



FAITH OVER FEAR

ADU MENSAH

COPYRIGHT

All rights reserved. No part of this publication may be reproduced in any form, stored in any retrieval system, posted on any website, or transmitted in any form or by any means (digital, electronic, scanning, photocopy, recording, or otherwise) without written permission from the author, except for brief quotations in printed reviews and articles.

*Published in Nigeria by Swift Books
an imprint of*

Swift Publishers

62, Olawale Street, Ososami,

*Oke-Ado, Ibadan, Oyo State.
+2348072970850, +2348157631661
swiftpublishers@gmail.com ——— ISBN:*

978-978-986-387-7

Copyright © December, 2020 Adu Mensah ——— Adu Mensah asserts his right to be identified as the author of this book in accordance with the copyright laws of the Federal Republic of Nigeria.

Table of Contents

[Copyright Page](#)

[INTRODUCTION](#)

[CHAPTER 1 | DO NOT BE INTIMIDATED](#)

[CHAPTER 2 | DO NOT FEAR MAN](#)

[CHAPTER 3 | LIVE BY FAITH, NOT BY FEAR](#)

[CHAPTER 4 | LIVE BY FAITH](#)

[CHAPTER 5 | OVERCOMING THE SPIRIT OF FEAR](#)

[CHAPTER 6 | FEAR NOT! GOD IS WITH YOU](#)

[CHAPTER 7 | A NEW PERSPECTIVE](#)

[CHAPTER 8 | A NEW MIND-SET](#)

[CHAPTER 9 | THE PEACE OF GOD](#)

[CHAPTER 10 | THE FEAR OF THE LORD](#)

[CHAPTER 11 | SCRIPTURES ON THE REWARD OF THE FEAR OF THE LORD](#)

[OTHER BOOKS FROM THE AUTHOR](#)

[FORTHCOMING BOOKS FROM THE AUTHOR](#)

[ABOUT THE AUTHOR](#)

INTRODUCTION

Our success or failure in life depends on whether we are living above the fears and worries we entertain or our thoughts are dwelling on them. If people understand how their fears exert negative impact in their lives, they would keep their entropot closed forever, because fear is a thoroughfare for Satan into man's psyche. Fear is not unusual and isn't strange to man either. As long as man exists in this world, he must experience fear at one time or the other. Fear is a kind of mental pain or suffering that most of us experience, but few have the "know-how" to overcome it.

Personally, one of the lessons I have learnt in this journey called life is the mastery of fear. Everything you cannot surmount will cause you to fear. In other words, if we don't learn how to handle fear, fear will manhandle us. As at now, there is no effective treatment or drugs for fear-induced disorders. None!

This is why this book is a must read for everyone. Let us establish that God is not the author of fear. Whatever may be your fear today, the truth is that, it did not originate from God. Satan is the manufacturer of fear, and he uses it to frighten or threaten man, to make him lose faith in God and feel less confident.

Permit me to provoke your thought at this point by saying that fear is completely unnecessary and totally unreasonable. It is a powerful emotional paralysis – a false belief created in the mind – that ultimately imprisons man within himself. Remember this when fear enters your mind or worry invades your feelings: the things that frighten you are not what they appear to be.

There are travails, sufferings and hardships around us, but that should NOT bring fear or anxiety. Never let fear have control over you. Let's strive to keep our doors shut to fear. Let fear be shut permanently out of our lives. Determine to be fearless all the time.

Living a fearless life is important and necessary as you move forward in life. Never allow Satan to subject you to living in fear. Fear is nothing, but a deceit of the enemy. Great men and women do not submit their minds to the enslavement of fear and worry, no matter what happens. Fear is a problem only when we fail to recognise or understand this important truth. When we understand that we are too big for fear to overcome us, we would always

learn to rise above our fears and worries with gladness and cheerfulness. This is something to ponder over.

We can fill our lives with fear and worries or choose to fill our lives with joy and peace of mind. It is a personal decision that we all have to take. Let us meet life's challenges with courage, and face the future with confidence, knowing too well that God is with us and in us.

