

# ***BREAKING INTIMIDATION***

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***COURSE GUIDE***

# **INTRODUCTION**

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Hello!

Thank you for choosing to study Breaking Intimidation. Fear and timidity have kept many from fulfilling God's plan for their life. As a result, their potential was never fully realized. But your story doesn't have to end that way!

Throughout this guide, you'll find lesson summaries, reflective questions, and declarations designed to help you personalize this study so that you can rise above fear, release God's gifts, and establish heaven's dominion in your life.

Let's begin your journey toward experiencing freedom from fear!

Sincerely,  
John

P. S. Breaking Intimidation is also available as a book. Although you don't need to read the book to complete the course, it's a great resource to dive deeper into this study.

## **EXPOSING INTIMIDATION**

# **LESSON ONE**

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Countless Christians battle intimidation, yet most wrestle with its effects rather than its source. That's because many are unaware that intimidation is a spirit and can only be overcome by waging war in the spirit.

In this lesson we learned:

- Believers are in a spiritual battle.
- When you know your enemy, you'll know how to correctly wage war with them.
- The spirit of intimidation attempts to paralyze believers by stripping them of their God-given authority.
- You can rise above fear and find freedom.

### **REFLECT**

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1. Many people who are under an attack of intimidation fail to recognize exactly what they are dealing with. As a result, they deal with its effects rather than its source. What are some ways you've dealt with the effects of intimidation?

2. What are downfalls to just dealing with the effects of intimidation rather than the source?
3. Since intimidation is a spirit, what is the only successful way it can be defeated?

## **READ & RESPOND**

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God's Word is the sword of the Spirit (Ephesians 6:17). When you declare God's Word, you wage war in the spirit and release God's power and authority into your circumstances. Once God's Word is released, it will not return void (Isaiah 55:11), angels are dispatched and become active (Psalm 103:20), and God watches over His Word to make sure it's fulfilled, giving you victory (Jeremiah 1:12).

For the next eight weeks, at the end of every lesson, you'll find Bible verses for you to personalize so that you can release your faith, exercise your God-given authority, and experience victory over fear and intimidation. Let's begin with the Scriptures below!

A final word: Be strong in the Lord and in His mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty

powers in this dark world, and against evil spirits in the heavenly places. (Ephesians 6:10–12)

I declare, I am strong in the Lord and in His mighty power. I put on the whole armor of God so that I will be able to stand firm against all the strategies of the devil. For I do not fight against flesh-and-blood enemies, but I fight against the rulers and authorities of the unseen world, against the mighty powers in this dark world, and against the evil spirits in the heavenly places.

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. (Ephesians 6:13–15)

I declare, I put on every piece of God's armor so I will be able to resist the enemy in the time of evil. I stand my ground, and I put on the belt of truth and the body armor of God's righteousness. I walk in the peace that comes with obeying God's Word.

In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet,

and take the sword of the Spirit, which is the Word of God.  
(Ephesians 6:16–17)

I declare, I hold up the shield of faith to stop the fiery arrows of the devil.  
I put on the helmet of salvation and I use the Word of God as a sword to  
fight my spiritual battles.

## **YOUR PLACE OF AUTHORITY**

# **LESSON TWO**

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If you don't walk in your God-given authority, the enemy will seek to take it away from you and use it against you. This not only affects you, but also those under your care. That's why it's important that you not only know your place of authority but also function in it.

In this lesson we learned:

- Jesus has given believers power and authority over the devil and his cohorts.
- Jesus restored what Adam lost and more.
- Satan seeks to displace us in order to regain the authority Jesus stripped from him.
- If Satan can cause believers to lay down their position of authority, then he once again has authority to operate.

### **REFLECT**

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1. When God created Adam and Eve, He gave them dominion (power and authority) over everything on earth. But when they sinned against God, they and all

of mankind lost their rightful place of authority. Who gained man's place of dominion and authority? Why was it absolutely necessary for Jesus to come to earth in the form of a man who was born of a virgin?

2. In Matthew 28:18, Jesus declared that He has been given all authority in heaven and on earth. Then He commissions believers to go and make disciples of all nations. What is the connection between Jesus saying He has all authority and His command to us to make disciples of all nations?
3. As a believer, you have a specific place in the body of Christ over which you must stand guard. Why is it important for you to know your place of authority? How does Satan seek to displace you from that place?

