

# Breaking Free from the Fear of Abandonment



Audrey Morrow

Whispers of Grace

## CONTENTS

- Psalm 27
- Breaking Free – Even King David had to keep himself free from the fear of Abandonment
- Common Abandonment Issues
- Can it be so simple?
- About the Author

## A PSALM OF DAVID - PSALM 27 (NLT)

- 1 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?
- 2 When evil people come to devour me,  
when my enemies and foes attack me,  
they will stumble and fall.
- 3 Though a mighty army surrounds me,  
my heart will not be afraid.  
Even if I am attacked,  
I will remain confident.
- 4 The one thing I ask of the Lord—  
the thing I seek most—  
is to live in the house of the Lord all the days of my  
life,  
delighting in the Lord's perfections  
and meditating in his Temple.
- 5 For he will conceal me there when troubles come;  
he will hide me in his sanctuary.  
He will place me out of reach on a high rock.
- 6 Then I will hold my head high  
above my enemies who surround me.

At his sanctuary I will offer sacrifices with shouts of joy,

singing and praising the Lord with music.

7 Hear me as I pray, O Lord.

Be merciful and answer me!

8 My heart has heard you say, "Come and talk with me."

And my heart responds, "Lord, I am coming."

9 Do not turn your back on me.

Do not reject your servant in anger.

You have always been my helper.

Don't leave me now; don't abandon me,

O God of my salvation!

10 Even if my father and mother abandon me,  
the Lord will hold me close.

11 Teach me how to live, O Lord.

Lead me along the right path,

for my enemies are waiting for me.

12 Do not let me fall into their hands.

For they accuse me of things I've never done;

with every breath they threaten me with violence.

13 Yet I am confident I will see the Lord's goodness  
while I am here in the land of the living.

14 Wait patiently for the Lord.

Be brave and courageous.

Yes, wait patiently for the Lord.

# BREAKING FREE

## EVEN KING DAVID HAD TO KEEP HIMSELF FREE FROM THE FEAR OF ABANDONMENT.

This is something that is common to all mankind. Many times this fear of abandonment is never recognised because it involves so many different aspects of our lives, emotionally, physically, and socially.

There are many different causes, roots, and triggers, it would take too long to begin to discuss the different kinds of experiences from childhood, hurts, disappointments, and traumas that open the door to this kind of fear.

It is so often masked and interwoven deep into our personalities and sicknesses that it can be difficult to identify. This fear of abandonment never stands alone. If it did we would be able to easily identify it.

It is so subtle and deceptive, making it seem something that it isn't.

I do however want to point out some common issues of the Fear of Abandonment, to help you identify some of the symptoms and effects of how it manifests in our lives.

## COMMON ABANDONMENT ISSUES

- Panic Attacks
- Distress at even the thought of being separated from loved ones
- Refusing or difficulty leaving the house without a loved one or being home alone
- Physical issues, like stomach aches, headaches, pains, etc.
- Unstable relationships
- Distorted or poor self-image
- Extreme Impulsiveness or obsessions
- Mood swings
- Nervousness
- Overly sensitive to criticism
- Difficulty trusting others
- Difficulty making and keeping friends
- Taking extreme measures to avoid rejection or separation
- Getting attached to people too quickly then moving away just as quickly
- Working too hard to please other people
- Blaming yourself when things don't work out
- Overthinking, worry and dread - even before a situation arises

These symptoms of the fear of abandonment are both serious and concerning, but please take note that most of these issues are very deeply intertwined with many sicknesses and disorders.

**In other words, this Spirit of Fear, partners with other things such as physical and mental illnesses.**

Deception is the main weapon used by the enemy of our souls. He does not come against us in a direct and obvious way but in many little things disguised. For example, if an ugly fearful-looking figure came to your door saying "Let me come in, so I can steal from you, kill you and destroy you".

Most of us would slam the door and run. But this is not how Fear works, rather it comes with suggestions, thoughts, and images planted in our mind which can be explained as:-

**F - False**

**E - Evidence**

**A - Appearing**

**R - Real**

The ultimate reason and assignment of the Fear of Abandonment are to keep us from entering into the joy of salvation and experiencing the abundant life, promised to us by Jesus Christ, by keeping us from receiving complete acceptance through his Grace. In the midst of this fear of being abandoned, we actually become victims of abandonment, rejection, and loneliness.

Its whole purpose is to steal, kill, and destroy.

