

CCRSC Ont. August 5, 2020

OVERCOMING FEAR

Tonight's focus is on freedom from fear

Jesus is called "The son of David"

Before David became king of Israel, he was a servant of king Saul, the first king of Israel. The Jewish people loved David because of his many victories over the Philistines, starting with his victory over the giant Goliath. David's popularity with the people provoked jealousy in Saul who decided to kill David. David was in trouble over his ears. David was afraid for his life. Fear!

The purpose of this teaching is to propose deliverance as a way to overcome the onslaught of the toxic emotion "FEAR" in a person's life. It is spiritual warfare.

The governments in Canada and in most countries in a matter of months,

- have closed down schools, churches, gyms, parcs, planes, restaurants, bars, sporting events, etc.;**
- they have given a heavy blow to our economy by bringing many businesses and workers to a standstill, by borrowing enormous sums of money to compensate**
- and have severely restricted or denied our civil rights of assembly, of worship, of free speech, of family visits, etc.**
- all in the name of protecting our health and our hospitals from overcrowding.**
- Our parishes are now closed except for Sunday masses but without singing, or warm greetings. So much of what we have always counted on to sustain our life in God has been taken away from us.**

Prophecy 1975 (45 yrs ago) in Rome in the presence of pope Paul VI: given thru Ralph Martin

Because I love you, I want to show you what I am doing in the world today. I want to prepare you for what is to come.

Days of darkness are coming on the world, days of tribulation...

- Buildings that are now standing will not be standing.*
- Supports that are there for my people now will not be there.*
- I want you to be prepared, my people, to know only me and to cleave to me and to have me in a way deeper than ever before.*
- I will lead you into the desert... I will strip you of everything that you are depending on now, so you depend just on me.*
- A time of darkness is coming on the world, but a time of glory is coming for my Church, a time of glory is coming for my people.*
- I will pour out on you all the gifts of my Spirit.*
- I will prepare you for spiritual combat;*
- I will prepare you for a time of evangelism that the world has never seen....*

- **And when you have nothing but me, you will have everything: *land, fields, homes, and brothers and sisters and love and joy and peace more than ever before.***
- ***Be ready, my people, I want to prepare you...***

In his August 2020 newsletter, Ralph Martin referenced a prophecy given to Fr. Michael Scanlon in 1976:

“Son of man, do you see that city going bankrupt? Are you willing to see all your cities going bankrupt? Are you willing to see the bankruptcy of the whole economic system you rely on now so that all money is worthless and cannot support you?

Son of man, do you see the crime and lawlessness in your city streets, and towns, and institutions? Are you willing to see no law, no order, no protection for you except that which I myself will give you?

Son of man, do you see the country which you love and which you are now celebrating—a country’s history that you look back on with nostalgia? Are you willing to see no country—no country to call your own except those I give you as my body? Will you let me bring you life in my body and only there?

Son of man, do you see those churches which you can go to so easily now? Are you ready to see them with bars across their doors, with doors nailed shut? Are you ready to base your life only on me and not on any particular structure? Are you ready to depend only on me and not on all the institutions of schools and parishes that you are working so hard to foster?

Son of man, I call you to be ready for that. That is what I am telling you about. The structures are falling and changing—it is not for you to know the details now—but do not rely on them as you have been. I want you to make a deeper commitment to one another. I want you to trust one another, to build an interdependence that is based on my Spirit. It is an interdependence that is no luxury. It is an absolute necessity for those who will base their lives on me and not the structures from a pagan world. I have spoken and it will take place. My word will go forth to my people. They may hear and they may not—and I will respond accordingly—but this is my word.

Look about you, son of man. When you see it all shut down, when you see everything removed which has been taken for granted, and when you are prepared to live without these things, then you will know what I am making ready.”

An unprecedented time of fear has come over the land and many Christians of all denominations, leaders and the faithful.

Can one live without fear? That is the question.

