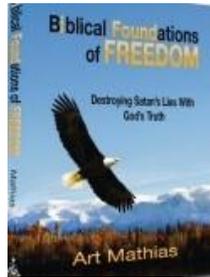




”Principality of Fear” Taken From Dr. Art Mathias’ Book, “Biblical Foundations of Freedom Destroying Satan’s Lies With God’s Truth”



Introduction – Part 1

We are living in perilous time; we are in our last days of existence – believe it or not. Just look around and you will see [2 Timothy 3:1-13](#), playing out right before our eyes; men (and women) are lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection (homosexuality is running rampant – even some born again believers accepting it), trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God, and having a form of godliness, but denying the power thereof: from such turn away (we are not to have anything to do with these type of people).

I wanted to encourage you all’s heart today; don’t be fearful of the things you see happening in the world – that is what the devil want. This teaching about fear is taken from Dr. Art Mathias’ book, [“Biblical Foundations of Freedom Destroying Satan’s Lies With God’s Truth;”](#) with his permission. The **“Principality of Fear”** is part of the complete series I adapted from Dr. Mathias’ book called **“Biblical Foundations of Freedom” (BFOF) Program** ([Click here for complete BFOF Program teaching](#)). At the end of this mini teaching about the principality of fear, I will include the link for the complete teaching on fear.

In these last days, there are so many things that the enemy is using to cause us to fear; he is working overtime, to get us bound up in fear. But we must remember, we live in the world but we are not of this world; it is not our home, as Christians ([Hebrews 13:14](#); [1 Peter 2:11-12](#)). It does not matter what the devil is doing, we must trust and love God with all our heart, all our soul, all our might, and all our strength ([Mark 12:30-31](#); [Deuteronomy 6:5](#); [Matthew 22:37](#)).

"Principality of Fear"

Goal – Part 2: to define and explain the principality of fear. **To accomplish this goal, we will:**

- Define Fear – [Part 2-1a](#); [2-1b](#); [2-1c](#)
- Explain How Fear Enters Our Lives – [Part 2-2a](#); [2-2b](#); [2-2c](#)
- Discuss Fears That Torment Us – [Part 2-3a](#); [2-3b](#); [2-3c](#)
- Answer The Question: "What Is Fear?" – [Part 2-4](#)
- Explain Why Fear and Faith Equal – [Part 2-5a](#)
- Give A Partial List of Fears – [Part 2-5b](#)
- Give "Prayer for Overcoming Fear" – [Part 2-6](#)

*** [Definition of Fear – Part 2-1-a](#)**

The dictionary defines "fear" as "the emotion of being afraid, of feeling danger, or that evil is near, an uneasy or anxious thought." Synonyms are dread, or alarm. Dread is defined as "a great fear."

Fear can warn us of danger so that we can protect ourselves. If we are standing next to a cliff, it warns us to be careful. In times of danger fear also creates a "flight-fight" response in our bodies. This flight-fight response causes the adrenal glands to secrete large amounts of adrenaline, which causes several different physiological responses in our bodies. **The primary one is an increase in strength to protect us. But many live in a constant state of flight-fight (living in the Red Zone) as they think about the things that have happened to them. The over-secretion of adrenaline and cortisol will destroy your immune system and the calcium in your bones.**

God the Father is love. In [Matthew 22:37](#) Jesus said, "**Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.**" We are to love God the Father, not be afraid of Him. God is the only one that loves each of us perfectly. **The Greek word deilos, translated fear in the New Testament, means "to dread; timid," i.e. (by implication) it means "faithless or fearful." Fear is equated with being faithless ([Matthew 8:26](#), [Mark 4:40](#), [II Timothy 1:7](#), [Revelation 21:8](#)). [Matthew 8:26](#) illustrates this meaning: "And He saith unto them, Why are ye fearful, O ye of little faith? Then He arose, and rebuked the winds and the sea; and there was a great calm." [Mark 4:40](#) says, "And He said unto them, Why are ye so fearful? how is it that ye have no faith?"**

