

# Bondage of Fear, Anxiety & Phobias

**For you have not received  
the spirit of bondage  
again to fear; but you  
have received the Spirit of  
adoption, whereby we  
cry, Abba...**

**—Romans 8:15**



# Bondage of Fear, Anxiety & Phobias

First let's start out by looking at some definitions so we know what we're taking about.

**Bondage:** servitude, slavery, captivity, imprisonment, domination, oppression or subject to a controlling person or force. Webster: **being involuntarily subject to a power, to a force, or to an influence.**

**Fear:** frightened, scared, dread, panic, terrified. **A distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.**

**Anxiety:** worry, unease, apprehension. **A feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat.**

# Bondage of Fear, Anxiety & Phobias

**Phobia:** extreme or irrational (unreasonable, ridiculous, unfounded) fear of an aversion (dislike, hatred) to something

There are three main groups of phobias which include:

- Specific (simple) phobias, which are the most common and focus on specific objects.
- Social phobia, which causes extreme anxiety in social or public situations, and.
- Agoraphobia, which is the fear of being alone in public places from which there is no easy escape.

# Bondage of Fear, Anxiety & Phobias

Seems there's a phobia for everything. It's estimated that in the United Kingdom 10 million people have a phobia.

That's staggering when you consider that the population of the UK is around 64 million, and 10 million claim to have a particular phobia.

I found 591 listed phobias on the website -  
<https://www.scienceofpeople.com/list-of-phobias/>

# Bondage of Fear, Anxiety & Phobias

Let's Look at some Phobias - Interesting Ones

Anthrophobia or Anthophobia: fear of flowers

Aulophobia - fear of flutes

Chaetophobia - fear of hair

Clinophobia: fear of going to bed

Heptadekaphobia - fear of the number 17

Genuphobia - fear of knees or the act of kneeling

Kathisophobia - fear of sitting down

Papyrophobia - fear of paper

Phronemophobia - fear of thinking

Telephobia - fear or reluctance of making or taking telephone calls

Teratophobia - fear of giving birth to a monster

# Bondage of Fear, Anxiety & Phobias

## Top Ten Phobias in the Nation

1. **Arachnophobia** - fear of spiders
2. **Social** - fear of social or public situations
3. **Aerophobia** - fear of flying
4. **Agoraphobia** - fear of open spaces/public spaces
5. **Claustrophobia** - fear of enclosed spaces, not able to escape
6. **Emetophobia** - fear of vomiting
7. **Acrophobia or Vertigo** - fear of heights
8. **Cancerophobia** - fear of developing cancer
9. **Brontophobia** - fear of thunderstorms -
10. **Necrophobia** - fear of death, your own death or another's death.

# Bondage of Fear, Anxiety & Phobias

The previous ones we can sort of understand.  
But below some that seem Irrational (crazy, ridiculous)

**Nomophobia** - fear of not having your mobile phone with you

**Arachibutyrophobia** - fear of peanut butter sticking to the roof of the mouth

**Coulrophobia** - Fear of clowns

**Geniophobia** is a fear of chins

**Chiclephobia** - fear of chewing gum

**Xanthophobia** - fear of the color yellow

**Homilophobia** - the fear of sermons

**Anatidaephobia** - the fear that somewhere, somehow, a duck is watching you

**Hippopotomonstrosesquipedaliophobia** - fear of long words

**Phobophobia** - fear of fear itself or of having a phobia

# It All Stems From Fear

Another definition of **fear** is “to take flight or run away.”

This is so true because that’s what fear and anxiety does - it makes us want to run away and hide.

Our enemy, Satan wants to use fear to prevent us from moving forward, enjoying our lives, and fulfilling our destinies.

He wants us to continually and permanently be worried and anxious about the “**what ifs**” in life:

- What if they laugh at me?
- What if things don’t go as planned?
- What if I fail?
- What if I’m always alone?
- What if something bad happens?

# It All Stems From Fear

Fear and anxiety keep people from stepping into their purpose & callings, trying new things, and even meeting new people and enjoying relationships.

When you yield to fear, then you're open to bondage, anxiety & phobias.

**Romans 8:15** - "For you have not received the spirit of bondage again to fear; but you have received the Spirit of adoption, whereby you cry, Abba, Father".