*Jesus told us clearly in John 10 v 10*

*“The thief does not come except to steal, and to kill and to destroy. I have come that they have life and that they may have it more abundantly.”*

This fear holds us captive, behind walls and barriers which we have both allowed and erected around our hearts and emotions because we have convinced ourselves that we need to protect ourselves from the pain of rejection or abandonment. But, in doing so, we are closing and pushing everyone out - including the Holy Spirit.

Not realising it is only the Holy Spirit who can reveal the love and grace of our Heavenly Father that we need to set us free.

As a result, our lives are thrown into a constant vicious circle. We long for the joy and peace of God's presence, and his perfect love but we cannot receive it. Our security and protection must come from Father God alone, before any man or woman or even ourselves!

**He alone is our refuge and strength.**

**He alone is our Rock.**

*Psalm 28 v 7 (NLT)*

*The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.*

*Psalm 18 v 2 (NLT)*

*The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.*

When we look for acceptance and security from any other source than our Heavenly Father, we are closing ourselves away from the only real, true, and lasting help.

Job recognised this truth, he said "The thing I feared most, came upon me". (Job 3v25)

Just like the blessings of the Lord are always chasing us down - so the Spirit of Fear is also seeking to chase us down - **WHICH ONE WILL YOU ALLOW IN YOUR LIFE?**

In the twistedness of that fear, it desires to keep you in a constant web of self-defense.

(DE - FENCE - keeping a Fence up around your heart)  
This is no defense at all.

Fear is the absence of faith - so this makes it a very serious issue. For many people, this fear of abandonment can remain hidden and disguised for years. It continually points attention and blame on other people and experiences. But until it is confronted for what it really is it will continue to control and deceive.

To receive love, acceptance, freedom, and liberty from God the Father, we must understand it is by his Grace, given to us through Jesus Christ alone. We must believe God's promises in our hearts over everything else, regardless of what we think or feel.

Faith does not require a feeling - BUT it does require TRUTH. Therefore, we must be willing to challenge and reject our feelings and say "I have listened, been controlled, and manipulated by my feelings too long - I choose to put my full faith and trust in God's promises - because: - HE IS TRUTH, HE CANNOT LIE".

*Hebrews 6:18 (NLT)*

*So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us.*

You might be saying "Audrey, that is easier said than done". And I can answer you by saying Yes I understand. I have experienced many times being overwhelmed by my own feelings of fear and doubt. But one day as I was reading the bible about how God is not a man that he can lie. this thought hit me hard –

### **"Have I been calling God a liar?"**

I realised, that I had allowed feelings of doubt and fear to control my actions, instead of choosing to trust God. I was now overwhelmed by a different kind of fear or CONSCIOUSNESS - One of Rejecting God.

This fear was not a paralyzing fear but one that lifted me up, to see more clearly. It was light instead of darkness. I was gripped with this thought "**I dare not call my God a liar**". I repented of my doubt, fear, and disobedience, asking His Holy Spirit to help me. I wanted to understand his word more deeply, not in my head only but in my heart also.

I made a conscious decision that day "From now on - I will say to my feelings - you are a liar. I am not influenced by you anymore; instead, I am inspired by the Word of God. He is my comfort, my help and my refuge."

*PSALM 91. v 2 (NIV)*

*I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.*

It was the beginning of a newfound strength. I began to change, slowly but very definitely. There have been many occasions to doubt and be fearful, but I have kept to this simple yet very solid and profound TRUTH –

### **MY GOD CANNOT LIE.**

When I am tempted to doubt or fear, I ask myself "Are you willing to call God a liar?" and this quickly helps me keep on track.

The devil is a liar and the father of lies, but Jesus is the Way, the Truth and the Life. (As Jesus himself declared in John 8 v 34 and John 14 v 6)

Yes, fear is very powerful, very subtle, and very deceptive **IF YOU DON'T KNOW THE TRUTH**. But when you tell it to shut up, and you choose to listen to the Holy Spirit - it must flee from you.

*James 4 v 7 (KJV)*

*Submit yourselves therefore to God. Resist the devil,  
and he will flee from you.*

Submit yourself to God, by listening to him, believing him, **FIRST**, then resist the devil which includes fear and doubt and he will flee from you.

It is worthless trying to just resist or ignore fear - but instead run to God - submit - to him, by throwing yourself into his truth and grace **THEN** you will be able to resist, and that fear will have no other option than to flee from you.