"Principality of Fear"

* Definition of Fear – Part 2-1b

Scripture records four occurrences of little or no faith: 1) concerning necessities of life ([Matthew 6:30](#)); 2) concerning danger ([Matthew 8:26](#)); 3) concerning working miracles ([Matthew 14:31](#)); 4) concerning food ([Matthew 16:6-12](#)). These Scriptures shows this kind of fear is a sin, and in this teaching, you will learn how to defeat it. We will also see what fear has done and is doing to us, and how it functions. Being afraid, uneasy or anxious, and having great fear can cause extreme problems spiritually, physically, and mentally.

[Psalms 56:11](#) says, "**In God have I put my trust: I will not be afraid what man can do unto me.**" We will see how these powerful words can deliver us from Satan's grasp and heal our diseases. The Bible gives us many antidotes — remedies — to fear. [I John 4:18](#) says, "**There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.**" If we are in fear, we are not made perfect in love. In other words, our fear prevents us from receiving His love. **In fear we are calling Him a liar and telling Him that we do not trust Him. This kind of fear is unbelief.**

Fear often uses torment to affect our minds and bodies, causing mental and physical disease. Medical textbooks list more than forty diseases that result from anxiety and stress. Since Scripture links fear to faithlessness, then fear must be a form of sin. This is a new thought to most people. Searching the Scriptures helps us better understand what God says about fear.

[Revelation 21:8](#) says, "**But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.**" Fear is linked with some very serious and damaging sins in this verse. The penalty, too, is very serious: spending eternity in the lake of fire, the second death. God takes sin seriously, and again, He lists fear as sin, right next to murder, sorcery, idolatry and lying. We need a reality check now, because now is the time that our hearts are being perfected for eternity.

"Principality of Fear"

* Definition of Fear – Part 2-1c

James 2:18 says, "Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works." It is clear that we have a responsibility to live in a manner consistent with one who has been perfected, pressing on toward our high calling in Christ Jesus. Personal holiness, sanctification, and righteousness give no room to fear. Fear stems from unrighteousness. Our fear provides satan's kingdom a foothold. Fear tells God that He's lost the battle and claims that satan rules. It declares God powerless to do anything about it. Fear and faith are equal in this; they both demand to be fulfilled. **Hebrews 11:1** says, "Now faith is the substance of things hoped for, the evidence of things not seen." Fear consists of things not hoped for, the evidence seen, or at least vividly imagined. Fear focuses on temporal events, ignores the eternal, and plays a central role in our earthly existence.

It is a common — and false — Christian teaching that once we are saved, all of our problems disappear. This teaching results in great confusion. The evidence is that we all struggle with sin and disease. We cannot deny the evidence. In truth the war just begins when we become born again. But it is a war that we can win if we apply God's principles by becoming a doer of the Word. The difference for a believer is that when we face problems, our relationship with the Godhead has given us the ability to successfully deal with them. Before Christ, we had no ability to conquer sin. Under the New Covenant we can defeat the works of the devil in our lives. Yet to defeat sin, we still must choose to do our part, and that is to obey God and resist the devil. God's part is to send the devil fleeing.

What does this mean? "... work out your own salvation with fear and trembling" (Philippians 2:12). I Peter 4:18 says, "And if the righteous scarcely be saved, where shall the ungodly and the sinner appear?" God's Word describes the characteristics of those who have good standing before Him. "He that walketh righteously and speaketh uprightly; he that despise the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; He shall dwell on high; his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure. Thine eyes shall see the King in His beauty: they shall behold the land that is very far off" (**Isaiah 33:15-17**).

