

**OVERCOMING FEAR
2 TIMOTHY 1:7-9**

Introduction

Most every one of us knows what its like to be afraid! Am I right?

Most of us have seen the folks with “*No Fear*” emblazoned on a bumper sticker, on their clothing or on something else? That sounds real courageous doesn’t it? But do you for one minute think that there is really nothing in this world that might cause them to fear? I would venture to say that even they are afraid of something! Unless they happen to be psychotic or delusional!

We all have things that we’re afraid of even though our fears may not be the same as other people. Let me give you some examples:

Some folks are afraid of the dark, while some love being in darkness!

Some folks are afraid of storms, while there are others who chase storms!

Some folks are afraid of heights, while others climb mountains or other tall things and bungee jump off of them or parachute off of them!

Some are afraid of traveling in airplanes, while others are not bothered! (I’m not afraid to fly, but I wouldn’t jump out of a perfectly good airplane as some people choose to do!)

I may not have hit your fear yet, but given enough time I’m sure I could!

I had a real close friend from the time I was ten until I was in my mid twenties who was deathly afraid of spiders. Now I’m not particularly fond of spiders myself. I don’t want one on me and if I see one he is likely to die at my hand (or foot). But my friend was deathly afraid of spiders!

*I remember one time I went to visit him in Macon, GA, while he was going to college at Mercer University. As we were talking in his apartment, he spotted a spider somewhere in the room and had a “**conipation fit**.” He yelled and jumped up and ran to his bathroom cupboard and came back with a can of spider kill. When he returned, the spider had disappeared. I laughed at him (like a good friend normally does.) I finally had to try to help him find the spider. As I recall, He refused to go to sleep that night until we located and he had killed that spider. It was a long night.*

**OVERCOMING FEAR
2 TIMOTHY 1:7-9**

We might laugh at that story and think it is ridiculous for someone to have that kind of fear of spiders. **But when we begin to talk about YOUR FEARS, well THAT is a different story!**

I’m the same way about snakes. People talk about there being good snakes and bad snakes. Well I’m only afraid of three kinds myself—live ones, dead ones and play ones! If I see a live snake he needs to get away from me in order to keep from becoming a dead snake! (*e.g. I remember one time that we had about a 6 foot timber rattler that came out of our woodpile. I was shaking so bad that missed him with a 12 gauge shotgun on the first shot! But I got him with the second shot!*)

Many of us **fear** some things that we can see or sense. However, there are many **hidden fears** that can paralyze us too:

A fear of failure causes many people to never start or try anything that is not completely safe.

A fear of rejection makes us afraid to do anything that could draw criticism or give someone a chance to laugh at us.

Right now there are those in the **media** and many **governmental officials** trying to **instill fear** regarding this **Coronavirus pandemic!**

We could go on and on talking about fears and phobias. Nevertheless, in the course of naming these different fears, we’d probably find that all of them fall into **two kinds of fear:**

There is fear that can be good or beneficial. There is a **fear** keeps us from: Driving 120mph, picking up a rattlesnake, jumping off the side of a building, or doing other foolish things that you can think of. **Another good or beneficial fear that we ought to have a healthy fear God! If we have a healthy fear of God, then that can help alleviate some of our other fears!**

There is fear that can be bad or harmful. This is the “*spirit of fear*” mentioned in this particular passage. **It is a kind of fear that paralyzes us and keeps us from doing things we could or maybe even should do.**

**OVERCOMING FEAR
2 TIMOTHY 1:7-9**

Perhaps today someone is listening that has a **fear** that they need to **overcome**. This passage gives us insight on **how to conquer or overcome our fears**.

I. WE NEED TO UNDERSTAND THAT SATAN IS A MASTER AT USING OUR FEARS AGAINST US!

Satan wants us to fear ANYTHING and EVERYTHING but God!

If we are not careful, Satan can keep us from being effective in our walk with the LORD by using *the spirit of fear* against us!

A. Satan Loves To Use The Spirit Of Fear Against Those Who Are Lost!

He does this to keep them from getting saved!
He has them fearing everything but God and hell!