Just like light always drives out darkness. Dark is dark - fear is fear - but **TRUTH** is Light - even a little light - like a candle can destroy the darkness.

Think about a dimmer switch - it starts soft - but continue turning it and it gets brighter and brighter. So is the Truth of God's love and grace in our hearts, it may be very dim to begin with, but as we grow and learn more it will grow brighter and brighter until the darkness is gone.

## CAN IT BE SO SIMPLE?

Yes, it is a simple and straightforward principle but it is not so easy to put into practice, especially if you have been conditioned to react to fear for a long time.

It is like a habit - it takes some conscious effort and decisive choices to make a change. But like any other habit, it can be broken. You can create a new habit, little by little and day by day.

Remember - When you are living in fear, you are being helped and influenced along the way, by the enemy and his agents **BUT** when you chose to put your faith in God and in his Son Jesus, He will be helping and inspiring you along the way by his Holy Spirit, his love, his grace, and even his angels.

When God sends the right people into your life, you won't push them away, but as you learn to receive God's perfect acceptance and love, you will be able to finally love and accept yourself, and whom God created you to be, then you will be able to accept others.

This is true freedom and liberty, knowing who your Heavenly Father really is, then realising and accepting whom he has designed you to be, and then being able to accept others for who they are.

We don't know everything, we don't have all the answers - BUT this one thing we can be sure of

## **GOD CANNOT LIE!**

This is a little song I wrote a few years ago. You can make it your prayer today.

My God is Mighty  
My God is Awesome  
My God is faithful and true  
I'm fully persuaded, fully persuaded  
that My God is able to do,  
what he said he would do  
I've given up fear  
I've given up doubt  
I've made up my mind to believe  
I'm learning His Word  
I'm learning to Pray  
I'm trusting in Christ everyday

## ABOUT THE AUTHOR

I have been a born-again spirit-filled Child of God for many years, I am about to celebrate my 50th birthday at the time of writing this book. I can testify to so many amazing healings and experiences that I have encountered through the knowledge of God's presence, his Word, and his Spirit. My passion is to share what God has done for me and to encourage others to find that same freedom from religion, fear, and every other chain that limits them. I believe that God has a good plan and purpose for every person. God sent you to this earth on purpose with a purpose.

We do not decide that purpose but we must discover it.

A handwritten signature in black ink that reads "Audrey Morrow". The script is cursive and elegant, with the first letters of "Audrey" and "Morrow" being capitalized and prominent.

## HOW TO BECOME A CHILD OF GOD

If you have not already accepted Jesus Christ as your Lord and Saviour, I want you to know that Jesus Loves you, and he is waiting for you to call upon his name. He will not turn you away.

The Bible says the Gift of Salvation is for anyone who will believe in their heart and confess with their mouth that Jesus Christ is Lord, and that God has raised him from the dead.

You can stop right now where you are and ask Jesus to come into your life with a simple prayer just like this one.

“Lord Jesus, I acknowledge you as the Son of God, I believe that you died on the cross for my sin and that God raised you to life again. I believe you are the one true living God. I repent of my sin and of doing things my own way, come and wash me clean and make me your child. Thank you for saving me. Thank you for loving me. Amen.”

The Bible says that “by grace, you are saved through faith, and this is not from yourselves, it is the gift of God; it is not from works, so that no one can boast.” Ephesians 2:8-9. (KJV)

If you have prayed, believing in your heart then welcome to the Family of God, you are now a Child of God. Please contact someone you know who is a Born Again Christian and ask them to help you and pray with you. Or if you don't know anyone, please contact us.

**(please note, it is not a prayer that saves you but the one you pray to).**

## **Whispers Of Grace**

Publishing the Good News of the Gospel of the Kingdom through blogs, videos, and testimonies.

Our Aim is to teach and share the principles of God's Word and Truth that make us free and empower us to experience his purpose in our lives.

For other resources, you can find us on  
[www.whispers-of-grace.uk](http://www.whispers-of-grace.uk)

Other Book Titles available

Breaking Limitations One Day at a Time

Breaking Free from the Spirit of Heaviness

Pillars of Fire on the Earth

It's Time to Shine

Promotion comes from God

Beauty in Brokenness

**Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.**

**Scripture quotations marked “KJV” are taken from the Holy Bible, King James Version (Public Domain).**

**Scripture quotations marked (NIV) are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. [www.zondervan.com](http://www.zondervan.com) The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™**