**When stress increases,
immediately put yourself in a state of prayer:
“I sought the LORD, and he answered me,
and delivered me from all my fears.” Ps 34:4**

**The LORD wants us to be fearless, not foolish,
led by reason and by the Holy Spirit and not by fear.**

Fear is a feeling, a passion. "Our Lord called man's heart the source from which the passions (such as fear) spring." CCC # 1764 "The apprehension of evil causes hatred, aversion, and fear of the impending evil."
CCC # 1765

Back to David fleeing before king Saul. He fled to save his life. David was full of fear. How did he handle it? He later wrote 2 psalms to explain how he did it: Ps 34 and 56. He left the country of Israel and fled to Gath in the land of the Philistines. He overcame fear with faith in God and by expressing his faith with praise to God.

Psalm 34:1 HEBREW TITLE: By David, who left the presence of Abimelech (Achish) after pretending to be crazy and being sent away by him.

I will always thank the Lord;

I will never stop praising him.

² *I will praise him for what he has done;*

may all who are oppressed listen and be glad!

³ *Proclaim with me the Lord's greatness;*

let us praise his name together!

⁴ *I prayed to the Lord, and he answered me;*

he freed me from all my fears.

⁵ *The oppressed look to him and are glad;*

they will never be disappointed.

⁶ *The helpless call to him, and he answers;*

he saves them from all their troubles.

**⁷ *His angel guards those who honor the Lord
and rescues them from danger.***

⁸ *Find out for yourself how good the Lord is.*

Happy are those who find safety with him.

⁹ *Honor the Lord, all his people;*

those who obey him have all they need.

¹⁰ *Even lions go hungry for lack of food,*

but those who obey the Lord lack nothing good.

Come, my young friends, and listen to me,

and I will teach you to honor the Lord.

¹² *Would you like to enjoy life?*

Do you want long life and happiness?

¹³ *Then keep from speaking evil*

and from telling lies.

¹⁴ *Turn away from evil and do good;*

strive for peace with all your heart.

¹⁵ *The Lord watches over the righteous
and listens to their cries;*
¹⁶ *but he opposes those who do evil,
so that when they die, they are soon forgotten.*
¹⁷ *The righteous call to the Lord, and he listens;
he rescues them from all their troubles.*
¹⁸ *The Lord is near to those who are discouraged;
he saves those who have lost all hope.*
*Good people suffer many troubles,
but the Lord saves them from them all;*
²⁰ *the Lord preserves them completely;
not one of their bones is broken.*
²¹ *Evil will kill the wicked;
those who hate the righteous will be punished.*
²² *The Lord will save his people;
those who go to him for protection will be spared.*
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Ps 56

HEBREW TITLE:

A psalm by David, after the Philistines captured him in Gath.

*Be merciful to me, O God,
because I am under attack;
my enemies persecute me all the time.*
² *All day long my opponents attack me.
There are so many who fight against me.*
³ *When I am afraid, O Lord Almighty,
I put my trust in you.*
⁴ *I trust in God and am not afraid;
I praise him for what he has promised.*
What can a mere human being do to me?
 5

⁹ *The day I call to you,
my enemies will be turned back.*
I know this: God^[c] is on my side—
¹⁰ *the Lord, whose promises I praise.*
¹¹ *In him I trust, and I will not be afraid.*
What can a mere human being do to me?
¹² *O God, I will offer you what I have promised;
I will give you my offering of thanksgiving,*
¹³ *because you have rescued me from death*

and kept me from defeat.

***And so I walk in the presence of God,
in the light that shines on the living.***

God Our Protector

*91 Whoever goes to the Lord for safety,
whoever remains under the protection of the Almighty,*

2 can say to him,

“You are my defender and protector.

You are my God; in you I trust.”

*3 He will keep you safe from all hidden dangers
and from all deadly diseases.*

*4 He will cover you with his wings;
you will be safe in his care;
his faithfulness will protect and defend you.*

*5 **You need not fear any dangers at night
or sudden attacks during the day***

*6 **or the plagues that strike in the dark
or the evils that kill in daylight.***

*7 **A thousand may fall dead beside you,
ten thousand all around you,
but you will not be harmed.***

*8 You will look and see
how the wicked are punished.*

***You have made the Lord your^[a] defender,
the Most High your protector,***

*10 **and so no disaster will strike you,
no violence will come near your home.***

*11 God will put his angels in charge of you
to protect you wherever you go.*

*12 They will hold you up with their hands
to keep you from hurting your feet on the stones.*

*13 You will trample down lions and snakes,
fierce lions and poisonous snakes.*

*14 God says, “I will save those who love me
and will protect those who acknowledge me as Lord.*

*15 When they call to me, I will answer them;
when they are in trouble, I will be with them.
I will rescue them and honor them.*

*16 I will reward them with long life;
I will save them.”*

FEAR IS DANGEROUS AND UNHEALTHY

Fear uses torment to affect our mind and body, causing mental and physical illnesses.

