

# THE SPIRIT OF FEAR



I am writing this book today to let you see a part of my life that had fear and I pray that this book will help you if you are experiencing the same thing as I did.

I have been in Ministry now for 20 years and God has been so good to me. I am blessed and love Him so much.

To start this off I want to go back to when I was 15 years old. I had a job at an Insurance Company and loved it. I was happy serving the Lord and knew that one day I would be helping others. But, life changed for me very quickly. I was just turning 16 when I met a man who was 18 years old, almost 19 years old. He was very kind, and we spent a lot of time together for the first three months.

One day I got a call from the Police saying that they had picked him up drunk and if I came to get him and take him home he would not be charged.

I remember saying to my mom, who wanted to go with me and I told her it would be ok. I said to her that I couldn't understand why he even had a beer as he was not a drinker and I figured something terrible had happened to one of his family members to make him go to this length.

I drove down to the Police station thanks to a car my dad had helped me get .. Now remember I am only 16 by a few weeks. I went inside and two officers asked where my car was and almost carried him outside and helped him into my car. I was shocked and yet bewildered at the same time.

“What had happened to make him do this?” I thought to myself. I had decided to take him to his little apartment behind this old ladies house and get him inside and settled. I managed to help him in, even though he was a big guy and drunker than I had ever seen anyone before.

He fell on the bed and passed out, I took off his boots and decided to head for the door figuring he would sleep it off and we could talk the next day.

I reached for the door handle and all of a sudden he grabbed me, I was shocked and scared. No one had ever grabbed me like that and then he started to hit me, then beat me. I screamed and cried but no one heard and I found myself laying on the floor with two black eyes, a bloody nose and my body aching. I looked up and he had passed out on the bed. I knew I could not go home like this and yet I didn't know why. I know now why FEAR had come into me and I grabbed the phone and called my mom.

“Mom, something terrible has happened and I can't come home tonight. It might take a few days to get things straightened out. I will call you tomorrow” Mom, wanted to know what had happened and I just couldn't tell her it was that I had got a beating.. FEAR is strong and deadly. It keeps you from telling the truth, it keeps you from everyone that is there to help you. I know I was afraid... Afraid of him now and I just didn't know what to do or where to go. I lay on the floor that night crying and didn't sleep much.

Morning came and he got up and looked at me. He had big brown eyes and when he looked at me so sincere and in wonder I started to cry all over

again. My face was a mess and my body ached. He held me and started to say how sorry he was that he didn't realize what he was doing. He blamed the beer that night for his actions and I believed him.



I looked  
like this  
many  
times.  
Makeup  
when the  
swelling  
went down  
was my  
best friend  
at that  
time.

*Jesus Saves*

Contact us at <http://hannahhouse2002.org>

Or Email

[Hannahhouse2013@gmail.com](mailto:Hannahhouse2013@gmail.com)

If you need help.

Many woman are living like I did and need to be set free.



Just the other day I was thinking how easy it is to let FEAR control you. My life changed that night and for many years I lived a life of fear and always trying to make people not get mad at me. What a way to live and yet I lived it for 12 years and it all began that one night so long ago.

Have you ever been in a situation and you could feel something inside of you that just wasn't a normal good feeling? It made you scared, maybe of that person you are with or a place. Maybe someone has said something to you that has made you change from being happy to a feeling of fear? Just stop for a minute and think about what I just said... Maybe you are saying nothing like that ever happened to me, maybe you never got hit or beat up but maybe something else has happened to you. Maybe as a child, you had that fear inside of you and it is still in there manifesting itself in many ways.

Fear is a terrible thing, it takes over your life, each and every moment you are just not yourself. I had a friend years ago who could not leave her

home. She told me she had a fear of going outside, but I remembered her years back when she was married to her first husband. He would come home and beat her, she always had black eyes and bruises all over her. After about ten years she finally got away from him because he met another woman and wanted a divorce. She later married another man who was so kind to her and yet the fear that she had for her first husband remained and it took a different form. She stayed in the safety of her own home, never went outside for years.

It got so bad for me that I ended up listening to this man and doing whatever he told me to do. I ended up leaving my wonderful home with my family and lived with him. He threatened me that he would kill my family if I didn't do what he said. My life became a nightmare. He would jump at me and yell and then hit me over and over. Many times I would just go to bed for days with a headache and didn't want to live anymore. I remember once my brother coming to see me, I told him I had the flu and told him not to turn the lights on as it hurt my eyes. The fear had taken such a hold on me that I started to lie to people I loved. I would pray to get out of the situation I was in but nothing seemed to work for me anymore. I lost my job at the Insurance Company and moved on to another one, but that too I left because I couldn't keep a regular schedule.

Fear is not a word, Fear is a spirit...

Timothy 1:7

7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Yes, it is a SPIRIT ... now some may try to disagree with me and that is up to you but in the Bible it says it is a SPIRIT... THE SPIRIT OF FEAR.

We live in a world of the natural and the spiritual... Fear is in the spiritual realm and I had got caught up in the realm of FEAR.