B. Satan Loves To Use The Spirit Of Fear Against Believers.

1. He Uses Fear To Make Us Miserable!

Worry and fear can paralyze our lives and make our lives miserable! This Coronavirus pandemic right now has a lot of folks *"in a tizzy"*!

You've maybe heard folks described as being *"worry warts."* Well, have you ever met a *"worry wart"* who wasn't miserable?

2. He Uses Fear To Make Us Ineffective!

a. Some Believers do not share their faith with others because of fear!

"What will they think of me?"
"What if I turn them off?"
"What if I mess up?"
"They probably won't listen to me anyway!"

These are some of the common fears Satan uses to make us ineffective as witnesses of Christ!

b. Some Believers do not get involved in service for God because of fear!

**OVERCOMING FEAR
2 TIMOTHY 1:7-9**

It is expressed in comments like:

"I could never teach a Sunday School class."

"I could never sing a special in Church."

"I could never be a pastor or a missionary."

Fear can keep us from serving God and ALL of us should be serving God in some capacity!

C. Satan Has A Variety Of Methods For Using Fear:

1. Sometimes he uses our past sins!
2. Sometimes he uses the possibilities of the future!
"What if _____ happens!"
3. Sometimes he uses the potential of failure!
4. Sometimes he uses the certainty of scorn or criticism!

Satan is a master at using our **fears** against us **to stop us, to bind us, and to rob us of God's best for us!**

Listen to me, if we are controlled and/or held back by our **fears**, our verse tells us **that it is NOT God** that has given us that *"spirit of fear"*. That spirit of fear comes from sin and Satan!

Do you know where **fear** is first mentioned and what the context of it is? (**Adam and Eve just after they sinned in the garden of Eden — Genesis 3:7-11**)

WE NEED TO UNDERSTAND THAT SATAN IS A MASTER AT USING OUR FEARS AGAINST US!

II. WE NEED TO UNDERSTAND THAT GOD HAS GIVEN US THREE GIFTS FOR CONQUERING OUR FEARS.

A. God Has Given Us The Gift of POWER!

(Philippians 4:6-13)

Ephesians 6:10—"Finally, my brethren, be strong in the Lord, and in the power of his might."

OVERCOMING FEAR
2 TIMOTHY 1:7-9

1. God Gives Us The Power For Salvation!

*Romans 1:16 “For I am not ashamed of the gospel of Christ: for it is the **power of God** unto salvation to every one that believeth; to the Jew first, and also to the Greek.”*

*John 1:12–“But as many as received him, to them gave he **power** to become the sons of God, even to them that believe on his name:”*

2. Jesus Gives Us The Power For Witnessing!

*Matthew 28:18-20–“And Jesus came and spake unto them, saying, All **power** is given unto me in heaven and in earth. 19 **Go ye therefore**, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: 20 Teaching them to observe all things whatsoever I have commanded you: and, lo, **I am with you alway**, even unto the end of the world. Amen.”*

*Acts 1:8–“But ye shall receive **power**, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.”*

3. The Holy Spirit Gives Us Power For Hope!

*Romans 15:13–“Now the God of hope fill you with all joy and peace in believing, **that ye may abound in hope**, through the **power** of the Holy Ghost.”*

4. He Gives Us Power For Stability!

*Romans 16:25–“Now to him that is of **power to stablish you** according to my gospel, and the preaching of Jesus Christ, according to the revelation of the mystery, which was kept secret since the world began,”*

OVERCOMING FEAR
2 TIMOTHY 1:7-9

The word “*stablish*” means “*to set fast; to turn resolutely in a certain direction, or to confirm.*”

5. Christ Gives Us Power For Enduring Trials!

*2 Corinthians 12:9–“And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. **Most gladly therefore will I rather glory in my infirmities**, that the **power of Christ** may rest upon me.*

6. Almighty God Gives Us Power For Whatever We Need!

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.”

If we are trusting in, drawing from, relying on, and believing in the One Who has the power, He will give us the power we need!

*1 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.**”*

God Has Given Us The Gift Of Power.

B. God Has Given Us The Gift Of Love!

At first glance, it may not seem that “**LOVE**” could be effective in **conquering fear**.

