

# THERE'S NO JUNIOR HOLY SPIRIT

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## Know Your Enemy: Fear

***“For God hath not given us the spirit of fear; but of power, and of love and of a sound mind” (2 Timothy 1:7 KJV).***

- Abandonment - being left alone
- Anxiety
- Worry
- Critical spirit - criticize everything, negative
- Faithlessness
- Fright
- Inadequacy - “I can’t do it.”
- Inferiority - not good enough, smart enough, good looking, etc.
- Insanity - crazy
- Migraines
- Nightmares
- Performance/Perfectionism - “I have to do it well to be loved or accepted.”
- Phobias - really strong fear that is out of balance with reality, for example, fear of heights
- Rejection/fear of rejection
- Self-rejection/self-hate
- Shyness
- Muscle tightness always
- Stress (heart attack)
- Timidity
- Torment
- Schizophrenia - diagnosed as a disease where you often hear voices
- Paranoia - thinking everyone is looking at you, talking about you, after you
- Idleness - scared to do anything
- Lack of trust
- Fear of death, pain, failure, poverty, men/women, others’ opinions, success, authority, etc.