"Principality of Fear"

* How Fear Enters Our Lives – Part 2-2a

The beauty and power of these promises bless God's people. **As believers, how does fear enter our lives?** These verses suggest two ways. The person who walks righteously stops his ears from hearing violence, and shuts his eyes from seeing evil. We must be very careful as to what we watch on television, at the movies, or what video games we play. Because satan will haunt us with something we have watched. **Especially, Harry Potter and Pokémon which creates an entry point for the spirit of fear.** [II Timothy 1:7](#) says, "**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**" **The spirit of fear is a tool of the devil that he sends to torment us. God has given His power, the Holy Spirit; His love, which is Himself; and a sound mind, which is Jesus the Word. We give the spirits of fear access to us by the things we choose to watch or participate in.**

How many times have we exposed our eyes to evil, saying, "Well, I'm only watching, (or reading, or listening); I'm not actually doing it; or, it is just entertainment, so it's okay"? Watching evil condones it. We become an accessory after the fact. We must choose to guard our eyes against evil. Most TV programming endangers your spiritual health, and that of your family.

Many video games are filled with violence, often resulting in antisocial behavior and rebellion. Pokémon, for instance, is straight from the pit of hell. Pokémon means "pocket monster." It is a dangerous game for our children to play, as a version of satanism for kids. Satanic worship invites people to gather more and more powerful demons inside themselves, giving them more powers and ability. The goal in Pokémon is to collect as many of the one hundred fifty different demons' cards as possible, because owning the card gives you the character's power. This is pure Satanism in its philosophy, principle, and practice.

Harry Potter is seducing our children into witchcraft, wicca, black magic and the occult. God says that we are to be called out and separated from other people – different from them, not leavened by them. **"But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who hath called you out of darkness into His marvelous light"** ([I Peter 2:9](#)). Yes, it's hard to live as called-out people given all the cultural distractions, but this is what Almighty God asks of us. God repeats this theme many times.

"Principality of Fear"

* How Fear Enters Our Lives – Part 2-2b

I Thessalonians 2:12 says, "That ye would walk worthy of God, who hath called you unto His kingdom and glory."

A sickness such as asthma is caused by fear, anxiety, and stress. Fear causes the bronchial tubes and alveoli to become rigid, preventing the release of carbon dioxide. Trapped in the lungs, the carbon dioxide prevents the lungs from absorbing oxygen. Anxiety and fear may also cause inflammation. The inhaler that asthma sufferers use contains an anti-anxiety and muscle-relaxant drug. These drugs cause the cell walls to relax so a healthy exchange of carbon dioxide and oxygen can take place. Some inhalers also contain steroids to reduce the inflammation, and thus open the air passages. The drugs, acting as they do, brings real relief; but they also indicate a real problem rooted in fear, anxiety and stress.

Fear affects allergies as well. When people harbor resentment and bitterness, this weakens your immune system. When people keep and "live in" a record of wrongs against others and themselves, this releases adrenaline and cortisol into their bloodstream, causing them to live in the state of flight-fight. God did not design the human body to function this way and eventually something has to give. The body wears itself out as these hormones destroy its immune system, constantly sending conflicting signals.

Allergies result from this breakdown in the immune system. Then we become fearful of the things to which we are allergic. We even begin to fear what we might become allergic to in the future; your allergies list will grow along with your fear level. Once people learn to forgive others and themselves, their immune system will begin the healing process. The allergies are real, but fear and bitterness is the root cause.

Environmental illness is one of our most common fear and anxiety disorders. People become allergic to everything. **The person with this type of severe fear disorder usually meets one or more of the following four conditions: 1) they were verbally abused, 2) emotionally abused, 3) physically abused, or 4) sexually abused. This abuse often begins in childhood.**

They also may have lived in a sterile environment, devoid of love. Perhaps their parents' love was conditioned upon meeting some set of difficult expectations. They rarely met the expectations of their parents.

