

Break the Bondage of *Fear*

Deliverance and Freedom for the Captives

Includes his original work, read and watched by over a million



by Rev Thomas Holm

Break the Bondage of Fear by Rev Thomas Holm

Solid Christian Biblical teachings on how to break free from fear!

A guide on how to identify and finally be free of the fear that is causing your anxiety and heartache.

Christians from all over the world are pleading for answers.

“Pastor, help me? I am so anxious that I haven’t slept for weeks.....”

“Pastor, the world seems like it is out of control and I’m scared to death. What can we do to go another day?”

Pastor, I don’t know what is wrong with me, it seems like I am getting fearful of so much that is going on around me. Am I over loaded and ready to lose it.”

“Pastor Thomas, I have been hiding in my home for months now, fearful about everything. Is there something I can do?”

Has Fear entered your life and causing you problems that seem out of your control or simply holding you back from enjoying your life?

If so, “Break the Bondage of Fear” may be just what you are looking for.”

This book is a complete guide on how every Christian can overcome and be victorious over all the fear in your life.

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Contents

Introduction 4

Chapter 1 Are you a slave to fear? 9

Chapter 2 The pain killer remedy to fear. Big Pharma treating Fear. 14

Chapter 3 How can we know what fears are putting us into bondage? 17

Chapter 4 God is our protector! We need not fear 23

Chapter 5 Obtaining the power to overcome all fear! 26

Chapter 6 Do you believe that God can and will, if you ask? 29

Chapter 7 Deliverance and Freedom from All Fears ..... **Error! Bookmark not defined.**

Chapter 8 Living Free of the Bondage of Fear. ..... **Error! Bookmark not defined.**

Chapter 9 Jesus Christ has absolute authority over all creation..... **Error! Bookmark not defined.**

Chapter 10 How and Why to Plead the Blood of Jesus Prayer ..... **Error! Bookmark not defined.**

Chapter 11 Pleading the Blood of Jesus! A Warfare Prayer of Protection..... **Error! Bookmark not defined.**

Reflections from the author ..... **Error! Bookmark not defined.**

Addendum A- List of Fears..... **Error! Bookmark not defined.**

About the Author- Rev Thomas Holm..... **Error! Bookmark not defined.**

Introduction

Are you sometimes overwhelmed by fear and anxiety?

Do you have Fears that keep you from living free and enjoying life?

Are you fearful about what is happening in the world around you?

Are you ever held back in life, prevented from participating in activities, because you are scared or overwhelmed with anxiety?

Do you have the kind of fears that can paralyze and prevent you from going out? Sometimes? Often?

Do your Fears keep you from meeting new people and making friends?

If you do, I have good news for you. You need not live that way.

You need not let fear control and limit your life any longer. Starting today you can get unto the path of becoming free.

Free of all Fear!

The Bible tells to "Do not Fear"! If God says we should not fear, Christians should be able to follow His commands, right? God would never tell us to do something that was unrealistic or impossible.

The Word explicitly states that we are not to fear in verses such as:

Matthew 14:27 But immediately Jesus spoke to them, saying, Be of good cheer, I AM! Do not fear.

Matthew 10:26 Therefore do not fear them, for there is nothing covered that shall not be revealed, and nothing hidden which shall not be known.

Luke 1:30 And the angel said to her, Do not fear, Mary, for you have found favor with God.

If this is God's will and command for us, why are so many Christians fearful and suffering from anxiety?

The bible clearly tells us how to live a life free of fear. Breaking the Bondage of Fear was written to help you discover the truths contained in the Word and how you can apply them to your life and truly live free of fear.

The body of Christ is suffering from a lack of solid bible teaching and the truth that lies therein.

Please believe me when I tell you that there is a solution.

The original teaching contained in this book has been read or seen by over a million people. The original teaching has been greatly updated and expanded for this book.

The teachings contained here, will explain that there is a solution and that you can become free of much of the anxiety in your life. Free of the soul binding fears that are causing it. Yes...You can become free and put your fears behind you.

There is hope. You don't have to feel powerless over your fears any longer. Regardless of how long you have been living with them or how paralyzing they are in your life.

Starting today you can begin a process that will Break the Bondage that any Fear is causing.

I want to assure you from the beginning that you are not alone. There are many people who are in similar situations and have similar feelings. You don't have to feel alone and isolated when trying to face and conquer your fears. Although I know it can be hard to imagine that someone else could be dealing with the same anxieties and fears you are trying to overcome. Fear has a way of making itself very personal. Doesn't it? Personal to the point where many of us keep them as secrets, because "no one would understand" or "It would sound silly or even sick if anyone knew the truth about them."

Do you have secrets about your fears that keep you from being honest and able to address and conquer them? Do you have a secret about why you always have to do certain tasks or activities in a particular way? Do you have secrets about why you never go out and join certain activities? Do you have a secret about why you feel like you must always be in control of other people, places or situations in your life?

Do you mostly keep your fears a secret?

Have you ever had to tell a lie so no one would find out about that secret? Have you ever lied to family members or loved ones to protect your secrets?

Fear and all the anxiety caused by fear are hard to live with. When coupled with guilt, shame and maybe a resentment or two, it can become totally overwhelming. And onto the merry-go-round of living a life controlled by fear we go.

We all react to fear in different ways. These reactions disrupt our lives and can cause us all types of problems. Reactions like isolation, being unfriendly to others, becoming over bearing, angry or hostile, being paralyzed from making a decision and for many of us we can become very unsociable.

This isn't a fun way to live, is it? It is hard to find joy when so much of your life is spent in fear, guilt and maybe shame. It can creep into so many parts of our life and influence our activities and stymie our relationships. So many of us end up living our life alone and lonely, even when surrounded by friends and family.

Some of us are so distraught by fear that we are literally prisoners within our own home. Fear has become the master and we have become its slave. Fear runs our life and may keep us trapped in the only place of safety we know. At home- Alone, with the doors locked and the curtains closed.

If this is you, you are about to discover that there is an answer. If you are willing to change some of your thinking and open to a free solution, you will find the answer here. If you are willing to implement the solution you can become free. If you aren't, you just wasted a couple of bucks and you will probably just consider this another interesting self-help book that gets tossed unto a pile of them when you are done with it.

