EXITING THE FEAR OF DEATH



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INTRODUCTION

Most of us don't think about death until we have to. It waits in the background of life, showing up in a diagnosis, a funeral, a sleepless night, or a question we can't quite shake: what happens when it's over? For many people, that question brings a fear they carry every day, often without naming it.

This book is for anyone who has felt that fear, whether it is sharp or just a quiet hum underneath everything. You don't need a church background or any prior knowledge of faith to read these pages. I want to speak honestly about death and about the hope that many people have found in Jesus Christ.

The Bible speaks directly to this fear. Hebrews 2:14–15 says that Jesus shared in our humanity so that through His death He could break the power of the one who holds the power of death, and free those who all their lives were held in slavery by their fear of death. That is a remarkable claim: fear does not have to be the final word on your life.

In the chapters ahead, we will look at what it means to live under the weight of that fear, what Scripture says about death, and how people have found freedom through the message of Jesus. I invite you to examine these ideas for yourself, ask honest questions, and consider what it might look like to live without being ruled by fear.

CHAPTER 1: THE LIES WE AGREE WITH

Death is inevitable. Spiritually, though, it can feel closer than we think, and sometimes we invite it in without realizing it. Let's start there.

Many of us were handed a script early in life: "Suicide runs in your family." "Addiction is in your blood." "You'll end up just like them." These were spoken as if they were facts, but they are lies. When you are in Christ, you are a new creation (2 Corinthians 5:17), and those lies have no authority over your future.

If you are not yet in Christ, Hebrews 2:14–15 describes a real condition: people who "all their lives were held in slavery by their fear of death." The Greek word douleia refers to the condition of a slave, and doulos describes someone who belongs to another and lacks ownership of their own life. That is a heavy picture, but it helps explain why a lie can hold so tightly. Someone planted a fear, you believed it, and over time it began to shape your choices.

Scripture tells us that "death and life are in the power of the tongue" (Proverbs 18:21). When we say, "My grandmother had cancer, my mom had it, and I'll probably get it too," we are agreeing with death. Words carry weight, and the same power works in the other direction.

Jesus said He came that we might have life, and have it abundantly (John 10:10). God is not asking you to accept a shortened future. He is calling you to live fully and to speak life over your body, your family, and the generations after you.

If you are ready to stop agreeing with death, pray this aloud:

"Father God, today I choose the blood of Jesus to cleanse me from my past. I am not my parents, my friends, or my family line. You created me for Your glory, and I come against the spirit of death. I declare that death has no sting in my life, and that the death and resurrection of Jesus Christ, my Lord and Savior, has defeated every spirit of death that has followed me. Death, I revoke every agreement I have ever made with

you. Lord Jesus, thank you for your grace and for saving me from premature death, disease, and suicidal thoughts. I receive your promise that you have not given me a spirit of fear, but of power, love, and a sound mind. Death, leave now, in the name of Jesus. Amen."

If you pray this sincerely and believe it, you can take hold of the freedom God offers. Let this be the beginning of a new season, not the end of the story.

Life is beautiful. No matter what cards you were dealt, no matter what is in your past, or where you are right now—there is nothing that God can't change.

I know a woman who lived under the shadow of death her entire childhood. Her house burned down multiple times. Men tried to break in while she and her sisters were home alone, their single mother out working to keep them alive. She nearly got hit by a semi truck crossing the street. She fell off a motorcycle taxi. She had tuberculosis as a child. The list went on and on. Every season of her life seemed marked by another brush with death.

One day, she looked at me and said something I'll never forget: "I'm looking for a strong man or woman of God so I can be set free."

I called an old friend whose mother is a spiritual warrior—someone I've watched God use to deliver people. When I asked if we could come to a service, my friend said, "Come tomorrow. We're still in business!"

At the end of that service, my friend asked to pray with Sister Margaret. The moment Sister Margaret began to pray, something shifted. My friend's face changed. She leaned forward, and Sister Margaret began

speaking directly against the spirit of death, commanding it to leave in the name of Jesus.

