

April 29, 2018

- 2 Timothy 1: 3-7

- “Power not Fear”

### Introduction:

Mrs. Ima Terror chased her husband through the crowds at the zoo, waving her umbrella and unleashing insults like invisible missiles. Her husband perspiring and winded, sees that the lock on the lion’s cage had not quite closed, yanked it open, jumped into the cage, slammed the door, pushed the astonished lion hard against the bars, and peered over its shoulder. His frustrated wife shook her umbrella, stuttered in anger, and finally managed to explode, “Hosea, come out of there, you coward!”

Hosea, in this fictitious story, is like the people of Israel that we read about in the book of Numbers. They were confused about whom they should really fear. They saw themselves as grasshoppers when compared to the giants in the land where God wanted them to go.

--- Mart De Haan, *Our Daily Bread*

According to most studies, the number one fear is public speaking. Number two is death. I think number three is the fear of our peers. If we are so afraid of people that we stop following the Lord, it shows that we doubt His plan, His power, and His promises. There is a healthy fear that is wisdom, such as the fear of God and a healthy respect of situations. Our last sermon focused on the danger of excessive fear that can hinder and cripple individuals...

### I. How do we Alleviate Fear

1. The secret to alleviating our fears is found in a great Bible verse- 2 Timothy 1:7.

**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

The first step in dealing with such fears is to understand that they are not from God! We must be able to say, "This isn't God making me feel like this! God hasn't given me this!" Here's Paul in prison, telling a guy who is free not to be afraid. This means that fear should have nothing to do with our circumstances. Fear is a choice. So is trust! From this verse we find God, through the Holy Spirit, supplies us with three things to alleviate our fears. God supplies us with His power. Without God’s power we will constantly be victimized by fear and intimidation. Sometimes we feel intimidated or helpless Paul calls this the spirit of fear.

The Evil One’s most effective weapon in quenching our spiritual flame is fear. We fear we have lost our ability to use our spiritual gifts. It is a lack of spiritual self confidence of whom we serve.

A spirit of fear will cause us to disown our spiritual gifts. It is the Holy Spirit who enables us to serve God, and through Him we can overcome fear and weakness. The word “fear” in II Timothy 1:7 means “timidity, (te-’mi-də-teē) cowardice.” The Holy Spirit gives us power for witness and for service (**Acts 1:8**). It is useless for us to try to serve God without the power of the Holy Spirit. Talent, training, and experience cannot take the place of the power of the Spirit.

2. The spirit of fearfulness is seen in the Israelites when they finally come to the border of the Promised Land. They send out twelve spies to bring back a report. Numbers 13:33 records the report they give upon their return...we are put grasshoppers in their sight. When we get a “grasshopper” mentality, we have the spirit of fear, which is the result of forgetting the resources that God has given us to use our spiritual gifts effectively. When we get that

“grasshopper” feeling, we must remember God has given us three great resources that will cause us to serve with courage.

**1.** Our first resource is the spirit of... **power** (2 Timothy 1:7b). The word translated power “dynamis” doo'-nam-is is the Greek word from which we get our English words, “dynamite” and “dynamic.” It refers to a great force or energy. God infuses us with His power so we can effectively use our spiritual gifts and fulfill His purpose for our lives. Sometimes we forget God’s power is made perfect or complete in our own weakness (2 Corinthians 12:9). This power is described in Ephesians 3:20.

**Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us...**

Remember God’s power. To calm their fears, Moses tells the Israelites the LORD shall fight for them. Then, the Lord tells Moses to lead the Israelites to the Red Sea and raise his rod over the sea, which will divide and allow the Israelites to cross on dry land.

(Ex. 14:15-16)

In 1 Samuel 17 we find the story of Goliath, David, a young shepherd boy, understands the power of God. Armed with only a slingshot and five stones, David goes out to fight this giant. Daniel faced some lions, Elijah faced the prophets of Baal on Mt. Carmel and on we could go. To overcome fear we need courage because we have God on our side. When our faith is placed in our God, courage, grit, it is more than a match for fear. It is inner strength that comes from God and knowing who you are in HIM.

**2)** The second resource the Holy Spirit gives us is “**love**”. If we have love for lost souls and for the people of God, we will be able to endure suffering and accomplish the work of God. **Dr. Warren Wiersbe** -“Selfishness leads to fear; because, if we are selfish, we are interested only in what we will get out of serving God, and we will be afraid of losing prestige, power, or money.” - True Christian love, enables us to sacrifice for others and not be afraid.

God supplies us with assurance of His love. God’s love helps us overcome our fears. The Bible tells us there is no fear in love. Instead, I John 4:18 tell us:

**There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.**

When our faith is placed in God’s love for us, it is more than a match for fear. It is inner strength that comes from God and knowing who you are in HIM.

Fear is the result of our lack of faith in God’s love for us. As Christians we should never, fear the future because of God’s power and love for us. We can alleviate any fear if we focus on God’s incredible love for us. **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

**3)** He is also the One who gives “**a sound mind**” or self-control. This word is related to the words sober and sobriety that we often encounter in the pastoral letters. “Self-discipline” describes a person who is sensibly minded, well-balanced and who has his life under control. God supplies us with a sound mind. This literally means God gives us self-discipline or self-control. We don’t get hysterical or become paralyzed by fear when

serious problems come. The Holy Spirit enables us to keep cool heads when the monster “giant” fears come. The Holy Spirit enables us to keep cool heads when the “giant” fears come.

None of us live in a vacuum. Therefore we must put something in place of the fear that we come to reject. May I suggest we replace it with the promises of God. The Bible has a perfectly matched promise for every fear we will ever face. Therefore, find a Bible promise that expels your fear, and memorize it so it’s readily accessible. We are created for the best and the worst that life can give, providing we allow our faith to go deep in God.

3. Remember God’s power but claim His Promises. None of us live in a vacuum. Therefore, we must put something in place of the fear that we come to reject. May I suggest we replace it with the promises of God? God loves us and he has given us His promises. The Bible has a perfectly matched promise for every fear we will ever face. Therefore, find a Bible promise that expels your fear, and memorize it so it’s readily accessible.

**I John 4:4 -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.**

**Psalms 27:1 - The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?**

**Romans 8:31- What shall we then say to these things? If God be for us, who can be against us? Fear of God alleviates all other fears. And if you kneel before God, you can stand before man!**

**The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe. Proverbs 29:25**

### **Conclusion:**

Claim them they are yours!!! Fear changes your focus and causes you to overlook God’s protection, peace and purpose for your life. You are meant by the Father not to live in fear, but to ride and soar and glide on your own. We are created for the best and the worst that life can give, providing we allow our faith to go deep in God. ---gospel