This book was written for those people who are sick and tired of living a life full of fear and are willing to make a decision to do something, anything to break the curse and become free.

Are you willing? Can you open your mind to some new ways of thinking?

Do you truly want to be free of the fear that has overtaken your life? Let me ask you in another way. If you were given a choice of a $50000 gift certificate to the store of your choice or a plan, with instructions you had to follow, that promised you a tested plan or way of becoming free from your fears, which would you choose?

Think about that for a moment, a gift certificate for 50 thousand dollars versus a chance at freedom from the Bondage of Fear. Be honest here. Because if you would choose the cash, what this book is going to teach you WILL NOT WORK. You have to be willing to take some action. You need to be willing to let the chains of your bondage be broken.

You need to be willing to do a little work! Willing to make some changes! Not shovel dirt type of work, but internal, soul searching type of work. Can you be honest with yourself?

Are you willing? Can you be honest? If you are, you are ready to start. It's time to get into action and Break the Bondage of your Fear!

In order to start our journey down the path of getting free from the fear that has enslaved you, we need to come together on a few simple definitions, so we can communicate with each other.

We will be addressing three basic types of fear.

There is God given healthy fear. Healthy fear is the fear that God has given us that alerts us and gets us into action when there is a real danger in front of us. It is the type

of fear that gives us a rush of adrenaline when a semi-truck is driving out of control and headed our way. It is what motivates us to get off the railroad track crossing when a train is barreling down the tracks. It is the reaction we have in our nature when a child gets too close to a pool, without supervision and a life jacket. These are healthy fears and we all welcome those God given reactions. These are good fears and we can all be thank-you for them.

Then there are all the fears that we can create in our minds. They are imaginary fears and do not exist. They are our own creations and we will be dealing with those also. Like the fear of entering a dark room or the fear of heights.

Then there are the unhealthy fears. The fears caused by the people, places and situations that we have experienced in our lives. Unhealthy fears are caused by negative teachings and experiences, like the lack of being protected as a child or poor parenting skills and the lack of love and guidance. These types of fears have been acquired or learned.

They include fears like not being loved, abandonment or a fear of rejection by other people, including the fear of the unknown. You may be afraid of leaving your place of safety which, for many of us, is our home. Anxiety may ensnare you at the thought of speaking in public or of losing your husband, wife or income. Many of our fears are concerns for our personal safety, security and our wellbeing and that of our loved ones.

Many fears are simply societal experiences and there can be plenty of them. I have included a list of some of these fears as an addendum at the back of this book.

There are hundreds of fears that we can acquire and that can be soul binding. It is these fears that this book was written to specifically address and I assure you that if you are one of those who is suffering from the bondage that unhealthy fear can put us under, there is a solution for you in these pages.

When one or more unhealthy fears are controlling our decisions and our life, we are slaves to a very cruel master. A master that doesn't have our best interest in mind. Healthy fear works to our benefit. Unhealthy fear is always a hindrance and a spirit killer.

Being in Bondage to fear can prevent us from being humble and honest with ourselves. It can keep us from admitting to ourselves that we are in need of God's help and can prevent us from discovering a personal relationship with the one true living God.

On a purely human level, being in bondage to fear can prevent a person from simply apologizing to someone when they have done something wrong. Fear can cause a person to hide from the simplest problems in life. Fear can become the great task master of our life and put us under bondage.

Unhealthy, unbridled fear can turn some of us into slaves. (Yes, even you!)

Totally imagined fears are also very unhealthy and sometimes need a doctor's care. If you have been diagnosed with severe neurosis or schizophrenia I strongly encourage you to seek a trusted friend or a professional to help you decide if you should continue with this teaching. Pray for guidance and seek advice.

Chapter 1 Are you a slave to fear?

Do you feel like you are living in Bondage?

If Fear controls or influences significant parts of your life, you are in bondage to your fear. If your fears are in control of some or all of your decisions, it is your master. If fear becomes your master, you have become a slave to it. Is this you? Let's find out.

Once again, are you in bondage to fear and thus a slave?

What is "bondage to fear"? How does one become a slave to fear?

Am I in Bondage to Fear?



We aren't talking about rope burns here.

Let's try to make some sense of it and discover if you fit into our definition and are in Bondage to Fear.

According to the Merriam Webster Dictionary,

Bondage is:

1: the tenure or service of A SERF or A SLAVE

(One is in Bondage as long as they are a slave, a slave to some thing or someone other than God)

A further understanding of Bondage is that Bondage is the state of "being bound by a compulsion or emotion--- that is out of ones control."

In other words, we are in slavery or bondage when a compulsion or emotion controls or severely influences our lives.

The definition of bondage continues:

2: Being in Bondage is, as in:

A: CAPTIVITY

A biblical example of people being in captivity or in bondage would be the Israelites when they were captives in Egypt, and then again when they were slaves, under the control of Babylon for those hundreds of years.

They were captives and slaves of a powerful enemy.

By their own power they could not break the bondage of their masters and rulers.

B: servitude or subjugation to a controlling person or force

I.e. people in bondage to an emotion like fear or drugs or alcohol, gambling, or abusive relationships. Or being bound to a person or compulsion that is out of your control. Does the fear controlling you feel like an addiction? You may desire with all your heart to be free of it, but it keeps you enslaved.

Bondage is slavery to people, places, things, emotions and pleasures of the world.

Bondage or slavery to fear can block a person from finding the Lord and keep us in Bondage to something sinister and life ruining like drugs, alcoholism, or mood altering medicines. In order for a person to become free of their addiction, one needs to be free of the controlling bondage of Fear. We know that only Jesus Christ is powerful enough to totally break the Bondages that hold us back, in our life.

Let's see what the Word of God says about Bondage to Fear. Let's discover God's truth that has been given to us through the Holy Bible. It is very instructive.

Romans 8:15 For you have not received the spirit of bondage again to fear, but you have received the Spirit of adoption by which we cry, Abba, Father!

In other words, when we become saved and receive the Holy Spirit, that Spirit doesn't make us slaves who are afraid of Him. Instead, we become his children and call Him our Father. Not just being knowledgeable of God and all His ways, but in submission to Him and thus obedient and under His covering and protection.