"Principality of Fear"

* How Fear Enters Our Lives – Part 2-2c

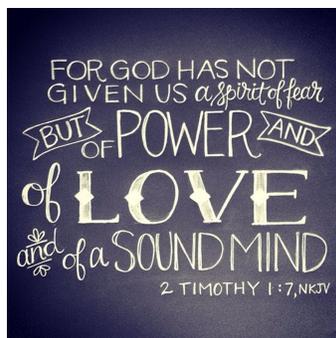
They were never quite good enough. These situations create a performance-orientated person. They feel that they must be good and perfect or they will not be accepted or okay. They live in the fear of being rejected.

1 John 4:18 says, "**There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love!**" Love gives no place to fear, but when we are not loved perfectly, fear finds an open door. **1 John 4:18b** says, "**Perfect love casts out fear**" Then, "**fear has torment.**" And, "**he that feareth [because of the breakdown in love] is not made perfect in love.**"

When we're afraid because we've not been loved perfectly since our youngest days, we're not able to give or receive love without fear. That's what the Bible means by, "**he that feareth is not made perfect in love.**"

Psalms 34:4-5 says, "**I sought the LORD, and He heard me, and delivered me from all my fears. They looked unto Him, and were lightened: and their faces were not ashamed.**" When we have shame, we have fear. When we feel unworthy, we have fear. When we feel guilty, we have fear. When we feel condemned, we have fear. When we feel like second-rate citizens (self-condemnation), we have fear.

It is important for us to recognize the various kinds of fear that trouble us. Number one on the list is fear of man. What is fear of man? It is fear of others, including our mother, father, grandmother, grandfather, brothers, sisters, pastors, parents, bosses, and schoolteachers: fear of anyone or everyone. The Word of God provides the antidote that combats the fear of man. **Hebrews 11:34** says, "**...Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.**"



"Principality of Fear"

* Fears That Torments Us – Part 2-3a

John 3:30 gives us the formula for victory over sin by a proper relationship with our Savior: "He must increase, but I must decrease." After the fear of man, next comes fear of rejection. So many of us feel sorry for ourselves because others reject us. **Hebrews 13:6** says, "**So that we may boldly say, The Lord is my helper, and I fear what man shall do unto me.**" Believers should be neither surprised nor troubled by rejection, at least when it's for the right reasons. In **Isaiah 53:3**, we find that Jesus was rejected of men: "**He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from Him; He was despised, and we esteemed Him not.**" Still, it often hurts to be rejected, even when it's for righteous reasons. Turn to Christ and draw your strength from Him. He says to cast all your cares on Him, because He cares for you.

On the other hand, if we are rejected because we are worldly, walking in the flesh, we need a change of direction. We need to walk in the Light of Jesus Christ, and let Him defeat the spirit of rejection for us. The Bible says the enemies of a man can often be found in his own house. "**For the son dishonoureth the father, the daughter riseth up against her mother, the daughter in law against her mother in law; a man's enemies are the men of his own house**" (**Micah 7:6**). Even prophets have no honor in their own home. "**But Jesus said unto them, A prophet is not without honour, but in his own country, and among his own kin, and in his own house**" (**Mark 6:4**).

The rejection battleground in this war for our minds and hearts is in the family. And it spreads to the church, which is no stronger than the families it represents. Cities and nations are made up of families and reflect their strength or weakness. Families are no stronger than their individual members. Weak families populated by weak parents and defeated children are the consequence of homes filled with the fear of rejection. Our Lord is acquainted with our sorrows and our grief. He feels our infirmities. "**For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin**" (**Hebrews 4:15**). God hears all our words and knows all our thoughts. He is right here with us now. God stands ready to help us withstand abuse and defeat rejection. **Zechariah 13** provides strong teaching about abuse; it is a prophecy about Jesus' enthronement during the millennium.

"Principality of Fear"

* Fears That Torments Us – Part 2-3b

The people from all the nations of the earth — natural people that came out of tribulation — come and bow before Him once each year, acknowledging that He is King of kings and LORD of lords. As they bow before Him, they see the scars in His hands, still there after His resurrection. They ask Him how He got them. Zechariah describes the scene: "**And one shall say unto Him, What are these wounds in Thine hands? Then He shall answer, Those with which I was wounded in the house of My friends**" ([Zechariah 13:6](#)).