My friend fell forward. Two men caught her before she hit the ground. They handed her a trash bag, and she began to spit—gagging, struggling, like something was being pulled out of her from deep within.

When it was over, she stood up. She said she felt lighter.

Sister Margaret then shared a vision: she saw a homemade altar with candles, and a picture of my friend as a little girl sitting on it. My friend's eyes filled with tears. "That was my grandmother in Brazil," she said. "She practiced macumba. She was a witch and an alcoholic, and she died when I was young. I've had near-death experiences my whole life, and I never understood why."

Sister Margaret looked at her and said, "Whatever that was, it's gone now. You are free, and so are your children."

That moment changed everything for me. This was not abstract theology or nice ideas about faith. This was real spiritual warfare, real deliverance, real freedom.

If this sounds unfamiliar, or even hard to believe, I understand. Keep reading. I'm not asking you to take my word for it. I'm asking you to look at what Scripture promises and what I witnessed with my own eyes.

Only God through Jesus Christ can break that kind of bondage. That is what Hebrews 2:14–15 promises, and that is what I saw that day.

This woman was destined for an early death, but she sought the Lord, and within 24 hours she was delivered. Life is beautiful, and that is how God works.

CHAPTER 2: MUSIC AS A DOOR

When I was in elementary school, the DARE officer visited our class. I'll never forget what he said: a drug is anything that affects the way your mind and body work. Put that way, a drug can be almost anything, and music belongs on that list. Music shapes how we think, how we feel, and how our bodies respond.

I grew up in the church, and I was faithful to it. I also listened to bands like Led Zeppelin, hard music from the early 2000s, and nearly every genre that caught my interest. At the time, I didn't see any conflict.

Years later, I met a multi-platinum producer who told me he didn't believe in God or Satan. If he did, he said, he would believe in Satan, because in death is where freedom happens. I searched the Scriptures for that idea and couldn't find it anywhere. The closest thing I found was Jesus' words in John 10:10: the thief comes only to steal, kill, and destroy. That was enough to show me that the philosophy did not come from God.

Music can carry you into a place where it shapes your mind and body. When I stopped listening to secular music, the change took a long time. Songs playing at the grocery store or the gas station started to hit differently, and not in a good way. They began to sound foreign to me. Behind many of those songs are real artists, some of them sincere, who have been shaped by ideas that do not align with God's Word, and those ideas can come through in the music.

I'm not a conspiracy theorist, and I won't claim to know what hidden agendas exist in the industry. I don't have evidence of that. What I do know is this: after I dedicated my life to God as a bondservant of Jesus Christ, I felt called to keep my temple clean, and that includes what I hear. At a barbecue, I may hear secular music and remember my high school or party days, but it no longer has a hold on me.

My mother kept the radio playing low at home, always on a Christian station. When I asked her why, she said, "I want my home to be filled with worship music." That stayed with me.

Once, I asked a worship leader, "You don't listen to any non-Christian music? Ever?" He said, "No. I don't want to start singing that stuff by accident one day at church." I think he made a wise point.

You might be wondering what music has to do with death. My point is this: if you want to be delivered from the spirit of death, why would you invite an art form tied to the enemy into your heart and mind? Scripture says, "Be holy, because I am holy" (1 Peter 1:16).

Would Jesus be listening to Led Zeppelin? I don't believe He would. I'm not saying every song outside the church leads to death. I am saying this: let go of anything that does not glorify the One who brings life, and life in abundance. In my experience, you can feel and see the difference when you stop engaging with music that does not honor the Lord. It is one less weapon the enemy has to use against you.

CHAPTER 3: SOBER MINDED

Not long ago, I visited family in Albuquerque, New Mexico, and it broke my heart. Young people, some of them barely in their twenties, sat on street corners with their lives slipping away. In that city, you can see the

evidence of the drug problem from inside a restaurant: needles on the sidewalk, and people sitting on a curb who have lost almost everything.

I believe these people have opened a door to the enemy, and his goal is always the same: to steal, kill, and destroy. Yet when I look at the downtown bars and clubs, I see the same pattern in a different form. A hard drug and a few shots of tequila both shape the mind and body in ways that can leave us vulnerable. The enemy does not care which path we take, as long as it leads us away from God.