In Romans 8:15 we learn that the spirit of bondage is the spirit that binds us in fear. It is the spirit of a slave. God is not the source of enslaving fear.

Do you truly believe that God loves you?

Do you truly believe that God wants you to be free of fear? Free of all man made, un-godly fear?

If you believe God loves you and does not want you to live a life bound in the spirit of fear, do you believe He can move your mountain of fear and set you free?

Do you believe He is strong enough to free you, the captive? To free you the slave?

If your answer is yes, you already hold one of the keys to being set free.

Here is a promise from me and millions of tested, trial by fire, born again Christians. Only He is strong enough to move the biggest mountains out of your life. God can and will, when He is asked. There is no other god that can do that and for sure a “higher power” would be totally impotent.

That is a promise and God does not lie.

If God makes this promise to all His kids, then why do so many suffer from bondages like fear? Why are you reading this and seeking for an answer. The only three explanations I can come up with are either that one doesn’t honestly believe that God can, we haven’t been taught the truth or that somehow we make an exception of ourselves. The old “that may work for the other guy but God would never do that for me” excuse.

Unfortunately, so many of us have been taught to believe in an impersonal God that doesn’t bother Himself with such personal matters.

If that is your feeling or answer, listen to what you are telling yourself? You have fallen into the trap that society puts so many of us into. It convinces us that God isn’t really real and that for sure He isn’t a true and living God that cares about people in a very personal way.

John 3:16 For God so loved the world that He gave His only-begotten Son, that whoever believes in Him should not perish but have everlasting life.

It is so sad how many members of the Christian community believe that God is either punitive and that His love is arbitrary or just impersonal and that He doesn’t get involved with our daily lives. If you fall into one of those categories, I beg you to keep reading. You will be in for a great eye and mind opening experience.

Fear isn’t a thing or substance. Fear isn’t tangible. We can’t pick it up and move it. We can’t throw it out of the house when we don’t want it around. It is spiritual. Yes, fear is a spiritual manifestation that can become a controlling spirit in our lives. If present, it can go with us where ever we may go and is always there. Somewhere!

Understanding and acting on God given fears gives us protection and safety. When healthy fears are in the proper proportions in our life they help us to live free. They are healthy for us. They don’t turn us into slaves. Staying indoors during a lightning storm protects you and the freedom to live another day. A very good reaction, don’t you think?

Yes, Godly fear motivates us into action. Worldly, un-natural fear and obsessive fear enslaves us. The Lord does not want any of His children to live as slaves. At the heart of God is His desire for us to live in true, righteous liberty and love.

John 8:34 Jesus answered them, Truly, truly, I say to you, Whoever practices sin is the slave of sin.

John 8:35 And the slave does not abide in the house forever, but the Son abides forever.

John 8:36 Therefore if the Son shall make you free, you shall be free indeed.

Can you see the correlation between being a slave to fear and a slave to sin? I'm not suggesting that all fear is sin, because it isn't. But the common denominator that they share is that neither can be totally rectified without powerful, spiritual intervention. So often, when one is confronted with the dilemma of having to change something significant in their life, it can seem almost overwhelming. That is without the help of something or someone, who is much more powerful than us.

If a person is in Bondage to Fear, for example, they can be paralyzed in their thinking and stuck in a very terrifying world. If they are in Bondage to a sin they are trapped or a slave to it also. They may be unable to change on their own and for sure, they are self-limiting the extent of which God will work through them, while they are enslaved and trapped to their thinking and their actions. Until their Bondage is broken, they will not be able to get free of un-Godly habits or behaviors.

God says – Do Not Fear! He tells us that often. You want the fears in your life to go away. I'm sure you don't enjoy it when the fear in your life dictates how you live and controls and limits so much of your thoughts, emotions and activities.

Break the Bondage of Fear by putting your faith and thus your trust in Jesus Christ. He will do for you what you cannot do for yourself.

Only He has the supernatural power to take away your fears and we are going to prove that to you.

God says – Do Not Fear! Fear separates us from God. Do you feel separated?

Let's discover how together.

Here are a few questions you can answer to discover more about your fears.

This is simply for your own self-discovery.

This inventory is about how you feel and react to people, places and situations. It hasn't been approved by any government agency or professional association. But I believe you will find it very revealing. You need not try and identify exactly what fears you are dealing with when answering the following questions. We will get there soon enough. Just be honest with yourself.

- Do you avoid family or group activities because of your fears? Yes or No
- Do you isolate yourself at home or at work, avoiding other people or activities?
- Do you regularly not participate in an enjoyable activity because you are fearful?

- Does a fear about a person, place or situation influence your decisions, on a regular basis?
- Do you try to solve your own problems, because you don't have the trust to share them with others?
- Do you dream about your fears or have repetitive fearful dreams?
- Do your fears severely interfere with or influence any of your personal relationships?
- Do you react in a hostile or in an overly aggressive way when confronted with a fearful situation or person?

If you answered yes to any of the above questions, you more than likely are in bondage to fear and I ask that you take these teachings seriously. You, especially you, can now become free!

You can do this. God didn't make us to be in Bondage.

Chapter 2 The pain killer remedy to fear. Big Pharma treating Fear.

For most of us pain is our greatest fear. Pain such as physical, mental, emotional, or spiritual pain, is ultimately what we are trying to escape when fear takes over. Societies answer to our pain is often taking a pill or an adult beverage. Many of us are given medicine to treat or cover up the pain, not necessarily what is the cause of the pain. And as a result we have a society where, some say 30%, are on pain and mood altering addicting drugs.



That is a terrible commentary of our culture and there are so many lives being hurt and destroyed because of this phenomenon.

Isn't it better to address the cause of all this physical, emotional, mental or spiritual pain, instead of just getting a prescription for it? And there lies our quandary. It's the old, which came first question, the chicken or the egg. Do you treat the pain first or the cause.

Ethically I must advise you to always keep your doctor advised of what is going on, medically in your life. Let them give you advice on the severity of your problems and whether they believe that medicine is necessary. There are medical, cellular conditions that God made medicines for and I never advise not cooperating with the advice of your doctor concerning these conditions. But taking medicine because you are fearful?

