

Dealing with Fear 2 Timothy 1:1-7

I. ...Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands. ⁷For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:1-7

- a. God has not Given us the Spirit of Fear.
- b. Where does fear come?
- c. Stir up the Courage inside of You!

II. Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27

- a. Fear: an unpleasant feeling of anxiety or apprehension caused by the presence or anticipation of danger.
- b. Anxiety: nervousness or agitation, often about something that is going to happen
- c. Phobia: an irrational or very powerful fear and dislike of something such as spiders or confined spaces.
- d. Peace: a state of mental calm and serenity, with no anxiety.

III. There are some things we should fear.

- a. Fear is a natural emotion.
- b. What are some of the things you Fear?

-
- c. We should fear being out of the Will Of God. But Jonah rose up to flee unto Tarshish from the presence of the LORD, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the LORD... Jonah 1:3-4

- d. We should fear unconfessed Sin.
 - (1) He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. Proverbs 28:13
 - (2) If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:9
- e. We should fear having an Unforgiving Spirit.
 - (1) For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15
 - (2) Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven. Matthew 18:21-22
- f. We should fear and Untold Testimony
 - (1) Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. Isaiah 58:1
 - (2) ... And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death. Revelation 12:10-11

IV. Fear can be paralyzing.

- a. Fear can and will hinder you from reaching your potential. Fear can stop you from doing ANYTHING!
- b. And Moses answered and said, But, behold, they will not believe me, nor hearken unto my voice: for they will say, The LORD hath not appeared unto thee. Exodus 4:1
- c. And the Philistine said, I defy the armies of Israel this day; give me a man, that we may fight together. When Saul and all Israel heard those

words of the Philistine, they were dismayed, and greatly afraid. 1 Samuel 17:10-11

d. And I was afraid, and went and hid thy talent in the earth: lo, there thou hast that is thine. Matthew 25:25

e. Ye are of God, little children, and have overcome them: because greater is He that is in you, than he that is in the world. 1 John 4:4

V. We can overcome the bad fear. I sought the LORD, and He heard me, and delivered me from all my fears. Psalm 34:4

a. Seek The Lord.

(1) For whosoever shall call upon the name of the Lord shall be saved. Romans 10:13

(2) Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall: 2 Peter 1:10

b. Keep a Sober Spirit.

(1) Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: 1 Peter 5:8

(2) And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; Submitting yourselves one to another in the fear of God. Ephesians 5:18-21

c. Look beyond the Present:

(1) For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. Romans 8:18

(2) But my God shall supply all your need according to his riches in glory by Christ Jesus. Philippians 4:19

(3) 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

VI. What to do to overcome fear:

- a. Take natural precautions, "use good sense."
- b. Control what you can and leave the rest to God.
 - Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Matthew 6:25
- c. Realize that God is in control. God can bring good out of the bad.
 - But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive. Genesis 50:20
- d. Realize that you are never alone.
 - Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. Hebrews 13:5
- e. Cultivate an eternal perspective
 - Therefore his sisters sent unto him, saying, Lord, behold, he whom thou lovest is sick. When Jesus heard [that], he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby. John 11:3-4
- f. Realize the Power of Love and a self-discipline
 - 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

PRAYER: Lord as I face Fear and Doubt help me to trust you to bring me out. In Jesus Name, Amen.