



with Dana Grindal and Laura Gallier

FearlessAndFreeCommunity.com

PODCAST EPISODE 36
Demonic Oppression or My Own Issues?
Part One: Facing My Fears

REFLECTION & PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection. . .

- 1. There is a difference between experiencing a momentary sense of fear, versus a consistent presence of fear. Many of our issues in life tie back to fear, but it is often the case we don't recognize it's fear driving us, and we often have not identified what we are afraid of.**
 - a. Fear can be evident through physical, mental, emotional, and/or spiritual signs.
 - b. Do you experience any of these on a regular basis?
 - i. physical reaction – startles easily, chest tightness, shortness of breath, nervousness, panic attacks, paralyzing or frozen (unable to move)
 - ii. mental reaction – racing thoughts, hypervigilance, OCD tendencies, overexplaining
 - iii. emotional reaction – need to control, do it all yourself, distrust/suspicious, withdraw/isolation
 - iv. spiritual reaction – sense of being imprisoned, oppressed, intimidated, terror, nightmares, “dark presence” that comes

- 2. Fear can easily enter our lives through a traumatic event, or through lack of nurturance or protection, as well as through generational sin like abuse and occult practices. Fear can also enter our lives through horror movies or video games.**
 - a. Invite the Holy Spirit to come and make Himself known to you in this moment. His very presence is peace and love.
 - b. Pause and wait for Him.
 - c. Pray: *Lord, I invite You to show me where fear is present in my life.* Please note, it is important to do this from the security and peace of God's love and presence.

- 3. Ask the Holy Spirit to show you where you are being controlled by fear, and to name/identify the fear. LISTENING PRAYER.**
- a. Ask the Holy Spirit to reveal the lie or lies on which that fear stands.
 - b. Ask that Holy Spirit to show you how you have attempted to control and stop the fear from coming to pass.
 - c. Repent and renounce all help from the enemy.
 - d. Ask the Holy Spirit to give you the faith to invite Jesus into that fear and to confront the lie or lies on which it stands.
 - e. Ask God to replace the fear with His love – this can take TIME depending on the severity of the fear.
 - f. Commit to making this a regular conversation with God. Ask Him to help you receive His love and experience His love daily in a personal and tangible way.

God loves you and wants you to know His perfect love that casts out all fear!

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at
FearlessAndFreeCommunity.com/Saving-Faith**