One needs to have a heart to heart discussion with a good doctor about your pain management if you are taking meds. Some anxiety conditions should have medical treatment. But please don't allow that to be your only solution. There very possibly is an answer to your fears and anxiety that you are going to be able to address and then not need the medicine any more.

Here is my legal disclaimer for this book: "Seek God for all things and see your doctor for his advice and recommendations. Then let the Holy Spirit guide you into action."

Fear is one of the strongest emotions, we as human beings respond too. It is also one of the prime reasons people go to the doctor and psychiatrist for help. There is not much that can motivate us more than fear. Fear can push us beyond our normal abilities and provide us almost super human strength. Fear can cripple and render us ineffective.

Our attempts to escape fear can lead us into making decisions that we believe to be more pain free and a smoother road to travel. It can lead in the direction of finding a way to feel like we are in control.



So often we start depending on something outside of our self to cope with the events of life's problems as they unfold and the pains that we receive,

Sometimes our fear is that we may not be able to handle life without the aid of drugs (legal and illegal), alcohol, or whatever it is that we have used to dull the pain and help us to escape reality. Many of us have become quite dependent on them. They can become the daily crutch we use to get us through the day. We can become such good friends with our "pain killer" that we would be lost without it.

Sometimes the use of these chemicals can become such a habitual part of our life that our bodies start to physically crave them. Chemical changes in our bodies occur that can tell us every day how badly we need these substances. If a person's use of these "pain killers" or emotional uppers becomes centered on "feeling good", instead on "pain relief", then our use of these drugs may have given us a physical addiction problem. I encourage you to seek out a medical professional, to help you determine if you are in this situation.

Do you have any idea how much money the pharmaceutical industry (that's the drug companies), makes selling these antidotes for our fears? It is in the billions of dollars. They and the FDA have no motivation to try and help people like yourself get rid of your fear. To them and this is a sad commentary, selling the treatment for your fear in the form of a prescription, is so profitable that they, I believe, actually support entertainment programs that instill fear into people's lives. Isn't that sad and sick?

To many of us, the thought of a life without these drugs can be frightening.

It is a scary thing to face life alone after years of looking to something to get us through and give us aid and comfort.

The fact of the matter is that we can pass through that doorway into a life free from the bondage of addiction, but our fear must be addressed. Much drug use can be traced directly back to ones need to try and cope with the fear in one's life.

Let us turn to the Bible and God's promises to us.

After all, we should have been able to admit by now that we cannot do this alone and that we need God's help. All of us need the type of supernatural help, at times, that only God can provide.

But we need not fear a solution. When we turn to Him for help, He tells us not to be afraid. He speaks to us with truths such as:

Luke 12.4-5 “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear Him”.

There’s the proper priority, fear and respect God, not man. Fear God, not your situation.

That alone may not make it any less fearful, but it should make it more hopeful. Just because something may be difficult does not mean that it is impossible.

To leave behind a life of bondage to fear and pills or booze is a goal well worth attaining and it can be done as it has been done by millions before you. You aren’t alone in this journey. Although, I do understand that it probably feels like it.

We need support to help us deal with fear, to give us the hope we need to carry on from day to day. If you have an addiction problem in your life, I promise you that there is a solution. You can once and for all get off the never ending circle of pain and defeat. The daily cycle of trying to face your fears and using your crutch to survive the day can be broken. The cycle of using your chemical of choice or your habitual diversion, like gambling, to escape your fears can be stopped. You can cut off the addiction cycle, which in turn produces more fears, which then requires more “pain killing”. And on and on it goes, day after day, after day, after day! Yes, I promise you. There is a solution and many before you have found it. It may be a journey instead of an event, but it will be a most worthwhile and rewarding one.

What you will discover is that you had become a slave to many masters and each of them can be dispelled from your life.

The good news is that there is a non-chemical solution available. And you are not the exception from it. You are not unique with this problem. It will all start with you reaching out and asking for help. Please don’t exclude yourself from the healing powers and blessings that God has in store for you.

If you make a decision, you can start becoming free today. The cycle of fear and using can be broken. If you will open your heart and mind, Jesus has given us everything we will need to overcome this bondage. He can be the answer to your dilemma.

I encourage you to please keep reading. In the next chapter we are going to dig in and start discovering exactly what’s causing your turmoil and anxiety.

Let’s move on to evicting the soul binding fears that are enslaving you.

Chapter 3 How can we know what fears are putting us into bondage?



Do you have one primary Fear in your life? Or are you like so many of us and deal with a plethora of fears? (that is a rash of them)

Have you made a commitment to yourself to get serious and try to address these seemingly overwhelming problems? If not, why not? If so, congratulations! But where do we start?

How can we know how to figure all this out? Fear can be a deep and confusing issue. How do we go about untangling what the causes of the fear in our lives are?

For some of us it is fairly easy. We can identify the person, place or situation that causes us to be overwhelmed by fear. It is easier to get focused on the problem when there is just one incident or just a few people or situations, from our past, that stirs up a fear that put us into bondage.

We may have had an encounter with a drunk uncle as a child, that scared or hurt us so badly that we have had nightmares about him ever since. You may have been the victim of a violent attack that rears up in your mind every time you drive by the location where it happened or think about it. Or you may have seen a scary movie that still brings fearful memories into your mind. There are hundreds of known fears that can bind us and cause crippling anxiety.

Our goal is to untangle these stuffed away fears from our memories and address them in such a way that they may no longer be a haunting problem in our life.

The Word of God tells us to EXAMINE our self. Examine our self and identify the areas in our life where we are separated from God. Fear can only manifest within us when we are separated from Him. Once fear or the spirit of fear is allowed in, it will further separate us from God. It can become a never ending cycle. Through self-examination we can uncover our weaknesses and our fears. The Word tells us to examine ourselves and find out where we fall short of His perfect will for us. It specifically gives us instruction to examine whether or not we are living and thus trusting in our faith in God.

2Co 13:5 Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? MKJV

The CEV states it this way.

2Co 13:5 Test yourselves and find out if you really are true to your faith. If you pass the test, you will discover that Christ is living in you. But if Christ isn't living in you, you have failed.