## **READ**



*Jesus came and told His disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." (Matthew 28:18–20)*

*I also pray that you will understand the incredible greatness of God's power for us who believe Him. This is the same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand*



*in the heavenly realms. Now He is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come.*  
(Ephesians 1:19–21)

*For He raised us from the dead along with Christ and seated us with Him in the heavenly realms because we are united with Christ Jesus. (Ephesians 2:6)*

*Look, I have given you authority over all the power of the enemy. (Luke 10:19)*

## **RESPOND**

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*I declare, I am seated in heavenly places with Christ, far above the enemy. In Christ, I have been given power and authority over the devil. I walk in my God-given authority, and I advance God's kingdom on the earth.*

## **DORMANT GIFTS**

# **LESSON THREE**

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The objective of intimidation is to restrain you from action. When believers yield to intimidation, they relinquish their authority, which causes their gift—God’s ability in them—to remain inoperative, leaving them ineffective.

In this lesson we learned:

- Intimidation wants to overwhelm you with a sense of inferiority and fear.
- Satan uses fear and intimidation against you in an attempt to control and limit your effectiveness.
- The gift of God in you does not work automatically; it must be stirred up and put to use

### **REFLECT**

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1. In 1 Timothy 4:14, Paul instructs Timothy not to neglect his gift. What does it mean to neglect your gift? Why is it important to take proper care of your gift?
2. Consider the story of Elijah. What did he accomplish when he operated with boldness? What occurred

when he succumbed to intimidation?

3. How has intimidation caused you to neglect your gift?  
If you don't operate in your gift, how would others be affected?

## **READ**

Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. (1 Timothy 4:14 NKJV)

And don't be intimidated by those who are older than you; simply be the example they need to see by being faithful and true in all that you do. Speak the truth and live a life of purity and authentic love as you remain strong in your faith. (1 Timothy 4:12 TPT)

## **RESPOND**

I declare, I take proper care of the gifts God has given me. I refuse to be intimidated by anyone or anything. I am strong in faith, and I set an example for others to follow.

## **INTIMIDATION IS A SPIRIT**

### **LESSON FOUR**

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Intimidation is a spirit and can only be defeated by waging war in the spirit. If you attempt to combat intimidation in a natural way, using fleshly weapons, you will only be dealing with its effects, not its source.

In this lesson we learned:

- Spiritual resistance requires spiritual assistance.
- A spiritual battle must be fought with spiritual weapons.
- A person exercises witchcraft when they assume a place of authority in order to control or manipulate others.

#### **REFLECT**

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1. Recognizing a spirit of intimidation and understanding how it works are major keys to victory. In what specific ways or avenues does a spirit of intimidation attack?
2. What are the common symptoms that indicate a spirit of intimidation is operating in your life?
3. Since intimidation is a spirit, what spiritual weapons do you have available for you to combat it?

## **READ**

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For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7 NKJV)

“No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the LORD, and their righteousness is from Me,” says the LORD. (Isaiah 54:17 NKJV)

## **RESPOND**

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I declare, God has not given me a spirit of fear and timidity. I have a spirit of power and of love and of a sound mind. No weapon that is formed against me will prosper.

## **PARALYZED BY INTIMIDATION**

# **LESSON FIVE**

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An intimidated person honors what they fear more than they honor God. With or without realizing it, they offend God by submitting to what intimidates them instead of Him. They compromise what they know to be right, while allowing what they, under other circumstances, would not tolerate.

In this lesson we learned:

- It is easier to not offend the person we see rather than God, whom we do not see.
- Many homes are chaotic because many parents are intimidated by their own children.
- Many churches are void of the power of God to change lives because of intimidation.

### **REFLECT**

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1. In 1 Samuel 3:1, it says that "the Word of the Lord was rare." What does this mean and why was this the case? Is God's Word rare in your life?
2. Like Eli had done with his sons, is there someone in your

life that you are honoring more than God? If so, why are you intimidated by them?

3. If you presently find yourself paralyzed by intimidation, what next steps should you take to find freedom?

## **READ**

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Don't be intimidated in any way by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God Himself. (Philippians 1:28)

Awake, awake! Put on your strength, O Zion . . . Shake yourself from the dust, arise; Sit down, O Jerusalem! Loose yourself from the bonds of your neck, O captive daughter of Zion! (Isaiah 52:1–2 NKJV)

## **RESPOND**

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I declare, I am in no way intimidated by my enemies. I am spiritually awake, and I am strong. I shake myself from fear and intimidation, and I loose myself from their hold on me.