Some people point to the wedding at Cana, where Jesus turned water into wine, and use that story to justify drinking. Scripture does record that miracle, and I won't pretend otherwise. What I do know is this: after I dedicated my life to God as a bondservant of Jesus Christ, I felt called to keep my temple clean, and that includes what I consume. Scripture also warns against drunkenness and tells us to be filled with the Spirit (Ephesians 5:18). In my own life, I came to see that I didn't need the wine, the buzz, or the excuse. I needed a clear mind.

Peter gives us a picture of the danger: "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour" (1 Peter 5:8). Sobriety is about more than avoiding a hangover. It is about staying awake to what is happening around you and within you.

The enemy is skilled at making small compromises look harmless. He whispers that a little weed here and there is fine, or that a beer or two after work is no big deal. When you make those choices consciously, you are making a decision that matters. I'm not here to judge you. I don't believe this is a question of salvation. But I do believe that drinking and smoking are not part of God's plan for your life.

I know this because I lived it. For years, I justified my drinking. God doesn't care. I'm not getting drunk, and when I do, it's not often. At least I went to work and provided for my family. At least I didn't die, so God must be protecting me.

God did protect me, and I am deeply grateful for that. But He loved me enough to answer my prayer for wisdom with a clear word: stop drinking and smoking weed. Since then, my life has changed in ways I could fill a whole book with, and maybe one day I will.

If you are struggling with addiction, know that you don't have to fight alone. Pray, and also reach out to a doctor, a counselor, or a recovery program. In the United States, the SAMHSA National Helpline is available at 1-800-662-4357, free and confidential, at any hour.

If you are ready to take that step, I encourage you to pray this aloud:

"Father, I come to You knowing that I have sinned against You. I ask for wisdom and for Your favor. Give me the strength to be sober minded, and to worship You in spirit and in truth. I turn away from my sinful nature, and I declare that drugs and alcohol have no hold on me. Satan, I speak to you now. You are a liar, you are under my feet, and you have no power over me. I don't owe you anything. I owe everything to Jesus Christ. I am cleansed by the blood of Jesus. Today I am done with drugs and alcohol. Body and mind, I command you to be cleansed in the name of Jesus. I am a temple of the Holy Spirit, and I will not live under the bondage of drugs, alcohol, or their cravings. All authority in heaven and on earth has been given to Jesus, my Lord, my Savior, and my High Priest after the order of Melchizedek. I am free, I am free, I am free! Thank you, Father God."

CHAPTER 4: FEAR IS NOT THE FINAL WORD

In this chapter, we will look at what fear is and how it works in our lives.

The Bible speaks often about fear. The King James Version contains many verses that say "fear not" or "do not fear." This is more than a pattern of phrases. It is God's repeated invitation to trust Him when everything in us wants to panic. A doctor who was not a believer once told me, "Fear can bring you into a state of sickness, and sometimes death." I've never forgotten that, because even a doctor without faith recognized what fear can do to the body.

Fear is the absence of faith, and it is the enemy of hope. Fear is often the door through which we welcome the enemy's lies. When we are afraid, we are more willing to believe that our future is already decided.

Faith, on the other hand, is confidence in what God has said, even before we see the evidence. Hebrews 11:1 describes faith as "the substance of things hoped for, the evidence of things not seen." Faith is not the denial of reality. It is trusting God's Word more than the reports, the symptoms, or the fears that come with them.

I once read about Bishop David Oyedepo, a well-known Nigerian preacher, who shared a story about a visit to his doctor. The doctor told him he had high blood pressure. The bishop replied that he could not have it, and the doctor insisted that he did. The bishop held his position, declaring that he believed God's Word over the diagnosis. When I read that account, I felt a strong sense of God's presence. Whatever the medical details, the lesson for me was clear: refusing to let fear define you can be an act of faith.

Jesus often told people that their faith had made them whole (Mark 5:34). Faith is belief that accepts something as true before the proof arrives. Faith is stronger than doubt, fear, and even the shadow of death.