Yes, examine or test one self. Test yourself in a very deep and prayerful examination. Now is the time to take an honest inventory. Compare your thoughts, actions and your memories, to the perfect will of God for you.

When we ask the Lord in prayer, He will reveal to us the truth. The Holy Spirit is the spirit of truth. He'll always be honest with us. We need to be honest with Him also. And there isn't much point in trying to hide something from God. He knows all already. The honesty part is for our benefit, not His.

When you do an examination or self-inventory, you will be revealing the areas in your life where you are not trusting in the Lord for your protection and safe keeping. You will reveal to yourself the areas where you are operating outside of God's protection and strength.

Later, in this chapter you are provided with a self-examination form that will help you to identify and sort out your fears.

Make a list of what fears you are a slave to!

Now we are going to get serious and address your fears directly. It is time to put our learning's and new found power into action. We are going to identify each of your fears and put together an action plan to eliminate the fears that are putting you into Bondage. I am going to ask you to take a fear inventory and write your fears down on paper or onto the following form. If your reader permits or you are reading a pdf you will be able to write your answers directly onto the form. If you can't, just copy the form unto a piece of paper. It is short and won't take much time.

Let's slow down right here for a moment. The inventory you are about to take is very important. It is essential that you be honest with yourself, so that you can be honest with God when you are ready to call on Him. Take some time when filling out the inventory form. Take stock of your life just as a business needs to take inventory each year to determine how healthy it is operating. We write down exactly how it is, not how we would like it to be.

Let us call on our Father in Heaven for some help with this.

Just put this into your own words.

In Jesus name we humble ourselves and ask for help.

In prayer we ask that He help us to be honest with ourselves and with Him. We admit to Him that we cannot do this by ourselves. We need His guidance and wisdom.



We admit that we aren't powerful enough and that only He is. We repent of our sins and any part we have had in bringing the spirit of fear into our life.

Ask Him to guide you, to protect you from old memories that are hurtful and to use this inventory for His heavenly purposes.

We ask for the strength to be willing.

Tell Him thank-you from the bottom of your heart.

Amen!

Just relax now. The Lord is going to walk you through this. He is strong, when we are weak. If you have a trusted friend that you want with you when you work on the following assessment form, feel free to invite them. Many of us do not feel strong enough to tackle this alone. Just be careful whom you invite. We are going to go deep here. And God is now with you to give you strength and to help and guide you.

Let us now go to the provided self-examination form. It would be a good idea to reprint it outside of your book reader, if you can.

Get yourself a cup of coffee or your favorite beverage and a pen.

In the first column of the inventory form:

List all of your fears. List them one fear at a time down the left column. Fear #1, Fear #2, etc. Don't worry about in what order they are in. As you think about them just write them down. This may seem difficult at first, but my experience is that once you start writing they will be flowing out. Don't get up tight about trying to remember all of them at one time either. You can take as long as you need to make a full list. They are your fears and all you are doing is putting a name on them and writing them down. Nothing threatening here, One word of caution. If this process starts provoking any uncontrollable emotions or violent thoughts, please stop at once and call on a Christian friend to be with you or a trained professional. You can choose to set it aside for a day at any time. You aren't being timed or graded.

In the second column

Write a short explanation of what causes that fear. Was this fear the result of a person, place or situation? Write down why you believe you get fearful if you can. You don't have to write a book about each, just a note to remind yourself.

In the third column

Is there is some change you can make in your life that would eliminate the cause of the fear, write it down here. Is there something within your power that can be changed?

Is there something you do, think or say that helps bring up this fear? This includes asking yourself if your own selfishness and self-centeredness is involved.

Is the fear imagined or real?

Try to determine if this is a healthy God given fear. All fears are not bad. Some are natural and we have them for our own safety or the health and safety of others. Is this fear real? Is there something you can do or change that will eliminate it?

In the fourth column.

Do we need God, the Almighty and Powerful One, to intercede and remove our fear? Answer--Yes or I don't think so or at least not yet.

In the following chapters we will be giving you the information and help to ask God to intervene. You can come back to this questionnaire when we address it in prayer and Deliverance.

Do you need help letting go of this fear and praying for the breaking of the Bondage to it? If you do, whom should you ask? Do you have a trusted friend? A pastor?

Honesty avails us everything. Honesty will help bring you to a freedom you may not have experienced for a very long time.

FEAR AND ACTION INVENTORY

Column 1 Identify your fear and give it a name here.	Column 2 Write a short explanation of why you have that fear. Is it a positive or healthy fear or a negative fear that helps put you in Bondage?	Column 3 Is there some change you can and need to make in your life that would eliminate the cause of the fear. How am I contributing to the fear? Is it imagined? Or, Is it a God given fear to be appreciated?	Column 4 Do we need God, the Almighty One, to intercede and remove your fear? Y or N Do I need help letting go of this fear and praying for the breaking of the Bondage to it? Yes or No If yes, have I set up a time? Yes or No
Fear #1			
Fear #2			
Fear #3			
Fear #4			
Fear #5			
Fear #6			
etc			

Keep this form after you have filled it out. We aren't done with it yet. Your answers to this form will serve as your guide when we "Break the Bondage of your Fears". Please don't be alone if this is overly difficult. This isn't a test and you don't have to show anyone.

It is also perfectly OK to set your Fear form aside for hours or even days, if needed. We aren't in a race here. But we are on a mission. You are doing something that is going to be productive. Don't make it so it hurts. If you want to you don't have to use real person's names or the real names of places. And the name you give to the person, place or situation is totally up to you. Just give it a label of some kind. Remember God is protecting you and guiding you. He will not let you down.

When discerning what fears are from God, versus what fears are caused by the Devil and his demons, one test we can use is 1 John 1: 1-4.

1John 4:1 Beloved, do not believe every spirit, but try (test) the spirits to see if they are of God, because many false prophets have gone out into the world.
1John 4:2 By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is of God;
1John 4:3 and every spirit that does not confess that Jesus Christ has come in the flesh is not of God. And this is the antichrist you heard is coming, and even now is already in the world.
1John 4:4 You are of God, little children, and you have overcome them, because He who is in you is greater than he who is in the world.