Christ's sacrifice of Himself on the Cross is the greatest love story ever told. As we begin to understand this, fear can no longer touch us because we're already dead, i.e. we're dead to ourselves, and eternally alive in Him "**For whosoever will save his life shall lose it: and whosoever will lose his life for My sake shall find it**" ([Matthew 16:25](#)). We must die to ourselves, and then find real life in a new relationship with God the Father, Jesus the Son, and God the Holy Spirit. Fear of losing something holds great power over us. But a relevant question is how can we lose anything if we're already dead? As believers, our lives are no longer our own. Whether we live or die, we are the Lord's. To be absent from our body is to be present with Him. "**We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord**" ([II Corinthians 5:8](#)).

[Psalm 118:8](#) says, "**It is better to trust in the Lord than to put confidence in man.**" Yet we live in fear of others even though we are "dead men walking." As believers, we're dead to our old self but alive in Christ. As new creatures, fearful events shouldn't make a bit of difference to us as we live each day. Does fear come knocking on our door? It knocks on every man's door. Does it sometimes stagger us? It staggers all men. But the hurricane force winds of fear are just a slight breeze against which we press as we walk in His light. Fear becomes nothing more than a gentle breeze of satanic resistance.

With fear conquered, we are no longer bowled over by what fear represents. Instead, we're able to keep our eyes focused straight ahead and moving toward Christ. If you have ears to hear this teaching, then the Spirit of God will speak to your heart today. This is a powerful lesson straight out of the Word of God. **Fear is a principality of satan.** [Ephesians 6:12](#) says, "**For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.**"

"Principality of Fear"

* Fears That Torments Us – Part 2-3c

II Timothy 1:7 is clear: "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." The antidote to fear is a vital relationship with the Godhead. Power is the Holy Spirit, love is God the Father, and a sound mind is Jesus, the Word. When we are established in the Holy Spirit, the love of the Father, and the Word of God, Satan's fiery darts of fear can never hit us!

Another fear that torments us is the fear of failure. One Scripture will defeat this evil spirit. **Proverbs 24:16** says, "**For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.**" Though a righteous person falls, i.e. fails, seven times, the Lord's strong hand will lift him up. That is powerful news. If we ever attempt anything in life, we will experience some failure. It is not a question of failing; it's a question of how to respond to failure. You might say, "Well, if I never try out for the team, I can never be cut." That attitude in itself is a failure fueled by the fear of failure. Not acting on a Holy Spirit-inspiration because of fear of failure is failure. God has made provision for the failures of His saints. He pledges to pick us up and set us on our feet again. Just as He did, we need to make provision for failure in our life. The fact that He created forgiveness proves that He made provision for our failures. If we don't make provision for failure, we'll be bound by a spirit of fear. Instead, we'll go into denial and never deal with or do anything; by our inaction, satan wins a battle. Every one of us avoids dealing with certain areas of our life. This avoidance arises out of fear, but it is certain that during the course of life, these problems will surface; and it makes no difference whether or not we are born again. It's amazing how often we hear, "I never had these kinds of troubles until I saved." When we got saved we entered into a spiritual war that we must learn how to win. We would have had trouble anyway, but God saved us and gave us power to deal with the problems. God's grace worked on our behalf and we didn't even know it.

Every one of us has areas of life that bring us shame and produce failure. These are the areas that need to be sanctified and renewed. We're not to be afraid of failure, we are to learn from the failures and let God heal our broken hearts. Avoiding the areas of our lives that need to be sanctified pushes us into denial and torments us. We can pray, "**God, take this thorn from my flesh, but I want no part of its removal.**" That's not realistic. **I John 1:9** say that if we ask, God will forgive. God will never remove our fears if we fail to face them and deal with them.