- Notice, the Scripture makes it clear that when fear shows up it brings with it bondage.
- According to this Scripture, Fear is something that's has to be received from the outside.
- Which means it is not a characteristic of our reborn spirit. It's something that comes from the outside. Fear is not something that come from within you.

# It All Stems From Fear

**2 Timothy 1:7** - "For God hath not given us the spirit of fear".

- Fear does not come from God.
- Where does fear come from? it comes from the devil. Fear is of the devil.
- And he has to have it to operate and dominate and bring about bondage in the earth.

As Believers in Christ:

- ✓ We should govern our lives by a sound mind, by love.
- ✓ We do not govern our lives by fear.
- ✓ Fear should not have control & rule over our life.

As Believers in Christ: We are not to be common with the world.

- ✓ While they're in fear, we're in faith.
- ✓ While they're in bondage, we should be in liberty.
- ✓ While they're in some bad attitude, we should have a good one.

# It All Stems From Fear

- We've seen that people get into bondage to all kinds of things that stem from fear. Whether it's the fear of people's opinion or the fear of flying or the fear that is designed to attack people's minds, subjecting those people to negative power of the devil.
- It's important to remember that any kind of fear, regardless of how insignificant you think it is, it will put you in bondage
- Fear hath torment, when you do what you do in fear or motivated by fear or because of fear, there's torment there.
- Remember as Christians, you are in a battle and it's a battle for your mind.
- Satan knows that if he can infiltrate a person's mind with fear, he can control his or her life and snatch your liberty away from you

# It All Stems From Fear

**Isaiah 54:14**: "In righteousness shall thou be established, thou shalt be far from oppression; for thou shalt not fear: and from terror; for it shall not come near thee."

- If we have received Christ in our lives, we are now established in righteousness.
- Therefore, when you're established in righteousness, you don't fear - You're far from oppression; for you shall not fear: and you're far from terror.
- Fear brings terror, and when you don't fear, you're far from terror; "for it shall not come near you".
- Now, if you flip that over, when you fear, you give way for terror and oppression to come your way. And you'll also begin to doubt your righteousness.

**Say with me**, I'm established in the righteousness of God. I will not fear. Therefore, terror and oppression shall not come near me!

# It All Stems From Fear

While fear and terror may be on the rise in the world and may even try to come against us, they are powerless against persons who has confidence in God's Word.

- Keep God's Word and who you are at the forefront of your thinking at all times, then fear is powerless against you.
- Don't let fear be what you focus your thinking on
- Whatever you give your attention to is what will become a large part of your life.
- If you spend hours listening to the news about violence, remember when all there was, was talk about Covid it can start terrorizing you.
- If you allow fear to dominate your thinking by giving attention to your fears, those things will actually increase in your mind and in your heart.

# It All Stems From Fear

- If you never counteract those negative thoughts and feelings with the Word of God, they will begin to frame the way you see things and, ultimately, begin attracting the very thing you are afraid of.
  - Job 3:25 - "For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me".
- They will keep you anxious, in bondage and torment you day and night,
  - fear is an absolute disruption of the peace of God.
- Satan wants to cancel the peace in your life.
- We have to make a decision to keep our minds focused on what God says all the time - Focus on God and not the fear.

# It All Stems From Fear

## The Beginning of Fear

- Adam and Eve have disobeyed God in the Garden of Evil and they heard God coming they hid themselves. Their response to God calling them I heard Your voice in the garden, and I was afraid".
- These are the first words that came out of man's mouth after the fall: 'I was afraid'. It's interesting that it was a fear of God, but it wasn't a healthy fear of God
- We see that fear entered into humankind because of a separation from God. Through separating from God through sin, there was no longer security that man had as a created being made in the image of God, it was completely gone.
- When man lost his relationship with God, he lost his covering, his spiritual covering, his safety/his security.

# It All Stems From Fear

## The Beginning of Fear

- Satan still lies to us in order to separate us from God
- Fear comes when we believe the lie of the devil, the enemy comes along and plants a lie, and we believe it!
- At the root of every controlling fear, there is a lie. Adolf Hitler said in World War II: 'Make the lie big, make it simple, keep saying it, and eventually they will believe it
- The most frequent command in the Bible 'Fear not!' And there are supposedly 365 - that's one for every day of the year!