Once night I was sitting waiting for him to come home. I knew when he did that there would be a fight and I would suffer, but fear had me in it's clutches and I would sit and just wait for him to arrive. As I was sitting I had this feeling to go upstairs and empty the guns that he had. He kept them loaded just in case he would say to me. I went upstairs and took all the shells out of them and then came back downstairs to wait. When fear takes hold of you it seems like you cannot do anything else except to think of the person or thing that causes you that fear. Some say it is co-dependency on that person but I say it is a Spirit of Fear that has taken over you. I had just got to the couch when the door opened and in he stormed. He ran upstairs and grabbed the rifle and came running back down .. I wasn't sure what he had planned but I thought if I sat quiet it would be ok. He pointed the rifle in my face and screamed "Tonight you die" and pulled the trigger.. I praise God that there were no shells in that rifle that night or I wouldn't be sitting here writing this book. I screamed and he got so mad at me and yelled "Where are the shells?" I told him where they were and as soon as he ran back up the stairs I ran out of the house, got in the old car that I had and drove like mad. That night I drove and drove then finally parked on a side street and watched the sun come up. When it was daylight I went back home to find that my house was totally demolished. Everything was destroyed. The dishes that belonged to my grandmother, my ornaments ... everything.

When you are in bondage you get to the place where nothing matters anymore to you.. Sure, I cried when I saw the dishes that my grandmother cherished in broken pieces but I was dying inside and knew that I was too scared to get out of this mess that I found myself in.

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Days went into months and months into years. Fear will take such a hold on you that you begin to think that you really aren't afraid anymore it is just a lifestyle that you are living that no one else has ever experienced. What a

lie, satan is a liar, a thief, he comes to kill and destroy. Satan was slowly destroying me... The Spirit of Fear was sinking deep inside of me and I felt like there was no way out, I didn't have any hope for a future because I didn't want a future.

As time passed, I started drinking to help me cope with the fear I felt inside. All that did was numb me and make me not feel the pain so much, but it was there all the time just covered up somewhat.

After a while the booze didn't work much and I started doing drugs as he told me that I had too. We did drugs and I ended up using the needle so much that it just became a way of life for me. The beatings just didn't seem too bad anymore because I learned to live with Fear now. Fear became a part of me and my life was now so much different than when I was a little girl.

I had wonderful parents that loved me. Many times I used thought back to when I was just a little girl and so often I wished I could go back to being loved again. But, my life was on a downward spiral now and I just went with the flow.

In those twelve years many things took place that I can't even talk about. The fear that began that first night when I took him home from the Police station, the beating and the pain all began a cycle of abuse that took many years of my life. I have not always served the Lord and when someone tells me that God could never forgive them for what they had done I tell them that I know personally that He can. He saved me.

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One night I decided that I wanted to die and that that would be the only way I could get out of this mess I had got myself into. I got a razor and slashed my wrist but his brother came in and grabbed me and hit me and stopped me after I had made a cut in my arm at my wrist. I knew then that

both him and his brother were watching me and I had to think of a different way to end this pain.

I decided to do as many drugs as I could, that would give me a heart attack or an overdose and I would be set free.

So I got a good supply and this night I was alone and decided to shoot up as much as I could. I did it all and just sat there. By now we were living in this dirty old basement, sleeping on a mattress on a floor. No one knew we were there cause we had got a key made and when the store closed we would wait till dark and then go back in a sleep there. I guess you could say I was now down to homelessness. Looking back now I can hardly believe how I lived but I did live that way. One morning I remember waking up with my face looking under a dirty old bathtub, you know the kind that has the claw feet? Well I saw lots of cob webs and a few spiders.. It was awful.

This was my night so I figured that I would sit there and just die. I happened to look on the floor and saw a book called "How God Answered Prayer". I laughed as I looked at it and remember thinking how can God answer my prayer.. I have been praying for 12 years to get out of this mess and here I sit hoping to die of an overdose. I picked up the book and read a little.. It talked about this man who had lost everything and He called on God, so I called on God too and said that if I didn't die with the drugs that the next day I would walk in front of a truck and end my life that way. Then all of a sudden in he came.. He wanted to take me to the hospital but I told him just to carry me to the mattress that lay in a dirty room next to us. I had this terrible pain in my chest and I was starting to be so thankful that soon I would be out of this mess that I was living.

He laid me on the bed and I said a quick prayer... "Lord, I need you to deliver me out of this please" and I passed out.

The next morning I was so surprised that I was still alive, especially for the amount of drugs that I had done. He said to me that he would go get us some good stuff, meaning drugs and he left. I got up, washed my hair in



cold water, cleaned up and started to go to the store to help my mom. I didn't realize what had happened to me until later. My dependency on drugs was gone. The desire I had for pills that I took too were gone. I looked up about half an hour later and in he came with a needle and signaled to me that it would be in the back room in the rafters where we hid the drugs. I actually looked at him and said I wasn't interested. He laughed as he knew that I would never change, at least that is what he thought. God had another plan and it had already been put into action. My prayers were answered and I didn't even realize it at that time.

The fear that I had carried for years was leaving.. I was set free from drugs.

