

The Fruit That Produces a Fearless and Victorious Believer

A. Pastora Karen's Testimony: How She Overcame a Severe Attack.

1. The purpose of her testimony is to show how the Fruit of the Spirit produces a fearless and victorious believer.
 - a. She is not just telling a story; she is equipping believers to become fearless and victorious through the Fruit of the Spirit.
 - b. That aligns with ABC Church's goal for all believers, and she is modeling what it looks like to walk in that victory through the Fruit of the Spirit, especially focusing on perfect peace, perfect love, and unwavering faith.

B. My Testimony: I Overcame an Attack and You Can Too (by Pastora Karen).

1. I overcame step by step.
2. I am sharing my testimony:
 - a. To show how the Fruit of the Spirit produces a fearless and victorious believer.
 - b. To model how to respond in real spiritual warfare with Perfect Peace, Perfect Love, and Fearless Faith.
 - c. To give you a step-by-step process to follow when the enemy attacks.
3. This is spiritual advice, not medical advice.
 - a. I am sharing my personal experience exactly as it happened.
 - b. I have never had the need for blood pressure or heart medication.
 - c. I believe you should follow your doctor's advice and work with your doctor on any medication changes.
 - d. You are free to decide what in my testimony strengthens your faith and helps your prayer life.
4. Rev 12:11: (Amplified) "And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony."

C. Step 1 - Recognize the Attack and Resist Fear.

1. Jam 4:7 (Amplified): "So submit to [the authority of] God. Resist the devil [stand firm against him] and he will flee from you.
2. 1 Pet 5:6-9 (Amplified): "6 **Humble yourselves** under the mighty hand of God [set aside self-righteous pride], so that **He may exalt you [to a place of honor in His service]** at the appropriate time, **7 casting all your cares** [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]. **8 Be sober** [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, **prowls around like a roaring lion...** seeking someone to devour. **9 But resist him, be firm in**

your faith [against his attack—rooted, established, immovable], knowing that the same experiences of suffering are being experienced by your brothers and sisters throughout the world. [You do not suffer alone.]”

3. The Holy Spirit will help you recognize as the enemy is about to attack.
4. The devil tried to give me a heart attack last Saturday.
5. I started to bind up the demons, devils, or evil spirits as soon as there was tiny challenge before it became worse.
6. It happened during Awake6:33 a.m. Zoom Prayer Session, when I was supposed to repeat the affirmations Pastor James was saying.
 - a. I felt severe chest pain challenges, like a vice grip around my chest.
 - b. My Blood Pressure went to 196/115.
 - c. It was hard taking a breath.
7. Identify the symptoms as a spiritual attack.
 - a. First decision: I refused to agree with fear.
 - b. These were lying symptoms designed to overwhelm me with fear.
 - c. The enemy wanted me to agree with fear instead of faith.
8. Prov 3:5-6 (Amplified): “5 **Trust in and rely confidently on the Lord with all your heart** And do not rely on your own insight or understanding. 6 In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way]
9. A prayer recommendation when challenged with fear.
Heavenly Father, in the Name of Jesus, I resist fear and lying symptoms. I trust in Your Word over what I feel in my body. I bind fear and lying symptoms. God’s Perfect Love casts out all fear. I walk in the fearless faith of God (1 Jn 4:18; Mk 11:22).
10. An affirmation that makes symptoms flee: Heavenly Father, in the Name of Jesus, I am not aware of any sins. In the Name of Jesus, thank You for cleansing me of all unrighteousness, according to 1 John 1:9. I have been healed by the stripes of Jesus. In the Name of Jesus, my _____ is _____(desired outcome). (Example: My BP is 120/70, pulse 60.)

C. Step 2 – Victory Comes by Speaking God’s Word with Perfect Peace.

1. The Holy Spirit prompted me to say my affirmations out loud, even though I was short of breath and the pain was intense.
 - a. I forced myself to speak because the devil tries to take away your ability to speak God’s Word.
 - b. I pushed myself to speak, but it came out slow, weak, in a whisper.
 - c. The affirmations flowed out of my spirit automatically that I say daily, even though my mind was challenged to be very sleepy and foggy.

- d. Every time I said an affirmation, it alleviated the pain more and more.
- e. The result was that speaking God's Word empowered my faith.
- f. When I was silent, it empowered the fear as lying symptoms kept trying to come back with severity.
 - g. Submit to God's Word to believe it as truth that supersedes the fact of what the blood pressure machine was reading with extreme readings.
2. The Word of God works when you work the Word of God.
 - a. Affirmations are not just routine; they were preparation.
 - b. Titus 3:8: "This is a faithful saying, and these things I want you to affirm constantly, that those who have believed in God should be careful to maintain good works. These things are good and profitable to men."
 - c. The Word I had stored became the two-edged weapon I needed
 - b. The affirmations I had spoken daily became the weapon that pushed back the attack and helped me to overcome it.
3. Recommended Affirmations:
 - a. "I have been healed by the stripes of Jesus."
 - b. "No weapon formed against me shall prosper."
 - c. "My heart is strong in the Lord and in the power of His Might."
4. Key points to remember:
 - a. Do not wait to feel better before you speak.
 - b. Speak God's Word out loud immediately, even if you feel weak.
 - c. Use the Word you already know; do not search for something new in crisis.
5. The breakthrough that followed:
 - a. In 24-48 hrs my BP went from 196/115 to 133/67 then to 123/70.
 - b. That usually takes many people months to do with medication.
 - c. Keep fighting the good fight of faith.
 - d. Lying symptoms eventually flee because of God's spoken Word.
6. Key points to remember:
 - a. Fearless faith responds to attacks by speaking the Word immediately, releasing God's authority.
 - b. Perfect peace and Perfect Love are maintained when you agree with God's Word, not symptoms or circumstances.
 - c. Is 26:3 (Amplified & AMPC) "**You will keep in perfect and constant peace the one whose mind is [stayed] steadfast [...focused on You—in both]inclination and character], Because he trusts and takes refuge in You [with hope and confident expectation].**"
 - d. The Word stored in your spirit becomes the Word that rescues you in challenges, specially the greatest ones, producing a fearless and victorious believer.