# It All Stems From Fear

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## The Effects of Fear

- All of us have a fear of some kind or another
- Fear of death, failure, rejection (maybe because these things have happened repeatedly or tragically)

Fear can eventually affect all parts of your being.

Emotionally, fear can make you tired, it can cause you to shut down

1 Kings 19, Elijah has just performed a mighty victory over the prophets of Baal at Mount Carmel (slain the prophets of Baal, Jezebel is after him to kill him). Elijah runs a supernatural marathon, and he's exhausted from it, and then he begins to hide out of fear & prays for death.

- Fear of this woman, after he had defeated these warriors of Baal, caused him to be actually drained physically and emotionally. He panicked, irrational thinking
- What are some other emotional reactions?

# It All Stems From Fear

## The Effects of Fear

**Daniel 5:6.** Belshazzar the King saw finger of God writing on the wall, his countenance changed and his thoughts troubled him, so that the joints of his hips were loosened and his knees knocked against each other. A physical reaction

- What are some other physical reactions?

## Soul/Mind - effect your memory

- Can interrupt processes in our brains that allow us to regulate emotions, read non-verbal cues
- Impacts our thinking and decision-making in negative ways, leaving us susceptible to intense emotions and impulsive reactions

## Mentally

- Depression, PTSD

## Spiritually

- What d you think?

# It All Stems From Fear

## The Necessity of Fear

The Fear of God is throughout the Scriptures, there are at least 300 verses about the fear of God in both Old and New Testament

The fear of God is the beginning of wisdom (Prov. 9:10), and so we have to cultivate the fear of God in our lives - but it's more reverential or an awe, rather than a 'shaking in your boots' fear.

The fear of man brings a snare. Proverbs 29:25 - The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

- In order to not get run over, we look both ways in caution when crossing the road, or walk down a dark alley, we need a little fear or caution - for protection

**The problem comes when natural fear ceases from being our servant and becomes our master, when it actually is in control of our lives.**

# Overcoming & Breaking Out of Fear & Bondage

## 1. Renew Your Mind with the Word of God

I know some of you have heard before that the letters for FEAR stands for “False Evidence Appearing Real.”

- The enemy is good at painting false pictures in our minds, convincing us that real trouble is ahead.
- This is why it is so important to renew our minds with God’s Word
- When we know the truth, it helps us to expose the lies!
- When the enemy begins to attack your mind with those negative thoughts of gloom, doom and destruction - **Remember:**

Satan wants us to shrink back in fear, imprisoned to live tiny, useless lives

But God desires for us to live free from the effects of fear and live big, fulfilling abundant lives

God wants us to enjoy freedom, unhampered and unconstrained by fear, worry and anxiety.

# Overcoming & Breaking Out of Fear & Bondage

## 1. Renew Your Mind with the Word of God

Psalm 34:4 (AMPC) - I sought the Lord (on the authority of His word), and He answered me and delivered me from all my fears.

John 14:27 (AMP) - Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, no let it be afraid. [Let my perfect peace calm you in every circumstance and give you courage and strength for every challenge.]

# Overcoming & Breaking Out of Fear & Bondage

## 2. Watch Your Mouth

Proverbs 18:21 - Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof".

The worst thing you can do in a pressure situation where fear-filled emotions are trying to overwhelm you, is to speak negatively and agree with the fear you feel on the inside of you.

# Overcoming & Breaking Out of Fear & Bondage

## 3. Guard Your Mind

**Proverbs 4:23 (CEV)** - Carefully guard your thoughts because they are the source of true life.

**Philippians 4:8-9 (KJV)** - Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things... and the God of peace shall be with you.

**Isaiah 26:3 (ESV)** - You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

# Overcoming & Breaking Out of Fear & Bondage

## 3. Guard Your Mind

**Philippians 4:6-7 (ESV)** - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**Ephesians 6:10 (ESV)** - Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

**2 Corinthians 10:5 (KJV)** - Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

# Overcoming & Breaking Out of Fear & Bondage

## 4. Be Willing To Seek Help

**Prayer**

**Questions**

**Comments**