I had done speed, heroin, crack, whatever I could get my hands on. I had six Doctors that I would visit to get prescriptions of uppers, downers and whatever they would give me. I had been a mess. I weighed 103 pounds and looked a mess and yet that day I was set free.

The sex and the lifestyle I had lived was now in my past and I didn't even see what God had done until about thirty days later. I lived with thinking I was afraid of him but one day it all changed. I started to really pray.. My drug addiction was gone, but now I needed him to go. The more I prayed the stronger I got, my life started to change. I didn't read my bible because I didn't even know that it would help me. I was raised in a good Christian home and was taught that but it hadn't occurred to me to do it.

Then one day I woke up early and knew that that was the day I was leaving him. Looking back now I knew that he didn't have to leave because I wasn't scared of him anymore. I was leaving. I went over to him kissed him on the cheek and said "Goodbye". He looked at me strange as I walked out to the old convertible that I had. It wasn't much but I knew it would get me far away from him.

I put the key into the ignition, looked back and waved goodbye as I drove away. I went up to Toronto and lived in my car for a few days. Now I do have a lot more to tell about my life but this book is on FEAR so I am going to stop talking about me here..

One thing I want you to remember it makes no difference what you have done. I was prostituted out, tied up in a chair in the basement with a big butcher knife being swung past my throat, and on and on I could go but like I said those are other stories. I know that GOD is able to do anything because He saved me. He can save you too all you have to do is trust Him. It took me many years to realize that. The Spirit of Fear is just that ... a SPIRIT... We as disciples of CHRIST with JESUS living in us have authority over that spirit of Fear... We can command it to leave us in Jesus Name and it has to leave.

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Guilt is one thing that we carry with us when we have done things that we are ashamed of. Many have been abused as children and blame themselves for what happened. I used to blame myself for the beatings and yet it wasn't me that was beating me it was him. I carried the guilt of everything that went on in those twelve years and it was so unnecessary. We beat ourselves up so much and yet that is the trick of the enemy. We are set free from Sin, Fear, Doubt, Depression, and any other thing that may be bothering you today. You are set free...

I remember once years later helping at a soup kitchen and seeing this young girl walk in with a big black eye. I couldn't help myself and I went over to her and asked if she wanted help. She looked at me and said "I walked into a door". I looked at this lady and told her that I used to say that too and I knew exactly what she was going through.

Once I had went to the church where our family worshipped. They knew me well as I had been there for many years before I got messed up with him. This night I figured if I went into the church I would be safe from him, well did I get surprised. As the service was going on and the preacher was speaking I heard the door open in the back hall. I knew it was him and I just sat quiet. I saw the preacher nod to the usher and the usher went out to speak with him. I felt safe as I knew they would help me, but was I

mistaken. A few minutes later in came the usher and whispered into my ear to leave as they didn't want any trouble. I looked at him and was disgusted to hear his words that echoed into my ear. Leaving I knew what lay ahead of me. Yes, you are right the beating was bad that night because I had went to church.

It was years later I went back to that church after God had delivered me of drugs and got me away from this man. When they asked if anyone had a testimony I stood up. "I do" I said and proceeded to tell them what had happened that night " One last thing I will say is that I came here to get someone to care for me and all I got was thrown out on the street because no one wanted to disturb the service" I thanked God that day as I stood there for being there for me and helping me. When the service ended many came up to me to hug me and I turned and told them that I didn't need their hugs now, I needed them back then and when anyone comes into their church please make them feel welcome because we never know what they are going through and then I left actually feeling pretty good.

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The Bible makes it pretty clear that God is with us and that we should not be afraid... I have listed many scriptures at the end of these pages that I want you to look up.

Now what made me write this book is that there are times when I feel that same fear take hold of me. It might sound strange to you because I have been in Ministry many years now, but it still tries to attack me.

One thing I find is that someone can say something to me and I feel this feeling come over me, like someone has thrown a blanket over me and all of a sudden I feel afraid. Afraid of what? Sometimes I don't even know, but I

do know that it is FEAR .. THE SPIRIT OF FEAR and I have authority over that spirit in the Name of JESUS. When we take our authority as a believer in JESUS and use HIS NAME it will leave. Being a woman and maybe you men are the same I don't know but, we tend to want to go to bed and cover our head with the covers and hope it goes away. One day I found myself doing just that I had had a real had day at Hannah House and was so tired. One man had threatened me and I felt that same fear come over me. It wasn't real strong but it was there, so I went up to my apartment and crawled into bed and covered my head. I was just about ready to cry when all of a sudden I realized what had happened. FEAR had set in and I felt like satan was standing at the bottom of my bed with his hands folded and laughing at me. I got up and rebuked him and put on some good Gospel music and started to thank God for all He had done for me. I was no longer under the curse but now I was a child of the KING and nothing could come against me... FEAR included.

Even today there are moments when I feel fear, but now I know who I am dealing with ... Fear is a Spirit and I have the name of JESUS to use against that spirit. You do too...