- **There are more than 40 diseases that come from anxiety and stress.**
- **Fear is a concentrated anxiety attack that causes the brain and adrenal glands to release large amounts of adrenaline and cortisol into the blood stream to signal the body to create a level of high alert for the flight or fight response.**
- **The heart starts beating fast, breathing accelerates, blood pressure rises sharply, cold sweats come, digestion is halted, and the immune system shuts down.**

Fear and anxiety are associated with several diseases, especially

- **cardiovascular disease and hypertension, as well as**
- **diseases of the digestive system (such as inflammation of the ileum, colic, stomach ulcers, irritable bowel),**
- **headaches, and**
- **skin diseases (such as psoriasis, eczema, acne due to stress).**
- **Fear causes a decrease in the effectiveness of the immune system, which can lead to frequent infections or fatal diseases.**
- **Fear can precede a heart attack and even death.**

Jesus prophesied that in the last days, just before his return in glory, “*There will be...on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world...when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.*” Lk 21:25,26,28

V. IS FEAR A SIN?

“In themselves passions are neither good nor evil. They are morally qualified only to the extent that they effectively engage reason and will. Passions are said to be voluntary,

- **“either because they are commanded by the will or**
- **because the will does not place obstacles in their way.”¹**
-

It belongs to the perfection of the moral or human good that the passions be governed by reason.” CCC # 1767

This implies that a person should not be dominated by his emotions (i.e., fear) but should dominate his emotions.

¹ Saint Thomas Aquinas s. th. 2-2, 24, 1.

“Passions are morally good when they contribute to a good action, evil in the opposite case.

What is Sin: “I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned,

- **in my thoughts and in my words,**
- **in what I have done and in what I have failed to do.”**

Drawn from the Penitential Act of the Mass (Confiteor).

Fear comes and grows as a result of failing to believe in God and His promises.

The Doctrinal Commission of ICCRS in Deliverance Ministry, 2017, reminds us of Catholic theology’s insights:

“Temptation is only temptation : demons do not and cannot cause sin. Most theologians agree that they cannot directly influence our mind and will, but only our imagination, emotions, the material world around us, or in some cases, our bodies. They scare or deceive or tempt us into a choice, but this choice is ours.” ICCRS, Deliverance Ministry, 2017, p. 56.

“A first type of bondage is that of overwhelming negative emotions such as guilt, fear, jealousy, despair, resentment, deep anger, rage, or hatred—sometimes directed toward a particular category of people, such as men or women, or authority figures.”²

Fear is a doorway by which evil spirits come into a person to influence him .

FEAR, THE OPPOSITE OF FAITH, CAN BE SINFUL

What is fear according to the Bible? “*For fear is nothing but a giving up of the helps that come from reason and hope, defeated by this inward weakness, prefers ignorance of what causes the torment.*” Ws 17:12,13

In the New Testament, the link is made between fear and lack of faith in God, which is a sin.

***Nevertheless many, even of the authorities, believed in him. But because of the Pharisees they did not confess it, for fear that they would be put out of the synagogue; for they loved human glory more than the glory that comes from God...I came not to judge the world, but to save the world.*” Jn 12:47**

It is fear that prompted Simon Peter to deny Jesus three times, which is why all his disciples “deserted him and fled.” Mk 14:50 Fear predisposes us to cowardice.

² ICCRS, *Deliverance Ministry*, 2017, p. 59.

"I was afraid, and I went and hid your talent in the ground. Here you have what is yours."
But his master replied, "You wicked and lazy slave!"³⁰ As for this useless servant—throw him outside in the darkness; there he will cry and gnash his teeth. Mt 25:25,26,30

Fear blocks the kingdom of God. "God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline" 2 Tm 1:7. ***Notice that the Bible calls fear "a spirit"***.