## **STIR UP YOUR GIFT**

# **LESSON SIX**

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Boldness is awakened in the life of a believer when they realize God has given them a spirit of power, love, and soundness of mind. These virtues are necessary to stir up your gift and to boldly confront intimidation.

In this lesson we learned:

- God must be our source of strength.
- True boldness comes from God and is fueled by the virtues of power, love, and soundness of mind.
- When we try to be bold in our own strength, it is often a mask for arrogance or ignorance.

### **REFLECT**

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1. You're only as strong as your source of strength. Does your strength come from God? How has God's power changed your life?
2. Consider David's confrontation with Goliath. When you are faced with intimidating situations, what kind of words usually come out of your mouth? What "giants" do you need to confront right now?



3. Consider David's experience with his older brother, Eliab. Why do people who are proud and intimidated become angry with those who exemplify boldness? Do you find yourself responding to others like Eliab responded to David? If so, why?

## **READ**

The LORD is my light and my salvation—so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble? (Psalm 27:4)

Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. (2 Timothy 1:6 NKJV)

I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency]. (Philippians 4:13 AMPC)

## **RESPOND**

I declare, the Lord is my fortress and strength. I fear no one!  
I stir up the gift of God within me. I have strength for all things in Christ Who empowers me. I am ready for anything and am equal to anything through Him Who infuses inner strength into me. I am self-sufficient in Christ's sufficiency.

## **ROOT OF INTIMIDATION**

# **LESSON SEVEN**

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Fear and intimidation are rooted in the love of self. But when you lay down your life out of love for Jesus, fear and timidity will lose their hold on you and boldness will begin to emerge.

In this lesson we learned:

- Possessing a spirit of timidity has nothing to do with a deficiency in personality, physical strength, or anointing.
- Motives can be different from outward appearances.
- When the pressure becomes strong enough, what you're made of will be exposed.
- Desire is not enough. The heart is willing, but the flesh is weak.
- God's love is what will motivate us to lose our life.

### **REFLECT**

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1. Whose approval and admiration mean the most to you? How often do you seek it? How is your behavior affected by their approval or disapproval?

2. If you are filled with fear or intimidation, who or what are you focusing on? If you are filled with God's love, who or what are you focusing on?
3. In what ways has God's love empowered you to lose your life for Jesus's sake?
4. Consider the story of Elijah. What did he accomplish?

## **READ**

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. (Galatians 2:20 NKJV)

For the love of Christ compels us, because we judge thus: that if One died for all, then all died; and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again. (2 Corinthians 5:14–15 NKJV)

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. (1 John 4:18 NKJV)

## **RESPOND**

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I declare, I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. In the life which I now live, I live by faith and my actions are fueled by God's love.

## **TWO TYPES OF FEAR**

# **LESSON EIGHT**

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You will serve whom you fear. If you fear man more than you fear God, you will become a slave to man. But if you fear God more than man, you'll obey God even at the rejection or disapproval of man.

In this lesson we learned:

- The fear of the Lord produces strong confidence.
- You cannot serve two masters.
- A sound mind is the result of possessing the knowledge and wisdom of God in any given situation.
- It is not enough to just have an in-depth knowledge of the Scriptures; we must also hear what God's Spirit is presently saying.
- Discouragement is destructive. If not confronted, it will cause us to cowardly retreat.

### **REFLECT**

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1. There are two types of fear: the fear of God and the fear of man. Which one do you tend to do more? What

evidence in your life supports this?

2. In whom are you placing your confidence—yourself and your own reasoning, or in God and His Word? How often do you seek God’s direction when making decisions?
3. What was the reason God repeatedly commanded Joshua to be strong and courageous? Why must you also be strong and courageous?

## **READ**

Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. (Joshua 1:7)

What then shall we say to [all] this? If God is for us, who [can be] against us? [Who can be our foe, if God is on our side?] (Romans 8:31 AMPC)

I press toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:14 NKJV)

## **RESPOND**

I declare, I am strong and courageous. I obey God’s Word and I do not deviate from it. God makes me successful in everything I do. God is for me, and no one and nothing

can stand against me! I press toward the prize of the upward  
call of God in Christ Jesus.

## Breaking Intimidation Course Guide

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