One of our worst cases of FEAR is when we are not sure what the future may hold for us and we panic. Sometimes it comes in real subtle, like a thought of what may happen and then it increases and we start to feel that fear that is overtaking us. Remember it is not us that can't cope it is a SPIRIT OF FEAR and it is trying to destroy you.

If I had known what I know now back when I was living in fear my life would have been so different. Have you ever noticed that the person who is putting fear into you is really a wimp? I know that sounds strange but it is true, when you stand up to them they can't take it and then they run.

No man, no woman, no thing should have control over you and make you feel that you are not a person. Your past whatever it has been is not your fault.. If you feel that you have done things that were not right Jesus can wipe your slate clean and make you a new creation in Christ. Old things are past away and all things become new. We are our own worst enemy at times because we dwell in what has happened to us. Just like my friend

who could not come out of her house, even though she had married a nice man and had a wonderful little girl, she was caught in a trap of fear and it still had control of her.

Life goes by pretty fast and we waste a lot of time. I lost 12 years of my life and those were the years when I should have been dating and having fun with my friends, but it wasn't that way. I was in bondage back then and by giving everything over to the Lord, He set me free.

Life is not easy and even when you commit to the Lord 100% it can be tough. God didn't promise us that it would be easy but He did promise that He would be with us through it all and He will be. The girl I was years ago is not who I am today. I sometimes look back and wonder how I could ever have done what I did. Like I say there are lots of stories I have to tell but will save that for another book.

Being a Pastor and leading a Ministry now, I find I am so tired of the people who are still in bondage because of FEAR.. Some cannot say "No" to someone because they don't want them mad at them. Others, seem to feel that their life is useless even though they have kept praying and reading the Word but yet still have no Victory.

One thing I want you to know is that you will always have struggles in your life, life will not be all roses. Most of our problems are what we bring on ourselves. If I had been smart way back when I got the first beating and told someone my life would have been different but I fell into the trap of not telling anyone about what happened. In fact, no one really knows all the garbage that took place in those twelve years as I couldn't tell anyone. Now I am writing about it in the hopes that someone out there is going through what I went through and thought that no one cared.

When we are being abused we tend to think that there is no one that has ever experienced what we are going through and that is a lie. Remember Satan is a liar. Fear makes you believe that no one ever went through what you went through or are going through right now. Remember God is in control of everything. If you have given your life to Him, you are His child and He is going to look after you. Your life is planned, each moment of

each day. If we stay close to Him, He will walk with us. I used to think, “How can I stay close to GOD?”. I remember when I was in that mess I was walking up the street, feeling like I was in a bubble and looking up to the sky asking God how I could reach Him. Now I realized that by reading the Bible that if I draw close to Him, He will draw close to me. “How?” you say? Get into your Bible and read, even if you don’t feel like reading. If you don’t have a Bible contact us and we will make sure you get one. Pray, “What you don’t know how to pray?” OK, here is what you do... Have you talk to Him and then we listen to what He has to say to us. Here is a prayer that is so simple.

## *THE LORD'S PRAYER*

Our Father who art in Heaven  
hallowed be thy name.  
Thy kingdom come, thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
Lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, the power  
and the glory, for ever and ever.  
Amen

This is found in Matthew 6: 9 – 13

Many times I have not known how to pray and have repeated this over and over again. Sometimes I would just say the name of JESUS over and over

again and you can feel yourself inside changing. Peace comes to you. Fear will leave and you will be able to feel it.

Many times at night have you ever laid in bed and your mind wanders? Well, mine does I have all these good intentions of praying and all of a sudden my mind is thinking about what I have to do tomorrow or what I did that day. Sometimes I can feel fear coming in if something happened that day to bother me. Here is what I do... I inhale and as I do I say the name of "JESUS" I do the same when I exhale, it doesn't take too long before you are talking to the Lord.. Communication is so important. Remember that we are in a SPIRITUAL BATTLE... There is just not the SPIRIT OF FEAR out there there are many SPIRITS that want to drag us down and take advantage of us. Remember satan is out to steal, kill and destroy us. I lost twelve years of my life by him, but won't lose anymore now because I know who it was that was causing all my problems. It was spiritual and I had to take care of it in the spiritual. God is with us and wants us to depend on Him, no matter how we feel, how we act in our situation.

Once I was giving myself a breast exam as we are told so many times to do by television or by Doctors or others. Guess what? I found a lump.. now I was scared and the minute I got my mind on what it might be I was finished, the SPIRIT OF FEAR had set in and I was his servant. I went to the Doctor and had an operation to take it out. It was only a few months later I as checking the other breast ..and here I find another lump in that one. Well, if you have ever found a lump in your body that shouldn't be there you will know how I felt. But, this time it was different because I had suffered so much with the operation I decided that I was going to pray about it. My fear I pushed aside and realized that MY GOD was able to do anything and He was in charge of my life, my body and just plain old ME.. I put my hand on the lump and started to pray, now it wasn't a fancy prayer at all it was very simple. I reminded the Lord that He took the stripes upon His back for me at Calvary and I asked Him to take this lump away. As I was praying I felt it disappear and that was 20 year ago. I have never been to a Doctor regarding tests or anything to do with lumps... I can hear you now saying "This woman is crazy" well I may sound a little strange but I

know that the Bible is real, I know that God is real, I know that JESUS is the Son of God and He loves me.. I know that I can take my petitions to the Lord and He will hear me and answer me. He is a living God.