Fear can be overcome. We do it through the Word of God, through prayer, through fasting, and by learning to stand under the authority of the Lord. I am not here to give medical advice. Please seek qualified care when you need it, and let your doctor be part of your healing journey. What I can tell you is that God invites you to call on Him and to believe that what His Word says is true.

I've noticed that many people now say "I'm dying" when something is funny. It sounds harmless, but I think it is worth pausing on. Our words carry weight, and Proverbs 18:21 reminds us that life and death are in the power of the tongue. Some of us used to say "that's hilarious" or simply "LOL." Maybe it's time to bring back words that don't invite fear into the room.

I like to picture our bodies responding to what we speak. When we declare fear and death over ourselves, it can feel as though we are calling for a crisis. I'm not making a medical claim here, just pointing out the spiritual principle that our words shape our outlook and our choices.

Scripture gives us a better response. In Exodus 14, the Israelites were terrified at the edge of the Red Sea, saying, "It would have been better for us to serve the Egyptians." Moses answered, "Fear not, stand still, and see the salvation of the LORD... The LORD shall fight for you, and ye shall hold your peace" (Exodus 14:13–14, KJV). In other words: stop the panic, stop the chatter, and let God work.

Sometimes the wisest thing we can do is quiet the conversation in our heads, and stop speaking out loud the doubt, fear, sickness, and

hopelessness that we have been rehearsing. Then we can open God's Word and let it speak.

Today it's easy to ask a search engine or an AI tool for a verse about fear or healing or trust. That's a good start. But don't stop there. Read the Word for yourself. Read it again. Scripture is "alive and active" (Hebrews 4:12), and it will meet you where you are. Seek God first, and He will provide what you need.

CHAPTER 5: LIFE

Jesus came that we may have life, and have it abundantly (John 10:10). He also told His disciples, "Nothing will harm you" (Luke 10:19). Those are bold, clear words, and I want to take them seriously.

Every morning, I make myself read the verses hanging on my office wall. I do this because I need to be reminded who is in control. My God is above all things, and His Word gives me an assurance that fear cannot overtake. I read the verses out loud with my hand over my heart. Then I read them silently. Then I close my eyes and picture, as vividly as I can, what those promises look like in my life.

When I feel myself starting to panic, I take a deep breath and look for a verse that speaks to the situation. I don't stop at a single verse, either. I read the whole chapter, so I don't pull a sentence out of its context. God's Word brings life to my mind, my heart, my body, and my soul.

Deuteronomy 30:19 says, "I have set before you life and death... therefore choose life." That choice is not made once. We make it every day, in what we think, what we say, and what we allow ourselves to believe.

Not long ago, I saw an old friend on the street. He was blacked out drunk, limping, wearing dirty, smelly clothes, with cuts on his forehead. It broke my heart, so I pulled over and talked to him. He could barely stand, but I asked, "Can I pray for you?" He said, "Sure." I prayed, "God, You know this man, and You don't want him to live this way. I speak life over him." I laid my hand on his head and proclaimed the name of Jesus over his life. Then I said goodbye and left.

A mutual friend later told me that he had lost his memory, lost everything, and spent his money on alcohol. About a week after that, he called me, and he sounded like a different person. An old friend had picked him up, cleaned him up, fed him, and he was done drinking. I believe that was God at work, bringing life to a man who seemed headed for the streets for good.

Another friend had a serious heart problem linked to drug use. He was flown by helicopter to another hospital for an emergency surgery. I prayed for him over a text message, and that same day his doctor said the problem was no longer there. I still have that text. I share it not to make a medical promise, but to testify to what I saw God do. Your doctor is part of your healing journey, and you should always seek qualified care.

Life is what God wants for you. He wants you to live long, to walk out of a life of fear, and to stop being enslaved by the fear of death. He wants to show you how much He loves you, and He wants to be present in every moment of your life.

The enemy would love for you to believe that you are useless, that your life will be ordinary, and that you will do nothing that matters. That is a lie. God can use you.