1 John 4:18–“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.”

Here is how this works:

1. God Loving Us Should Conquer Our Fears!

When we truly come to know the love God had and has for us, it brings a freedom in our lives!
(Romans 5:8; John 3:16)

OVERCOMING FEAR
2 TIMOTHY 1:7-9

Romans 8:31-32—“What shall we then say to these things? If God be for us, who can be against us? 32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?”

God Loving Us Should Conquer Our Fears...

2. **Our Love For God Should Conquer Our Fears!**
1 John 4:19—“We love him, because he first loved us.”
God loved us first. When we accept His love for us, God gives us a love for Him. But we must develop that love!
- a. **The more we love God, the more we desire to know Him!**
 - b. The more we **desire to know Him** and the more we **come to know Him!**
 - c. The more **we come to know God**, the greater our **vision of God** becomes! (i.e. We begin to see God in His greatness and majesty!)
 - d. The greater our **vision of God** becomes, the greater our **trust in God** becomes!
 - e. So, **the more we love God, the less fear we will have.**

So, the love of God can help relieve our fears!

3. **Our Love For Others Should Conquer Our Fears!**
The more we love others the less fear we will have!

Love causes us to overcome our fear for the good of others: (*Agape*’ love...**charity**... is seeking the highest good for another.)

OVERCOMING FEAR
2 TIMOTHY 1:7-9

Exp. News stories of how a parent runs back into a raging inferno to rescue their child.

Or how a soldier might brave a hail of bullets in order to rescue a wounded friend.

Love for others causes us to do some things we wouldn’t otherwise do:

Love causes us to tell others about Jesus.
Love causes us to teach a Sunday School Class.
Love causes us to surrender our lives to become whatever God would have for us (e.g. even a preacher or a missionary)

God Has Given Us The Gift Of Power...The Gift Of Love...

- C. **God Has Given Us The Gift Of A Sound Mind!**
Most of the time our harmful fears are the result of **wrong thinking**. (I’ve heard someone call “*Stinkin’ thinking!*”)

But listen, something happens when we are saved and begin to trust God.

1. **We Have Been Given The Mind Of Christ!**
1 Corinthians 2:16—“For who hath known the mind of the Lord, that he may instruct him? But we [i.e. those who are saved] have the mind of Christ.”

Jesus told his Disciples:

*John 14:26-27— “26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. 27 **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.***

OVERCOMING FEAR
2 TIMOTHY 1:7-9

2. Our Mind Is Continually Renewed As We Abide In God's Word!

*Romans 12:2—“And be not conformed to this world: but be ye transformed by the **renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

In our way of thinking, we may be afraid that we won't make it financially.

But, if we trust in God and accept His way of thinking, we can be assured He will take care of us! How so?

Luke 12:28—“If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more will he clothe you, O ye of little faith?”

If we are afraid of dying, that fear is calmed by knowing where we are going:

2 Corinthians 5:8—“We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord.”

When we think Biblically, we have a "**sound mind**". When we have a **sound mind**, **fear** just doesn't make sense.

OVERCOMING FEAR
2 TIMOTHY 1:7-9

Are you saved! Has the power of the blood of God's only begotten Son, Jesus Christ, worked salvation in your life? If not, you are probably living in the **fear of death!** At least you should be!

Why not trade that **fear** for God's power, God's love, and a sound mind that comes from God!

For those who have been saved by God's power, let me ask, are you serving by that same power?

If not, why not trade your **fear**:

For Love—

The more you love God the closer you'll get to Him!
The closer you get to Him the more you'll see you can trust Him!
The more you trust Him the less fear you will have!

For Power— God's Power. He can empower us to do anything for Him.

For A Sound Mind—The Mind of Christ. When we have His mind we'll be mindful of the things He would have us to be mindful of!

Conclusion

Conquering and overcoming fear **is not** a matter of self determination, it is a matter of dependence on God, Whom we can fully trust!

It is a matter of belief in His words, His promises, and His gifts to us!

It is a matter of recognizing the devil's attempts at crippling us with fear and God's majestic grace in giving us POWER, LOVE and SOUND MIND.