When I feel that SPIRIT OF FEAR trying to take hold of me I stop and go to my Bible and start to read, I read, I pray and I take authority over it in JESUS NAME and it has to leave. We are free from all the evil spirits that would come our way to destroy us.

If you have never given your life to Christ I want to tell you something. You are missing out on something special.. Yes, you sure are. My life is so different now, I have a peace inside of me that I never found with the drugs, men, sex, money, material things or anything that I thought would of brought happiness and peace. JESUS CHRIST is the answer to all of our problems, He is our PEACE. What a joy it is to serve JESUS now, my life is so different because I know that He is with me. I once remember a friend of mine that I had told about coming to the Lord, he laughed at me and said "Anne, I don't need a crutch like you do". It was about five years later that I got a call and he was in hospital dying of Aids. I drove down to Manhattan and visited him. It was such a sad thing to see, he was only 25 years old and had his whole life ahead of him and yet here he lay covered in cancer spots and so thin and feeble. He could barely speak when he saw me, see I hadn't seen him since that time he said he didn't need a crutch. I looked at him and tears came down his face as he lay there so weak and feeble. Tears flowed from my eyes that day as I loved this guy so much and here he was asking me to pray for him. Eddie died a few days later but he had asked the Lord to come into his life. He became a child of God and I knew I would see him again one day.

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So many times I felt FEAR, there was a time when my x and myself had a remodeling business. It was a time when we were doing good financially and had all that we needed. As it went in the business we would bid a job



and get a down payment and then buy the supplies and receive that balance of payment when the job was done. This went good for a few years but then one day I got a letter from Worker's Compensation saying I owed them close to \$4,000.00 and it had to be paid by the end of the month or I would be in trouble. I didn't understand it at all, so I called them and the man at the other end of the phone told me it was a criminal offense and if it wasn't paid there would be charges laid. When I hung up that phone I was devastated, at that time I was a foster mother to three children which I had had for a few years, I was serving the Lord and yet here I was in a situation that I didn't even understand. Well, guess what? That whole month my bank account was empty, the people who owed us money just didn't pay and time was drawing closer to the end of the month and the due date for the \$4,000.00. For a whole month I did not sleep, I tossed and turned, got up and walked the floors and was full of fear of what could happen and I still couldn't figure it all out. Fear had taken hold of me in a different way this time and I was falling right into its spell. The last day which I was to pay this amount I knew I had to call Worker's Compensation and tell them I had no money and honestly it was driving me crazy to say that because I didn't know what they would say. The phone rang and this man picked it up, when I explained about my situation, he pulled my file and said we can only give you one more week. Well as you can imagine that week was worse than the last four weeks. I tried everything to get that money and kept going over the books to see why I owed that money and just couldn't find out why they would say this. It didn't matter much anyway about the books and about the money because FEAR was living in me and I was a mess. Smiling at the children like nothing was wrong and yet worrying that maybe I would have to give them up and my thoughts went on and on about what MIGHT happen. The last day of the final week I had been given I called again and explained my situation. The man at the other end said that they would send a man out and check my books, he sure wasn't very nice about it but at least I thought that it will soon be over one way or the other. The man showed up two days later and we sat down. For about an hour he went over my books, over and over and then he looked up at me and said.. "Oh my goodness, we have made a big mistake" was I hearing him right, THEY had made a mistake? He stared at me with no emotion on his face and said

“We owe you \$168.00”. Then he packed up his briefcase and left. I could feel a joy and a peace come into my soul and I thanked God for helping me. Looking back on that situation I realized that FEAR was put on me because of a phone and in the end it meant nothing. I tossed and turned, walked the floor and couldn’t eat all because of NOTHING... I began to see where all that worry was not from God at all and I had been caught in the trap of satan once again. This situation made me stronger and realizing that the stress I had went through and the fear I had experienced I had allowed to let happen to me because of lack of faith. If I had only remembered that God was in control of everything and He was fighting my battles and all I had to do was to trust in Him to help me. By having faith and trusting in God throughout situations we will keep our peace and our joy. Remember the JOY of the LORD is our strength, satan wants to rob us of our joy. I never forgot that experience I had and it has often come to me when I am talking to someone who is going through a situation that they have asked prayer for.. Oh, by the way I never did get the \$168.00 they owed me, I did call and they said they had taken it for expenses.. I guess it was to pay the man to check my books, but looking back it was a lesson well worth the \$168.00.

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Many of us go through things that bring FEAR into our lives. I have only told you a few stories that personally happened to me, but many have much different stories that could be told. I don’t know what you are going through today but I know that no matter what it is and how scared you are about your situation remember GOD is in the middle of the storm and He will bring you through. Remember when Peter got out of the boat to meet Jesus? Here, read about it in Matthew chapter 14:22-33 (NKJV)

## Jesus Walks on the Sea

22 Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away.