Faced with worries about food, clothing, etc. "Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear...But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?" Mt 6:25,30

When the storm subsided, "Why are you afraid, you of little faith?" Mt 8:26 ***"Why are you afraid? Have you still no faith?"*** Mk 4:40

When Jairus was told his daughter was dead, Jesus said to him: ***"Don't be afraid, just believe."*** Mk 5,36 NIV

Peter, walking on the water, ends the miracle by his fear. "Take heart, it is I; do not be afraid." Peter got out of the boat, started walking on the water...But when he noticed the strong wind, he became frightened, and beginning to sink...Jesus...caught him...saying to him, ***"You of little faith, why did you doubt?"*** Mt 14:27,30,31

There is enmity between love and fear: one excludes the other. ***"There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us"*** 1 Jn 4:18–19. My fear prevents me from receiving God's love. ***By my fear, I am telling God that He is a liar because I am telling Him that I cannot trust Him. That is unbelief.³ It is a sin.***

Here is a text that forces us to reassess the importance that God attaches to fear. Cowards are placed among the damned.

"As for the cowardly, the faithless, the polluted, the murderers, the fornicators, the sorcerers, the idolaters, and all liars, their place will be in the lake that burns with fire..." Rv 21:8

The Holy Spirit points to fear that leads to cowardice as the first in a list of sins that lead to eternal fire, along with murder, fornication, witchcraft, and idolatry. God puts my heart to the test. He wants to know if I'm with Him or against Him. He looks to me to see if every day I am His ambassador on earth, acting in His name or if I'm a rebel, like Lucifer, acting against Him. ***Lack of faith and unbelief are forms of rebellion.*** God

³ **Incredulity:** "Incredulity is the neglect of revealed truth or the willful refusal to assent to it." CCC #2089.

expects me to be a conqueror through Him (i.e. by His power) and in Him (i.e. for His kingdom).

My fear, surely cowardice, like all sin, offers Satan a stranglehold on me.

- **My fear tells God that He does not reign over me: I do not trust Him.**
- **My fear declares that God is powerless to do anything.**
- **My fear and my faith are equal in this; both demand to be realised.**
- **Faith brings me what I hope from God.**
- **Fear brings me the evil I fear.**
- **By submitting myself to faith in God’s Word, God reigns over me. I have decided in what kingdom I will live: the Kingdom of God**

HOW TO OVERCOME FEAR

The ultimate healing of fear is by faith and a great way to express faith is thru praise. Psalm 56 sings the victory of the believer over the fear that assails him through his trust in God. “*God is for me. In God, whose word I praise, in the LORD, whose word I praise, in God I trust; I am not afraid. What can a mere mortal do to me?*” v.9–11

Many Catholics’ understanding of faith is defective, restrictive. For many it is mainly intellectual: assent of the intellect to dogma. Faith should also be behavioral. active, action-oriented. Faith must be put into practice. We need to act on God’s Word.

²⁶ “But anyone who hears these words of mine and does not obey them is like a foolish man who built his house on sand. ²⁷ The rain poured down, the rivers flooded over, the wind blew hard against that house, and it fell. And what a terrible fall that was!” Mt 7

- **“*Faith is the assurance of things hoped for, the conviction of things not seen.*” Heb 11:1**

Sirach 2: 6 Trust in him, and he will help you;

**10 has anyone trusted in the Lord and been disappointed?
Or has anyone called upon him and been neglected?**

Romans 8 verses 14-17, 32

“*For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be*

glorified with him. He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else?"

God is with You, He is in You

"The main reason the Bible gives for not being afraid is that God is with you" Joyce Meyer⁴.
Even more, God lives in you.

To the Hebrews about to cross the Jordan to conquer the Promised Land: "*Be strong and be bold; have no fear or dread of them, because it is the LORD our God who goes with you. He will not fail you or forsake you.*" Dt 31, 6 NRSV

To Joshua who had replaced Moses as leader of the Israelites, God said: "*I hereby command you: be strong and courageous; do not be frightened or dismayed for the LORD your God is with you wherever you go.*" Jos 1: 9 NRSV

When God sent Moses "to Pharaoh to bring my people, the Israelites, out of Egypt, Moses said to God: '*Who am I that I should go to Pharaoh and bring the Israelites out of Egypt? God said: 'I will be with you.'*'" Ex 3: 11 NRSV

Joyce Meyer says: "I believe it's the devil's No. 1 weapon that he uses against God people to keep them from their God-ordained destinies." "*For fear is nothing but a giving up of the helps that comes from reason*" Ws 17: 11-12 NRSV. Fear exaggerates the difficulties and makes us cowards. We flee away from our duties; we do not do what we know we should do.

