



Not Given a Spirit of Fear

2 Timothy 1:7

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- In our text, Paul is writing to Timothy encouraging him to faithfully do his work of preaching and teaching.
- *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*
- Today, we want to address “fear”.
- In our text, Paul notes that God does not desire that we live in fear.
- Yet, far too many live lives of fear.

What is Fear?

- Fear has 2 different meanings.
- “An unpleasant often strong emotion caused by anticipation or awareness of danger.” (Webster)
- Reverence – a profound and healthy respect, directed toward God (**Hebrews 12:28-29**)
“Awe” (NASB, ESV)
- “Fear” can be good or bad. We need a “healthy fear” to keep us FROM dangers.
- Often, it has a negative meaning – **our focus.**

What is Fear?

- We may be fearful of many things:
- Failures and rejection
- The unknown future
- Old age and its infirmities
- Growing and the changes called for
- Our future before God.
- Death

The Effects of Fear

- It can make you miserable and consume you
- Some are afraid of everything, or many things. They live in constant fear.
- King Saul toward the end of his life.
 - **1 Samuel 28** records his misery and desperation, including visiting a medium.
 - Note **vs. 20**, Saul fell full length on the ground and was dreadfully afraid.

The Effects of Fear

- It can paralyze you
- Keep you from moving forward or acting
- Israel refused to enter Canaan – **Numbers 13 & 14.**
- The “one talent servant” hid his talent because he feared his master – **Matthew 25:24-25**
- How many do nothing because of fear of what might happen?

The Effects of Fear

- It can make you useless to God.
- God wants to use us – **Titus 2:14**. But fears can make us useless to Him!
- Consider Israel before the Philistines – **1 Samuel 17:11** – All the army feared Goliath. Did nothing.
- Gideon only needed 300 to defeat Midian – **Judges 7:3**. The army started with 32,000. 22,000 left because they were fearful.

The Effects of Fear

- It can affect your ability to trust others
- Consider King Saul's failure to trust David.
- Fear can also cause us to fail to trust God!
- Many today because of fear will not trust anyone, or very few. Sometimes, past betrayals promote this fear and its results.

The Effects of Fear

- It can produce the results you feared
- Peter, walking on water, began to sin.
Matthew 14:28-34
- Could this also be a cause of his denials?
Matthew 26:69-75
- Fear may cause one to fail to act to PREVENT a concern that is feared.

The Effects of Fear

- It can be contagious
- Fear often leads to others who are affected being fearful as well, especially when they are looking to you.
- Israelites told if fearful to go home –
Deuteronomy 20:8
- As Caleb encourages Israel to go and possess the land, the people refuse because the 10 spies made their hearts melt – **Joshua 14:7-8**

The Effects of Fear

- It may cause you to sin!
- Many of the examples we have noted involved sin.
- **Galatians 2:11-12**, Peter is hypocritical for fear of his Jewish brethren. It was sinful.
- **1 Samuel 13:9**, Saul's unauthorized sacrifice
1 Samuel 15:24, he spares king Agag noting he feared the people
- Many today, fearing ridicule & rejection will go along with sinful activities. OR perhaps they just fail to obey God – **cf. James 4:17**

Facing our Fears

- Understand what God commands us about fear
- “Do not be afraid”, “Do not fear”, “Fear not” – together found more than 110 times in scripture.
- **Luke 12:4-5**, do not be afraid of those who kill the body...
- **John 14:27**, Let not your heart be troubled, neither let it be afraid.
- **2 Timothy 1:7**, our text
- Clearly fear is a big concern we must face

Facing our Fears

- Develop genuine faith
- There is a correlation between fear and faith.
- **Luke 12:32**, God wants to give you the kingdom
- **Psalm 27:1**, the LORD is my light, whom shall I fear?
- **Proverbs 29:25**, the fear of man brings a snare.
- **Psalm 34:4**, the LORD delivered him from his fears
- **Hebrews 13:5-6**

Facing our Fears

- Think of God as your Father
- Relationship with a loving father.
- **Matthew 7:7-11**, ask and it will be given...
- **Hebrews 12:5-11**, even in chastening, He loves US.

Facing our Fears

- Learn to love God and others
- Perfected love casts out fear – **1 John 4:18-19.**
- Often love motivates us to move beyond our fears. The one we love is more important than our fears.

Facing our Fears

- **Face your fears**
- You have to act! You cannot let them hinder your progress.
- Admit your fears and work to overcome them.
- **Luke 12:4-5** – it is more fearful to face God
- **Luke 22:41-45, Matthew 26:39** – Jesus in the garden. He did not let His fears hinder his work.

Facing our Fears

- IF sin is involved, repent!
- WHY are you afraid? If you have sin in your life, you OUGHT to be fearful.
- Why was the one talent servant fearful?
- If we are living godly we have no cause to fear –
Hebrews 13:5-6

Facing our Fears

- Pray about it!
- Paul prayed for boldness and asked others to pray for him as well – **Ephesians 6:18-19**
- Consider **Philippians 4:6-7, 1 Peter 5:7**
- Pray for strength as you face your fears

Facing our Fears

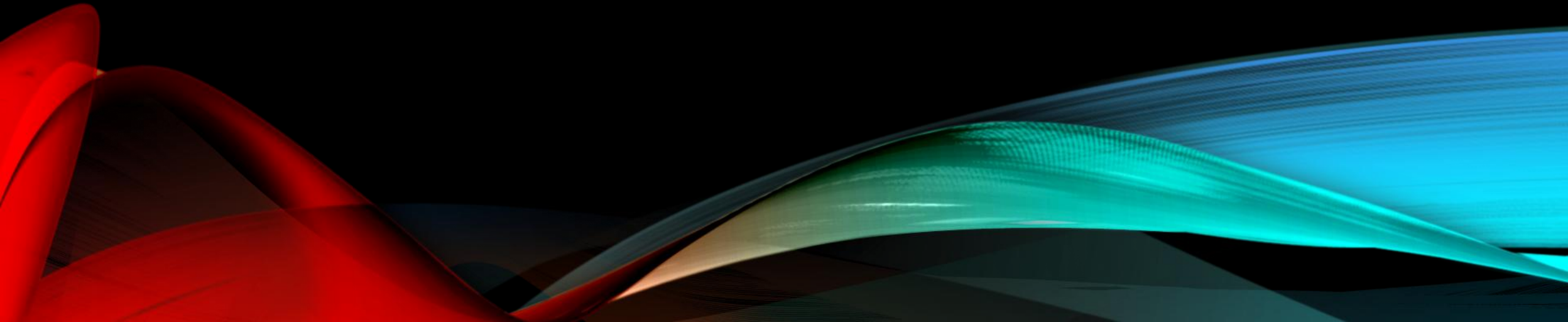
- Live your life one day at a time doing good
- Jesus encouraged us to deal with the now –
Matthew 6:34
- **James 4:13-14** – live each day, “as if the Lord wills”
- **1 Peter 3:13-15** – who is he who will harm you if you follow what is good.
- **2 Timothy 1:12** – Paul faced death with confidence, because of the way he lived his life.

We all face fears in life.
Some are good and others we need to
overcome!

IT is not about what you fear, but how
you deal with it!



HOW are you dealing with your fears?



Let us pray!