23 And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

24 But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary.

25 Now in the fourth watch of the night Jesus went to them, walking on the sea.

26 And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" ***And they cried out for fear.***

27 But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; ***do not be afraid.***"

28 And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water."

29 So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus.

30 But when he saw that the wind was boisterous, ***he was afraid***; and beginning to sink he cried out, saying, "Lord, save me!"

31 And immediately Jesus stretched out His hand and caught him, and said to him, ***"O you of little faith, why did you doubt?"***

32 And when they got into the boat, the wind ceased.

33 Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God."

Doesn't this story remind you of how we are at times? The disciples looked and saw Jesus walking on the water but didn't believe they were seeing what it actually was and thought it was a ghost. Have you ever seen

anything like that? They cried out in FEAR, have you? Many things happen to us and when fear takes over we do some mighty strange things. Can you imagine these men living with JESUS, walking each day beside our LORD and yet screaming out in FEAR cause they thought it was a ghost.. Wow, that tells me something about fear and how the Spirit of Fear can attack anyone.

Then when Peter got out of the boat, He knew that it was JESUS and yet FEAR set in and he started to panic and began to sink. I guess this all sums up the fact that we have to keep our eyes on JESUS no matter how big the storm is in our life. If we keep our eyes on JESUS, we will not fear because we will have faith that our Lord is with us helping us through anything that may come our way. What a joy to know that Jesus our Lord is with us and is watching over us. So whatever you are going through today remember that you have authority over your situation in the name of JESUS.

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I just thought of another time I had FEAR enter me, I had just gone shopping with my mom. When I went to pick her up and I went into her house and here my dad was sitting with lots of Kleenex and a bucket right beside him as he said he had the flu. My dad was a great man and I loved him so much. I didn't think much of his situation because I thought it was just a slight flu.. I told him I would come back later on that day to see if he was ok. Mom and I went shopping and I dropped her off telling her I would stop back later that day, but when I got home and got the groceries in the phone rang. The neighbor next to my parents told me to get to the hospital as soon as possible as my mom had to take my dad to the Emergency Room. I jumped in the car and as I started out the driveway, FEAR set in and I started to worry. Why did she take him to the hospital with the flu? Did he fall and hurt himself? I had just spoken to him about an hour before and he

seemed to be ok, what had happened? All these crazy thoughts were going through my mind and I could see myself going into a panic wondering what had happened. Now this time I knew that FEAR was not going to set and I had to find out exactly what had happened. I started to pray and ask the Lord to give me peace and just be with my mom and dad. The whole car filled up with the presence of the LORD.. It was like JESUS was sitting right beside me in the passenger seat. It was a feeling that I had never felt before, so much peace and then I heard that small still voice inside saying “He has gone home to be with me” I knew I had heard from God and the peace that flowed that day in the car was so wonderful. I arrived at the hospital, parked the car quickly and went inside. The nurse let me into a room with the Doctor and mom, they were talking like everything was really ok and I questioned what I had heard in the car. Then mom turned to me and said “Anne, dad is gone” My heart was crushed but I knew that God had spoken and that God’s will had been done. Dad had taken a heart attack that took him home to be with JESUS. I took my dad’s death real hard but I always remembered that when fear was present as I got that phone call to go to the hospital, God was also present and with a simple prayer God took over and fear had to leave. We serve a mighty God, a God of power, a God that loves us so much that He takes time out to be with us when we are afraid, no matter what our fear may be.

Life brings us many challenges and many heartaches just like what I had experienced but we have the assurance that God will never leave us and never forsake us. Here is a wonderful scripture ..

Isaiah 41:10 - Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

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A short time ago I met a wonderful lady on Facebook, I found her poetry so intriguing and inspiring. It wasn't long before we became good friends. Since then Ken and Mary have started a Ministry called "Friends In The Night Ministries." See, both Mary and Ken previously had spouses that passed away.

The heartache and fear that they must have felt at the loss of a loved one cannot be imagined unless you have experienced it. Through this though Mary and Ken decided to help others who have had the same loss, the same fear of moving forward alone, and the hope in Jesus Christ for a good future. One most important thing I believe is to tell someone how you feel, reach out to those around you for Prayer and for Support. We need each other and Fear isolates us from others. Mary has many poems that she has written to encourage others, Ken also reaches out with prayer and words of encouragement.



Ken



Mary



~ A Song in the Night ~

~ Ode to Fear ~

You can't have it!  
My love of life,  
My joy in simplicity abounding,  
Carrying me away to crested heights!

My thoughts,  
my innermost beings of hope and perseverance;  
No matter how hard you try to take it all away,  
it shall always remain mine.

Your shadows of doubt may come,  
I'll still see remnants of light;  
Your voice may shrill loud in my ears,  
I'll still hear a song in the night!



~ Mary Bennett ~

"Where, O death, is your victory? Where, O death, is your sting?"