Testing for the spirit of truth or error is also called discernment. No fear that puts you into Bondage is from God. We ask the Father in prayer to speak to us and reveal what His will and wisdom is concerning our fear and for the willingness to hear His voice.

When we examine our list, **if** the person, place, situation, thoughts or words are not godly, it is not of God and He will confirm that. The spirit of truth always reveals and separates evil from good.

Lastly, if you are involved in counseling or a twelve step program and have identified your fears already, just use those notes to fill in the inventory. You don't have to dredge up all those bad feelings another time.

"Jesus, thank-you for your guidance, mercy, gentleness and love. I love you. Please protect and comfort me. Amen.

Chapter 4 God is our protector! We need not fear

Do you believe that God cares enough about you to perform a miracle?

He loves you. Some days it may not feel like it, but His love is always there. It is us that get off the path. He is always there waiting for us to come to Him. And I guarantee you...you are not an exception and He will always welcome you.

Let's take a moment and read what the Word of God says about His abilities to protect us and keep us safe. This important lesson is in Psalm 91 of the Old Testament. Slow down here please and read one verse at a time, along with the notes. Or read each verse and commentary twice. Meditate on each thought and let the Lord minister truths to you.

Father God, I need you now. I surrender to your ways. I desire to be taught your truths. Please minister to me Lord as I try to let your Word and promises come into my soul. I want to believe that you can help me so badly. Please help me Lord! I ask this in the name of Jesus Christ. Amen.

*Study and meditate on the following Psalm, th*e Psalm of Protection! The Psalm of Refuge! The Psalm of Strength!

We need not fear. God is our protector.

There are three speakers in this Psalm. First we hear from a group of people. Secondly, the Psalmist speaks. Thirdly, from God Himself.

Verse 1 He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

All of us who live and TRUST in God each day with An Enduring Faith will be under His protection. There is a place where you and I can live at peace in Christ Jesus. A place of glorious safety, a place of glorious peace and joy. A place that is absent of fear. A place where we can always go to experience God's power and God's protection.

2 I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust."

I will declare each day that He is God and that I need Him. Without His strength I can do nothing to conquer my fears.

3 Surely He will deliver you from the snare of the fowler and from the perilous pestilence.

You are my safe place Lord, a strong, defended place. We can truly trust You- the One true living God. You God will save me from the hidden traps of Satan, that await me and the new illnesses that are coming upon the people. Only you can take away my fears.

4 He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

He will cover you like a mother bird protects her young. You will be safe under His “wings”. God will do what he promised. Put on the armor of God. Pick up the truth and your shield of faith, which the Psalmist calls the buckler. The full armor of God was present in the Old Testament, too.

5 You shall not be afraid of the terror by night, Nor of the arrow that flies by day,

Do not be afraid of the bad spirits of the night. Or the words shot at you during the day. Or the illnesses that sweep the land. Or any of the people, places or situations that you will encounter.

Or the fear caused by the quakings of society and other peoples souls.

6 Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday.

Do not fear the illnesses and destruction sweeping the land. God is to be trusted for your protection.

7 A thousand may fall at your side, and ten thousand at your right hand; But it shall not come near you.

During this final age, death from nuclear radioactivity, war and diseases will kill many. But your belief and faith in the Almighty will keep your soul safe. Your faith can be assured.

8 Only with your eyes shall you look, and see the reward of the wicked.

During these times God will give you the strength to see and watch the lost die of their hate, anger, compulsions, and sin. We don’t have joy over it. But, you will be given the power to avoid or stay away from it, whatever it is.

9 Because you have made the Lord, who is my refuge, even the Most High, your dwelling place,

We make a commitment to live IN Him each day.

10 No evil shall befall you, nor shall any plague come near your dwelling;

For you, the LORD only, makes you safe. Because the Most High is the home they cannot take away. We call on His name for protection every day.

Mat 4:5 Then the Devil took Him up into the holy city and set Him upon a pinnacle of the Temple.

Mat 4:6 And *he* said to Him, If you are the Son of God, cast yourself down. For it is written, "He shall give His angels charge concerning You, and in *their* hands they shall bear You up, lest at any time You dash Your foot against a stone."

Mat 4:7 Jesus said to him, It is written again, "You shall not tempt *the* Lord your God."

(Matthew 4:6-7). We do not tempt the evil one, (either).

11 For He shall give His angels charge over you, to keep you in all your ways.

Orders have been given to our guardian angels. They are to take charge and help keep us in the ways of God. The angels were created as servants of God, and their duty is that of serving the Lord and of serving those who are following after the Lord. "He shall give His angels charge over thee, to keep thee in all thy way. To bear thee up lest at any time you would dash your foot against a stone," (Stumble because of sin.)

12 In their hands they shall bear you up, lest you dash your foot against a stone.

The angels will protect your every step. When authorized they will turn the sin away.

13 You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

The evil ones and the devil will be put down, cast away. You have been given spiritual authority. vs. 13-16 is God's response.

14 "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. God will make all people safe that love Him. Danger will not hurt him that knows (and trusts in) God's name.

15 He shall call upon Me and I will answer him; I will be with him in trouble; I will deliver him and honor him.

When we call on His name, God will answer us- you and me. When the enemy attacks, God will be there on our side with all His forces.

16 With long life I will satisfy him, and show him My salvation."

Do you believe that God can and will protect you? Or are you the one and only exception? The answer, of course, is that there are no exceptions to the outpouring of God's love and His power of protection.

Chapter 5 Obtaining the power to overcome all fear!

My friend, God through Jesus Christ, can overcome any and all your fears. Only He has the power to make permanent changes in your life. He wants only what is good for your life. Only He has the power to do for us what we cannot do for ourselves.

When all this comes to an end, we who have been guaranteed salvation, thus are born again, will be able to look back and be well satisfied.

We will then understand and praise Him even more! Always remember that in the last chapter of the Bible, GOD, you and I win!! If you make the decision to include yourself!

The big lesson of Psalms 91 is “who” is going to keep us safe and do the battle until the end. This applies to believers who are born again Christians. Are you confident where you are going to spend eternity when all this ends? There is an end for all of us some day, for some of us, it maybe today.