If you are ready to choose life, say this out loud:

"Father God, You are the Creator of heaven and earth. Nothing is impossible for You. I desire life and life in abundance, as Jesus has promised. I receive life and life in abundance. The enemy has no power over me. The blood of Jesus has given me this life. Change my life and my path. I accept Your death and resurrection, Lord. Thank you."

CHAPTER 6: LET THE WORD DO ITS WORK

I want to be clear about something before we go further. I am not telling you to skip the doctor or avoid rehab. Please get the help you need. What I'm sharing is my personal testimony, and what I accept as true according to God's Word.

My encouragement is simple: seek the Lord, and look to His Scriptures for answers. That is how He speaks to me. I learn something new every time I return to the same verses, because the Word has more depth than I can see in one reading.

God's Word is powerful. Hebrews 4:12 says it is "living and active, sharper than any two-edged sword." Psalm 119:105 says it is "a lamp to my feet and a light to my path." Romans 10:17 says faith comes by hearing, and hearing by the Word of God. When we give Scripture room in our hearts, it begins to work.

The enemy would like you to close this book and forget it. He may whisper that you have more important things to do, that this is just a fairy tale, or that you will get to it later. Be careful. Be vigilant, as Peter instructs us (1 Peter 5:8). Don't let the noise of life crowd out the one thing that brings life.

I'll be honest about my own habits. I often turn to God when I remember a client deadline, when a new app idea hits me at two in the morning, or when I can't decide what to eat for lunch. God meets me in all of those moments, and I'm grateful. But I'm also learning to go to Him first, before the to-do list, before the idea, before the lunch decision. Seeking Him first is a daily discipline, and I'm still growing in it.

I keep a Bible in my car, and I often leave it open on the seat. It is a small reminder, for me and for anyone who sees it, that I belong to God and that I want His Word to be part of my day. I don't treat it as a magic charm. I treat it as a declaration that the Word has a place in my life, on the road and everywhere else.

I believe God's Word can bring you life if you allow it. Give it permission. Open it, read it, and let it do what it was sent to do. Read a verse, then read the whole chapter so you understand its context. Read it out loud. Write it down. Come back tomorrow and read it again.

Life is beautiful, and there is nothing God can't change. The same God who brought a broken woman through a lifetime of near-death experiences can bring you out of fear and into freedom. Open His Word, and let Him speak.

"Father, I thank You for Your living Word. I open my heart to it today. Speak to me, guide my steps, and fill my mind, body, and soul with Your life. I receive the freedom You have promised, and I choose to stand in Your truth. In Jesus' name, Amen."

NEXT STEPS: WALKING OUT YOUR FREEDOM

If you have read this far, I want to encourage you to take the next step. Freedom from the fear of death is not a one-time event. It is a daily walk with God, and you don't have to walk it alone.

Find a local church. Look for a Bible-believing church near you, where you can worship, learn the Word, and be surrounded by people who will pray with you and encourage you. If you're not sure where to start, ask a friend who loves Jesus, or visit a service and see how it feels. Community matters, and God often moves through His people.

Join an online congregation. If you can't find a church in your area, or you aren't able to attend in person right now, you can still be part of a family of believers. My congregation meets online once or twice a week, and you are welcome to join us. You can find more details at supernaturalarmor.com.

Keep a daily journal. Each day, spend a few minutes in God's Word and write down what stands out to you. Visit biblegateway.com and read the Verse of the Day. Write the verse, what it means to you, and one way you will live it out that day. Over time, your journal will become a record of how God has been speaking to you.

Read one book of the Bible at a time. Instead of jumping around, choose a book, such as John or Psalms, and read it from beginning to end. Read it slowly, read the whole chapter in context, and come back to it often. You will be amazed at what you discover.

Make lifestyle changes. Once you have been set free from the fear of death, let that freedom show up in your daily life. Take care of your health, listen to music that honors God, and be intentional about your friendships. If there are old friends whose influence pulls you back toward fear, drinking, drugs, or old habits, consider creating some

distance and building new friendships with people who encourage your walk with Christ.

Remember, you are not alone in this. God is with you, His Word is alive, and He is faithful to finish the good work He has started in you (Philippians 1:6).