1 Corinthians 15:55



[www.facebook.com/FriendsInTheNightMinistries](http://www.facebook.com/FriendsInTheNightMinistries)

## Friends in the Night Ministries

Dedicated to the education, equipping, and edification of widows/widowers and orphans! Due to many replies, we have expounded our outreach to all who mourn and hurt. To include loss of a child, family member, divorce, basically all who can receive comfort from this page are welcome!

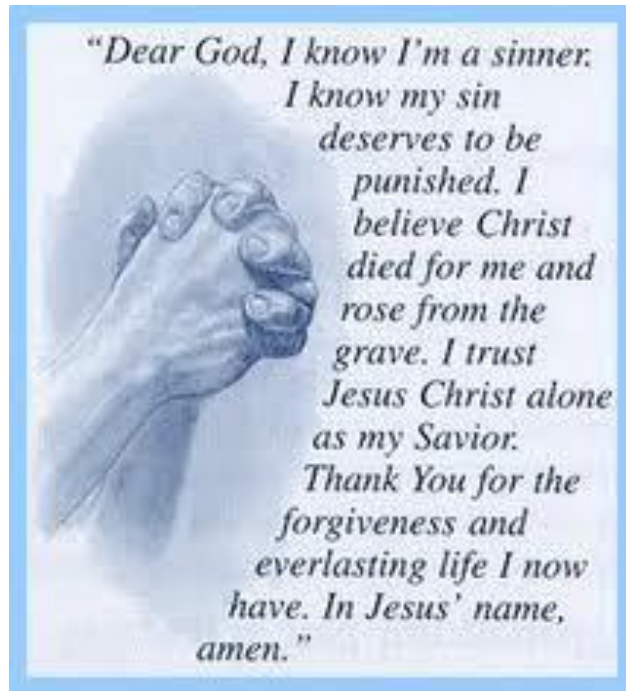
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Finally I want to tell you about a dream I had. I was standing at the Throne of Heaven and God was there, I didn't see His face as there was a mist around him. To the right of me was a stand with a very large book on it and an angel, very tall standing at the book. People were going before God and I noticed that a friend of mine was waiting for his turn to stand before God. He made these little signals and me and whispered.. "See you in Heaven Anne", as he stood there smiling. THEN HIS NAME WAS CALLED.. He walked forward quite confident about what was about to take place. God signaled to the Angel by the book and I watched as the Angel was looking through the book for my friend's name. The Angel just shook his head "NO", then I heard my friend say "But, I was a good man, I never did anything that was wrong, I went to church on Sunday, I was kind to others, I prayed, I loved Jesus, I, I, I, and it went on and then God signaled the Angel to check again. But once again the Angel shook his head "NO" and two angels were summoned. They were so tall and I noticed behind them was two Gates .. One named HELL and the other HEAVEN. These two Angels took the arms of my friend and started taking him towards the gate named "HELL". I was shocked at what was happening and then my friend started screaming at me. "Anne, you were my friend, we did a lot together, we laughed and joked, we went to church, we, we we and then he spoke these words that I will never forget. AND YOU NEVER TOLD ME THAT I HAD TO HAVE MY NAME WRITTEN IN THE BOOK OF LIFE and now I am on my way to HELL". I woke up with tears running down my face and I realized that I had to tell everyone that I meet that if your name is not written in the BOOK OF LIFE you will not enter into Heaven. It doesn't matter how good you are or how many times you go to church. It doesn't matter what denomination you are, or if you have done a lot of good deeds. What matters is that if your name is written in the BOOK OF LIFE and today I am asking you to ask Jesus to come into your life, forgive you of your sins and make you whole once again. Your name will be written in that BOOK and you will be guaranteed eternal life with CHRIST in Heaven.

If you have never given your life to Christ I want to tell you something. You are missing out on something special.. Yes, you sure are. My life is so different now, I have a peace inside of me that I never found with the drugs, men, sex, money, material things or anything that I thought would of brought happiness and peace. JESUS CHRIST is the answer to all of our problems, He is our PEACE. What a joy it is to serve JESUS now, my life is so different because I know that He is with me. I once remember a friend of mine that I had told about coming to the Lord, he laughed at me and said “Anne, I don’t need a crutch like you do”. It was about five years later that I got a call and he was in hospital dying of Aids. I drove down to Manhattan and visited him. It was such a sad thing to see, he was only 25 years old and had his whole life ahead of him and yet here he lay covered in cancer spots and so thin and feeble. He could barely speak when he saw me, see I hadn’t seen him since that time he said he didn’t need a crutch. I looked at him and tears came down his face as he lay there so weak and feeble. Tears flowed from my eyes that day as I loved this guy so much and here he was asking me to pray for him. Eddie died a few days later but he had asked the Lord to come into his life. He became a child of God and I knew I would see him again one day.

If you have never asked Jesus into your heart please give Him a chance in your life. Say this little prayer ...



If you have said this prayer please contact us, we will send you some information that will help you to learn about the Lord and your new life now. Remember you are a child of God, part of the Family of God. We are family now.

Nothing will be impossible to you now that JESUS is in your life. Get a Bible and start to read about who JESUS is and what He has done for you.

