has had before. I want to know You Father [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly As I set my mind on You, lead me into Your rest." (Exodus 33 v 13-14)

You now know from the teaching in this chapter that the antidote to fear is love. Deuteronomy 10 v 12 and 13 v 3: "What does the Lord your God require of you? To love the Lord your God with all your mind and heart and with your entire being."

When the devil drops thoughts of fear into your mind again (and he will try), respond by bringing that thought captive (2 Corinthians 10 v 5) and verbalizing your love for God: Quote scripture, for example Deuteronomy 10 v 12: "I love you Lord with my whole heart, mind, soul and strength! I appreciate, prize, love and adore You exceedingly!"

If you do that every time your thoughts start to get fearful, the devil will soon leave you alone because he can't stand you verbalizing your love for God. Take Heart, remember that renewing your mind is not

something that takes place over night - it is a process that takes time and your dedicated effort with the help of the Holy Spirit. It is not always easy. Furthermore, the manifestation of your healing is not always immediate. You didn't get into this mess overnight and sometimes you don't get out of it overnight.

Therefore, I recommend that you read through the section under the title "Don't Give Up.

Finally,

Pray the prayer of faith with me, "Father, I have a covenant of divine healing with You (Isaiah 53 v 5).

You forgive all my sins and heal all my diseases (Psalm 103 v 3).

Thank You that I am forgiven for fear, anxiety and/or worry (1 John 1 v 9).

Therefore, on the authority of Your Word and in the Name of Jesus - When the devil drops thoughts of fear into your mind again (and he will try), respond by verbalizing your love for God.

Dealing with Specific Diseases claim and declare healing and complete wholeness in my mind and body.

In faith I declare that I am free and totally healed of (name the disease)!"

James 5 v 14 - 16: "Is anyone among you sick?"

He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name.

And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven.

Confess to one another therefore your faults (Your slips, your false steps, your offences, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."

When Your Body is Irreversibly Damaged

Apart from the example of the prayer of healing above, when there is irreversible damage that is done to body organs or tissue, it is also necessary to operate in the gift of miracles. This is where you speak a creative miracle into being by commanding that damaged organ or part of the body to be made whole and perfect again as God originally created it from the foundation of the world.

PSALM 34 v 4: "I sought the Lord and He heard me, and delivered me from all of my fears."