There is only one way to know and be assured– Ask our Father in heaven in Jesus Christ’s name in prayer today!

Are You Saved from damnation, the eternal fate of so many? Are you sure? Ask Him. Find out and be assured.

Rom 8:16 The Spirit Himself bears witness with our spirit that we are the children of God and saved.

When we ask the Lord, in Jesus Christ’s name, He assures us with His peace and understanding. If for any reason you question your salvation, go to a quiet place, alone, and talk to Jesus. Repent of your sins and commit your life to Him. Then go to a bible believing church and get baptized.



He is faithful! He always listens and always responds!

Yes, He is very, very faithful.

We go to a quiet place and humble ourselves before the one true living God.

(That most likely means kneeling down before Him)

But don’t worry about where He is. Our God is Omni-present. Which means He is available everywhere

and will deal with you where-ever you go to.

We submit to Him in prayer. We repent of our sins and sinful thoughts and turn our will and lives over to His care. We surrender to Him and all His ways.

“For whosoever shall call upon the name of the Lord shall be saved.” Romans 10:13

“For all have sinned and come short of the glory of God” Rom 3:23

“For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:23

“Because if you confess the Lord Jesus, and believe in your heart that God has raised Him from the dead, you shall be saved.” Romans 10:9.

”For with the heart one believes unto righteousness, and with the mouth one confesses unto salvation.” Romans 10:10

It’s all between you and God. This may be your moment. Please don’t let it pass. God’s tugging at your heart right now!

If you want to be assured eternal salvation today, just pray this simple prayer with sincerity, humility and from the bottom of your soul. Print it out and read it, if you need to. But mean it! Pray it from your heart. If you have never done this I beg you too.

Is it time to stop everything and make sure of your eternal salvation and thus your relationship with God? If it is, I invite you, right now to go to a quiet place and pray the following prayer. (Download any corporate church teachings that are getting in your way). This may be your big opportunity. You will be joining His family and taking a big step in receiving the power from God to Overcome your fears and a whole lot more.

“Dear Jesus, I believe in You. I believe You are the only Son of God and that You shed your blood and died for my sins, and that you were buried and rose again as it is written in the bible. I declare that you are 100% God. I’m sorry for the things I’ve done that hurt You. Forgive me for all my sins Lord Jesus.

Come into my heart today Lord Jesus, take charge of my life and make me the way You want me to be. With Your ever present help, I renounce all my sinful practices of the past. Cleanse my heart with Your precious blood. I believe You are the creator and the only way to salvation. I surrender my will and my life to you. Please fill me with your Holy Spirit. In Jesus Christ’s holy name I ask, Amen”

My friend, if you prayed that prayer and meant it from the bottom of your heart, your eternal salvation is assured! You will never be alone again! Please make sure that you get baptized soon and ask to receive the Holy Spirit. You are becoming part of something that is so special and that will be with you for the rest of your days. Your

eternal destiny has just been assured. No amount of “good works” could do what you are doing today! And this eternal gift is free! You can now live each and every day with An Enduring Faith that will help you to overcome all obstacles and all your fears. You now are assured that you have joined His family and that He is now in charge of your security. Psalm 91 can now come alive for you.

Chapter 6 Do you believe that God can and will, if you ask?

Do you believe that God, through Jesus Christ, can and will Overcome all fears and keep you safe.



An Enduring Faith is a faith in God, Our Lord Jesus Christ, that will carry and sustain us through the trying and dangerous times that we live in.

An Enduring Faith is a faith in God that will Overcome all the obstacles of these coming days. Victoriously!

Living with An Enduring Faith can only happen If our Eternal Salvation is assured!

An Enduring Faith is not a suggested replacement to your churches doctrine of faith as long as that doctrine is biblically based.

At the Heart of An Enduring Faith is the Gospel of Jesus Christ. As stated in the New Testament of the Holy Bible.

He or she that walks and lives with an Enduring Faith will be kept Safe from the evil one during these evil days! This is one of the great promises of God in Matthew 24. Jesus returning to gather His children and bring them home, to spare them of His wrath to come is a great promise during times of trouble.

Mat 24:13 *But he who endures to the end, the same shall be kept safe.*

Matthew 24 tells us to endure to the end. End of what? End of time? End of the age? End of the tribulation?

He or she that walks and lives with an Enduring Faith, to the end of our time, will be kept Safe from temptation, the Evil One and all his minions! We are the generation that will meet the Lord “In the Clouds”.

The answer to our daily problems is to walk with a faith and belief that the Lord has accomplished everything. A faith that assures you that your sins have been forgiven. A faith that will strengthen, protect and carry you through all evil for all your days! A faith that has set you free!

Always try and remember, the spirit of fear cannot exist in the presence of God.

The Scriptures speak the absolute truth. They are the Word of God. They can guide us in whatever situation we are in and through any trouble we find ourselves up against.

Take the time to search and meditate on the Word of God daily and find the answer to your problems and concerns. Overcome them.

"He has given us His very great and precious promises..." 2 Peter 1:4

These promises are put on our heart by Christ, if we are born again. They are taught in the Bible and confirmed by the Holy Spirit. The Lord wants us to realize these promises as truths every day.

The Word was given to us to teach us and encourage us.

"The Lord will keep you from all harm--he will watch over your life; the Lord will watch over your coming and going both now and forevermore." Psalm 121:7, 8

" When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze." Isaiah 43:1,2

"But whoever listens to me will live in safety and be at ease, without fear of harm" Proverbs 1:33.

WE MUST BELIEVE in the Gospel of Jesus Christ. Not the gospels that man promotes.

Believe on Jesus for life---Eternal Life

John 6:40 And this is the will of Him who sent Me, that everyone who sees the Son and believes on Him should have everlasting life. And I will raise him up at the last day.

John 6:41 Then the Jews murmured about Him, because He said, I am the bread which came down from Heaven.

John 6:42 And they said, Is this not Jesus the son of Joseph, whose father and mother we know? How now does this One say, I have come down from Heaven?

John 6:43 Jesus therefore answered and said to them, Do not murmur with one another.

John 6:44 No one can come to Me unless the Father who has sent Me draw him, and I will raise him up at the last day.