The day that I gave my life over to the Lord my life changed. It didn't change overnight but I saw changes take place and I had a peace in my heart that I never had before. You may not think you feel different or you may wonder when your life will change. The more you get the Word into you and the more you pray the more you will see changes and then one day just like me you will look back and see that what has happened to you is not who you are today. You are a new creation. Old things are passed away.

Life will be so different for you now if you really want to have it that way. Each time you feel FEAR coming back take your stand and fight the feelings of rejection, discouragement, depression and start to praise the Lord for what He has done and what He is going to do in your life. Remember that He is now in control of everything you do, just let Him take over and see what happens. I would hope that you would write to me and tell me some

of the experiences that you have had in your life. We will rejoice with you that you now serve the Lord and we will be praying for you each day.

I have added a few scriptures that speak on fear. I know they will encourage you as you study them. May God richly bless you as you are now walking with your head up and fighting the spiritual battle that we are to fight. Remember the battle is not ours it is the Lords and He will fight for us if we are willing to let him.

### Scriptures to Study and Memorize

#### 2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind

#### 1 John 4:18

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

#### Revelation 2:10

Do not fear any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that you may be tested, and you will have tribulation ten days. Be faithful until death, and I will give you the crown of life.

Psalms 56:3-4 - What time I am afraid, I will trust in thee.

Philippians 4:13 - I can do all things through Christ which strengtheneth me.

Psalms 18:2 - The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

Philippians 4:6 - Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

Hebrews 13:6 - So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

Proverbs 3:5-7 - Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Joshua 1:9 - Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Luke 1:37 - For with God nothing shall be impossible.

Psalms 23:4 - Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psalms 37:1-40 - ([A Psalm] of David.) Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.

Psalms 16:8 - I have set the LORD always before me: because He is at my right hand, I shall not be moved.

Proverbs 16:3 - Commit thy works unto the LORD, and thy thoughts shall be established.

Proverbs 14:27 - The fear of the LORD is a fountain of life, to depart from the snares of death.

John 14:27 - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Matthew 10:26-33 - Fear them not therefore: for there is nothing covered, that shall not be revealed; and hid, that shall not be known.

Philippians 4:7 - And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Proverbs 23:17-18 - Let not thine heart envy sinners: but [be thou] in the fear of the LORD all the day long.

Psalms 91:4 - He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Psalms 27:1 - ([A Psalm] of David.) The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

Deuteronomy 1:17 - Ye shall not respect persons in judgment; but ye shall hear the small as well as the great; ye shall not be afraid of the face of man; for the judgment is God's: and the cause that is too hard for you, bring it unto me, and I will hear it.

Jeremiah 29:11 - For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Proverbs 19:23 - The fear of the LORD tendeth to life: and he that hath it] shall abide satisfied; he shall not be visited with evil.

Deuteronomy 31:6 - Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

Isaiah 43:1-3 - But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.

1 John 4:4 - Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

Psalms 111:10 - The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: His praise endureth forever.

Psalms 34:6 - This poor man cried, and the LORD heard him, and saved him out of all his troubles.

1 Peter 2:17 - Honour all men. Love the brotherhood. Fear God. Honor the king.

John 3:16 - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

2 Corinthians 5:17 - Therefore if any man be in Christ, [he is] a new creature: old things are passed away; behold, all things are become new.

Revelation 1:17 - And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last:



Romans 10:17 - So then faith cometh by hearing, and hearing by the word of God.

John 16:33 - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Deuteronomy 1:29 - Then I said unto you, Dread not, neither be afraid of them.

Proverbs 28:1 - The wicked flee when no man pursueth: but the righteous are bold as a lion.

Proverbs 1:7 - The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.

Psalms 46:1 God [is] our refuge and strength, a very present help in trouble.

1 Chronicles 22:13 - Then shalt thou prosper, if thou takest heed to fulfil the statutes and judgments which the LORD charged Moses with concerning Israel: be strong, and of good courage; dread not, nor be dismayed.

2 Kings 25:24 - And Gedaliah sware to them, and to their men, and said unto them, Fear not to be the servants of the Chaldees: dwell in the land, and serve the king of Babylon; and it shall be well with you.

Deuteronomy 20:1 - When thou goest out to battle against thine enemies, and seest horses, and chariots, and a people more than thou, be not afraid of them: for the LORD thy God [is] with thee, which brought thee up out of the land of Egypt.

Philippians 1:28 - And in nothing terrified by your adversaries: which is to them an evident token of perdition, but to you of salvation, and that of God.

1 Corinthians 16:13 - Watch ye, stand fast in the faith, quit you like men, be strong.

Romans 15:13 - Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Romans 6:16 - Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

Mark 5:36 - As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe.

Psalms 55:22 - Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalms 27:1-14 - ([A Psalm] of David.) The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

1 Chronicles 28:20 - And David said to Solomon his son, Be strong and of good courage, and do it: fear not, nor be dismayed: for the LORD God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.

Deuteronomy 1:29 Then I said unto you, Dread not, neither be afraid of them.



Anne Skinner is the Author of this book and has written a few of her experiences regarding FEAR.

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Jesus can set you free from anything, I am proof of that...

God Bless you... Anne



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