"Principality of Fear"

* What Is Fear? – Part 2-4

So what is fear? Fear is our enemy. It's a vital part of Satan's kingdom and his desire to control us and to steal our faith. He desires to send a plague of unbelief doubt, binding us down with disease so he can defeat God.

God intends for us to stand and face our enemies, never to flee from them. If we run from an enemy, it is a spirit of fear that takes us away. Facing fear is uncomfortable and painful, but not facing fear results in spiritual cancer. Fear grows and festers, becoming ever more painful until we experience spiritual death. Instead, facing fear is the ultimate therapy. Once fear is extinguished, we experience freedom, joy, and life.

God's grace and mercy are sufficient to meet and defeat every enemy in our life. He already gave us the victory, but we must appropriate it! God's will is that the devil should have no legal right to our lives. We give Satan a legal right through our sin. God's desire is that we turn from the sin of fear, walk the narrow path of repentance and sanctification, and live a victorious life.

Keep [Philippians 2:12](#) in mind. **"Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling."**

II Corinthians 3:18 reminds us that as believers, we're being changed: **"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."**

We are to crucify our flesh. God Himself will be its executioner. Romans 6:6 says, "Knowing this, that our old man is crucified with Him, that the body of sin might be destroyed, that henceforth we should not serve sin." Jesus provided the way but in our free will we must choose to do it.

We're to deal with the earthly kingdom, which Satan rules, that we inherited through Adam. It's a real part of our life that we need to be able to identify and defeat. That brings us into the next stage.



 **"Principality of Fear"**

*** Fear & Faith Are Equal: One Will Always Replace The Other – Part 2-5a**

Fear is a form of occultism. It is a counterfeit, the opposite of what God teaches. Fear comes from a lack of faith. Listed below are specific fears that provide armor to the principality of fear. Please read through this list and identify any fear you may be struggling with. This is not a comprehensive list; feel free to add to it.

As you work through this list it will stir up memories. You may need to deal with them. For example, you might remember watching a horror movie and a certain scene sticks in your mind. You should repent for allowing that evil to enter your mind and command it to leave. Or you may recall a bitterness or resentment against someone. If so, confess it, repent of it, and forgive them.

List of Fears – Part 2-5b

Fear	Holy Spirit Response
Anxiety and stress (fear)	_____
Controlling others	_____
Distress Distrust	_____
Dread: projection of evil into the future	_____
Drivenness (Overachiever)	_____
Fear of a wasted life	_____
Fear of abandoning others	_____
Fear of abandonment	_____
Fear of animals	_____
Fear of another's bitterness	_____
Fear of another's words	_____
Fear of authority	_____
Fear of being alone	_____
Fear of being controlled	_____
Fear of being free	_____
Fear of being betrayed	_____

"Principality of Fear"

* Prayer For Overcoming Fear – Part 2-6

Now that you have identified various fears, it's time to get rid of them. This is the type of prayer you can pray, asking God to defeat these fears:

Prayer For Overcoming Fear

Heavenly Father, in the name of Jesus, I confess, and repent for allowing the (specific fear) in my life, and I repent for all my generations. I ask You, Lord Jesus, to forgive me. I purpose and choose to forgive myself, from my heart, for allowing this (specific fear) in my life and I release myself from this fear. In the name of Jesus, and by the power of His blood, I cancel all of Satan's authority over me in this fear. In the name of Jesus, I command this fear to go.

Holy Spirit, I invite you into my heart to heal me of this fear. Please speak your words of truth to me about this situation.

While you are praying this, the Holy Spirit might speak to you. Write down what the Holy Spirit spoke to you or what He did in you. This is His testimony to you. When you have prayed through each individual fear, command the principality of fear to go in Jesus' name.

God gave you the power and authority of His Son, Jesus Christ, to defeat fear. His Holy Spirit joins with yours to drive Satan's influence out of your life. You can live in courageous victory!

You Are Now Loosed From The Bondage of Fear!