Reading this book with understanding will be one of the best decisions you ever make. You will see that the book is a shining light that makes a way for you out of the spiritual bondage of fear.

I pray that the power of the Holy Spirit will help us overcome **fear** as I take you on a most enlightening journey.

Shalom!

CHAPTER 1

DO NOT BE INTIMIDATED

Fear is part of every person's life, but some people give it too much room. Some live in constant fear, while others have learnt to deal with it. The spirit of fear is the common weapon the devil is using to intimidate us.

He knows too well that if he does not succeed in instilling fear in us, he would be limited in what he can do with and to us. If the devil cannot manipulate us with lies and doubts, the next trap he would use is fear; a powerful enemy of the Christian faith.

Intimidation is doing something to frighten or threaten someone so that they do what they are asked to do. It also means to be fearful of someone or something that can threaten, frighten or cause one pain. There will always be intimidating situations, but it is extremely important to refuse to be intimidated through faith in Christ Jesus. No matter the intimidation you are confronted with, learn to live above it.

The root of every intimidation lies in our belief system. It has nothing to do with the situation around us per se, but it has a lot to do with our state of mind. Therefore, the next time you find yourself feeling intimidated, check your thoughts and belief. Dealing with fear is not as difficult as you may think; it's a matter of changing your mindset. Realising this truth can help you to stop or overcome all types of intimidation – simply by changing your thoughts into something more positive. By exercising control over your mind you give no room for an intimidating situation to overtake you.

Let us also understand that the strength and courage to overcome our fears is within us. All we need to do is to be conscious and put it to use. Just as easy as you can get into fear, you can also get out of it. If I am allowing myself to be intimidated, then, with the same authority, I can also stop that fear. It's just a matter of choice. Let us understand that we have complete power over our fears. We have authority to put a stop to our fears. This realisation makes you worthy of that power.

Always remember that the Almighty God, our loving and caring Father who takes joy in helping us in threatening situations, works from our inside

out, but our adversary works from the outside to the inside.

Don't let yourself be intimidated in any way. Why? It can hinder everything you try to do and keep you in bondage. Moreover, it has a way of preventing you from living a fulfilled life. Refusing to be intimidated and being courageous in a world full of fear makes you to be different. Today, most people are governed by their fears; and this is hindering them from becoming the very person God has designed them to be.

Once we learn how to change the pattern of our thoughts from negative to positive and constructive ones, we can enjoy a wonderful hope, the circumstance notwithstanding. As children of God, the best approach to an intimidating situation is to learn how to walk with absolute trust in God and live according to His Word.

We can conquer our fears by giving all our anxieties to the Lord. He is our Helper, Protector and Friend that sticks closer than a brother. God wants us to trust Him absolutely, particularly because we don't have all the information. Trust Him more than you would trust any human being and your life will never remain the same.

PSALM 55:22

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

PHILIPPIANS 4:6-7

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Whatever intimidates you can affect your ability to enjoy life. If you desire to live a great life, you must learn to take a bold step beyond your fears and start doing what you are destined to do by your Maker. Others are dead now because they did not have the courage to reject their fears.

You would have a difficult life if you live with intimidation, rather than placing your trust on God. Life has fears always, but the antidote to it is the ability to trust God with all your heart; because only God can empower us against the overwhelming evil in the world.

When you feel intimidated, remember that God knows every problem and He understands your fears. The true reason for our trust in Him is: knowing that He is dependable, reliable, trustworthy and strong to uphold us in the days of adversity.

Let the truth of God's word provide comfort when you are intimidated. He wants us to give our anxieties to Him, but often, we continue to bear them ourselves, even when we proclaim that we trust Him. He is all we need.

He that hath the Son hath life; and he that hath not the Son of God hath not life (1 John 5:12).

True satisfaction, happiness, fulfillment and meaning in this life can be found in God and in Him alone. He created us to live in joyful fellowship with Him, but sin severed our relationship with Him. Fortunately, Jesus came into the world to redeem us from the death from sin, so that we might renew our fellowship with God.

Fellowship with God is an essential right of every believer. It is a means of realising His presence in our lives. Don't let an intimidating situation stop you from your fellowship with God.