John 6:45 It is written in the Prophets, "And they shall all be taught of God." Therefore everyone who hears and learns from the Father comes to Me.

John 6:46 Not that anyone has seen the Father, except He who is from God, He has seen the Father.

John 6:47 Truly, truly, I say to you, He who believes on Me has everlasting life.

Let us repeat that again. Anyone, he or she, that truly believes on or in Jesus Christ will be saved and have eternal life! Wow! That was Jesus talking.

Rom 10:13 For everyone, "whoever shall call on the name of *the* Lord will be saved."

John 12:46 "I have come into the world as light, so that no one who believes in me should stay in darkness."

John 1:12 "Yet to all who received him, to those who believed in his name, He gave the right to become children of God."

AND we will receive a lot more.

Believe on Jesus and receive PEACE

John 14:27 "Peace I leave with you, my peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid."

Phil. 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Believe on Jesus and receive True LOVE

Proverbs 8:17 "I love those who love me, and those who seek me find me."

Jeremiah 31:3 " I have loved you with an everlasting love; I have drawn you with loving-kindness."

1 Cor. 2:9 "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him."

Believe on Jesus and receive True JOY

John 15:11 "I have told you this so that my joy may be in you and your joy maybe complete"

Believe on Jesus and receive True JOY

John 15:11 "I have told you this so that my joy may be in you and your joy maybe complete"

Father, please help me and bring joy back into my life. I want so much to have a joyful life.



In Jesus' name I ask.
Amen

John 16:22 "...but I will see you again and you will rejoice, and no one will take away your joy."

Believe on Jesus and receive PROTECTION AND STRENGTH

Psalm 91 He who dwells in the secret place of the Most High shall rest *under* the shadow of the Almighty.

1 Chronicles 16:11 Seek the LORD and his strength; seek his presence continually!

Exodus 15:2 The LORD is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him.

Philippians 4:13 I can do all things through him who strengthens me.

Real Courage

Isaiah 40:29 " He gives strength to the weary and increases the power of the weak "

Isaiah 43:1 " Fear not, for I have redeemed you; I have summoned you by name; you are mine"

Believe on Jesus and receive True Faith

Heb.11:1 "Now faith is being sure of what we hope for and certain of what we do not see"

Gal. 3:26 "You are all sons of God through faith in Christ Jesus"

2 Cor. 5:7 "We live by faith, not by sight"

Believe on Jesus and receive Comfort

Psalm 46:1 " God is our refuge and strength, an ever present help in trouble."

John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world! "

Matt. 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

Believe on Jesus and receive Mercy

Isaiah 30:18 "...the Lord longs to be gracious to you; he rises to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him! "

Psalm 103:13 "As a father has compassion on his children, so the Lord has compassion on those who fear him."

Believe on Jesus and receive Guidance

Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you and watch over you."

Isaiah 42:16 "I will lead the blind by ways they have not known, along unfamiliar paths I will guide them, I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them."

Believe on Jesus and be LED BY THE HOLY SPIRIT AND HIS WORD – TO BE AT PEACE THROUGH ALL THINGS

Gal 5:24 But those belonging to Christ have crucified the flesh with *its* passions and lusts.

Gal 5:25 If we live in *the* Spirit, let us also walk in *the* Spirit.

Believe on Jesus and WALK WITH HIM – ALL POWER GIVEN TO HIM

Mat 28:18 And Jesus came and spoke unto them, saying, All power is given unto me in heaven and in earth.

Mat 28:19 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:

Mat 28:20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

Walking with An Enduring Faith, He will never forsake US

Living one day at a time, in the confidence of an ENDURING FAITH that Jesus Christ CAN and WILL protect, sustain and guide us is our assurance to you.

The most import part of An Enduring Faith is that we have the right relationship with Him! Only then can we be at peace with and under the authority of our creator--Jesus Christ. Simply knowing about Jesus Christ, is far from the entire answer. Simply attending church and trying to be a good person is not going to sustain and protect you.

I invite you to listen to a wonderful presentation of the Gospel of Jesus Christ by Erik Ludy. It is a You Tube video. If you cannot open it in this reading program, copy and paste it into a browser. It will be well worth it. It is a beautiful presentation.

http://www.youtube.com/embed/nPIOkdNL-QQ

Do you believe that God can and will help you, if you ask and allow Him too? Do you believe that Jesus has the power and authority to take charge in your over all evil in your life?

The lesson so far is that if we can believe on Jesus Christ and trust In Him, He and only He has the power to Overcome all evil and fear, in and around our lives. I ask you. Do you believe? Have you put your faith and trust In Him?

Only He is strong enough to relieve us from all Fear and Anxiety in our life. Do you believe?

This is the end of chapter six. We hope this book has been blessing to you.

In the first six chapters of "Break the Bondage of Fear" I have explained the nature of fear and discussed many of the soul binding problems it can cause in any of us. I have biblically referenced the need for all "born again Christians" to be baptized and filled with the Holy Spirit. It has been established that only God has the true strength to remove and free you from the Bondage of Fear.

In chapters seven through eleven you will be shown how to be delivered from all of your non-God given fears. In these chapters I provide you with step by step instructions on what prayers to pray and how to become free of your anxiety and fear. God's promises can be counted on and you are not an exception.

The full version of "Break the Bondage of Fear" can be purchased on Kindle and in The Joseph Plan Book Store. It is our desire that as many Christians as possible read this teaching. To help you with the purchase of this E Book I am offering you a $1.00 off the purchase price of the book coupon. The coupon code is "Welcomedsc". You can go to our partially stocked, but fully operational book store here.
http://thejosephplan.org/book-store/

Once there simply put the discount coupon (welcomedsc) into the coupon code space and you will receive it on check out.

If you cannot afford $8.00 and want and need the teachings contained in this book, please contact the ministry and explain your situation briefly. We will do our best to get you a free copy. These biblical teachings are so important we don't want anyone to be denied. God's word has all the answers, please reach out and live your life without fear.

If you are a pastor or the leader of a ministry and would like to make this book available to your members contact us and we will do everything we can to help. Together we can bring God's healing Word to the people in need.

Psalm 91

May God Bless you and keep you safe.

Pastor Thomas