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Rx for Fear

A Kingdom Prescription for Courage, Clarity, and Emotional Freedom

By Dr. Joke Solanke

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Understanding the Dynamics of Fear: Spirit, Soul, and Body

Fear can live in the body, hide in the soul, and whisper in the spirit. To defeat it, you must understand how it operates in all three.

“My heart is severely pained within me, and the terrors of death have fallen upon me. Fearfulness and trembling have come upon me, and horror has overwhelmed me.” — Psalm 55:4–5 (NKJV)

To those familiar with the life of David—the shepherd, warrior, psalmist, and king—these words carry profound weight. David was not a timid man. He faced lions and bears in solitude, confronted Goliath in public, led armies into battle, and ruled a nation with divine favor. Yet the same man who ran toward giants also wrote about paralyzing fear.

This tells us something essential: fear can creep in at any time, regardless of who you are or what victories you have achieved. It visits prophets and professionals, soldiers and scholars, believers and doubters alike. Fear respects neither title nor anointing—it is an equalizer of human experience.

Moments of greatness do not exempt us from moments of weakness.

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