Joyce Meyer adds: "We need to purposely meditate on thoughts like 'God is with me right now. I'm never alone. God is with me in this situation.'"

"I am in my Father and you are in me and I am in you" Jn 14: 20.

"If anyone loves me, he will obey my teaching. My Father will love him and we will come to him and make our home with him" Jn 14: 23 NIV.

"Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" 1 Cor 3, 16 NIV.

Joyce Meyer points out:

"Fear is like poison that weakens us and holds us back from our destinies. But God's antidote to fear is faith. So when fear knocks on your door, send faith to answer."

My life has direction.

⁴ Joyce Meyer, Charisma Magazine, October 2019 p. 14

“The LORD is my shepherd, I shall not want.

- ***He makes me lie down in green pastures;***
- ***he leads me beside still waters;***
- ***he restores my soul.***
- ***He leads me in right paths for his name's sake.***
- ***Even though I walk through the darkest valley, I fear no evil;***

for you are with me; your rod and your staff—they comfort me.” Ps 23:1–4

The attitude of the believer is to know that God leads our life. “*All who are led by the Spirit of God are children of God,*” Rm 8:14
We, too, were guilty at one time or another of having generated \$100 worth of adrenaline in reaction to a 25¢ problem.
Interruptions, surprises, and the unexpected reactions of others are new opportunities to serve our Master. “*Those suffering in accordance with God's will entrust themselves to a faithful Creator, while continuing to do good.*” 1 P 4:19

Jesus’ injunction at the transfiguration “Do not be afraid” Mt 17:7 and

**On the lake: “Take heart, it is I; do not be afraid.” Mk 6:50 Jesus is always with us all.
He lives in us.**

**When stress increases,
immediately put yourself in a state of prayer:
“I sought the LORD, and he answered me,
and delivered me from all my fears.” Ps 34:4**

FEAR—Prayer Form

PRAYER TO OVERCOME EACH FEAR, ONE AT A TIME

“Heavenly Father, in the Name of Jesus,
I confess that I have permitted (*name of the specific fear*)
to enter my life.

*Fear of death or suffering
of man (what someone will think or say)
of losing your job or your house
of the pandemic*

*Fear of wasting his life
Fear of being abandoned
Fear of being alone
Fear of death
Fear of infirmity
Fear of dying prematurely
Constantly afraid of
everything
Fear of evil*

*Fear of failure
Fear of fear
Fear of being inadequate
Fear of madness
Fear of losing children
Fear of criticism
Fear of loneliness
Fear of the words of another*

*Fear of authority
Fear of betrayal
Fear of intolerance
Fear of man
Fear of rejection
Fear of reproach*

I repent of having not trusted You
in this area of my life.
Heavenly Father, You are in me with Jesus;
I am the temple of your Holy Spirit.

I repent for the fears of my ancestors
and dissociate myself from them.
I ask You to forgive me and my ancestors.

I have decided in my heart,
in the Name of Jesus,
to separate myself from this fear
and I choose to forgive myself
for allowing this fear (*name of the specific fear*)
to play a role in my life.
I release myself from this fear.
In the Name of Jesus
and by the power of His Blood,
I cancel all the authority
and all the power of Satan

**over me and my ancestors
because of this fear,
because God has forgiven me
and because I am forgiven.**

**I renounce every evil spirit that came to me
and I'm taking back control of my life.
In the Name of Jesus,
I command this fear to depart from me
and to present itself to Jesus.**

**LORD Jesus, I place my trust in You.
Holy Spirit, I declare my confidence in You
for You are the One who governs my life.
I implore you:
give me your words of truth about this situation.”**

(Be still for about 30 seconds to listen for and receive a response. Write down what the Holy Spirit tells you or what He is doing in you.)