



2 Timothy 1:3-7

# OVERCOMING FEAR

*Fear can overwhelm your senses. It can distort your thinking. It can kidnap your desires. It can capture your meditation so that you spend more time worrying about what could be than considering the God who is. Fear can cause you to make bad decisions in the short term and fail to make good decisions in the long run. Fear can cause you to forget what you know and to lose sight of who you are. Fear can make you wish for control you will never have. It can cause you to distrust people you have reason to trust. It can cause you to be demanding rather than serving. It can cause you to run when you should stay and to stay when you really should run. Fear can make God look small and your circumstance loom large. Fear can make you seek from people what you will only get from the Lord. Fear can be the soil of your deepest questions and your biggest doubts. Your heart was wired to fear, because you were designed for life shaped by fear of God. But horizontal fear cannot be allowed to rule your heart, because if it does, it will destroy you and your ministry. —Paul David Tripp*

## PAUL'S THANKSGIVING FOR TIMOTHY (1:3-5)

Paul gives thanks to God every day for...

- Timothy's loyal \_\_\_\_\_.

*For this reason, I have sent **Timothy** to you, who is my beloved and faithful son in the Lord, who will remind you of my ways in Christ, as I teach everywhere in every church. (1 Corinthians 4:17)*

*We sent **Timothy**, our brother and God's coworker in the gospel of Christ, to establish and exhort you in your faith. (1 Thessalonians 3:2)*

- Timothy's tender \_\_\_\_\_.

*But I trust in the Lord Jesus to send **Timothy** to you shortly, that I also may be encouraged when I know your state. For I have no one like-minded, who will sincerely care for your state. (Philippians 2:19-20)*

- Timothy's genuine \_\_\_\_\_.

*But you know his [**Timothy's**] proven character, that as a son with his father he served with me in the gospel. (Philippians 2:22)*

*Now Paul also arrived at Derbe and at Lystra. And behold, a disciple was there, named **Timothy**, the son of a Jewish woman who was a believer, but his father was a Greek, and he was well spoken of by the brothers who were in Lystra and Iconium. (Acts 16:1-2)*

- We should thank God for a godly heritage!
- We should not let the lack of a godly heritage hinder us from fully serving the Lord and starting our own godly heritage.
- We should seek out godly mentors in our Christian life.

*Timothy was not at all like Paul, the great apostle. He was still young and to a large extent inexperienced. He had a weak constitution. He had frequent ailments and a weak stomach. He was timid by nature. He was naturally shy—what today we would call an introvert. —R. Kent Hughes*

*Paul regarded his own ministry as part of the continuation of God's great ongoing plan of the ages. He was one of the faithful throughout history that have loyally served God sincerely, with a "clear conscience." —Thomas Constable*

*There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love. —Washington Irving (1783-1859)*

*We are all creatures of imitation: precepts may teach us, but it is example that draws us. There is that in us all, that we are always disposed to catch the ways of those with whom we live; and the more we like them, the stronger does the disposition grow.*

—J. C. Ryle (1816-1900)

## PAUL'S EXHORTATION TO TIMOTHY (1:6-7)

### What was Timothy's problem?

- He was letting fear \_\_\_\_\_ his mindset.

*And if Timothy comes, see that he may be with you without fear; for he does the work of the Lord, as I also do. (1 Corinthians 16:10)*

*No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities. (1 Timothy 5:23)*

- He was letting fear \_\_\_\_\_ his ministry.

*Do not neglect the spiritual gift you have, given to you and confirmed by prophetic words when the elders laid hands on you. (1 Timothy 4:14)*

### What is the solution for Timothy and for us?

*Therefore*

*I remind you to stir up the gift of God which is in you through the laying on of my hands.*

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Tim. 1:6-7)*

- Focus on your \_\_\_\_\_ in Jesus Christ.

- Fan the \_\_\_\_\_ of your gift(s) in Christ.

- Find your \_\_\_\_\_ in Christ.

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*Fear occurs naturally in virtually every animal species and serves adaptive functions. An animal without fear is likely to become a predator's dinner or "road kill"... Normal fear apprehends a realistic danger; phobia implies an irrational fear... Anxiety is interpreted as "free-floating" apprehension.*

—Dr. Richard D. Kahoe

**Fear.** Grk, *deilia*, "timidity, dread, cowardice." Used only 1x in NT.

*All God's giants have been weak men who did great things for God because they reckoned on His being with them. God uses men who are weak and feeble enough to lean on Him. —Hudson Taylor*

**Stir up.** Grk, *anazōpyreō*, lit., "up + alive + fire; to keep in full flame."

*The worst evils of life are those which do not exist except in our imagination. If we had no troubles but real troubles, we should not have a tenth part of our present sorrows. —Charles H. Spurgeon*

*All fears are prophecies about the future. —Ed Welch*

**Sound Mind.** Grk, *sophronismos*, lit., a saved mind; "self-control; the sanity of saintliness."

*Paul has in mind a measure of control over one's thinking and actions that allows a balanced outlook on any situation. When everything is coming unglued, this quality of "levelheadedness" will keep the Christian focused calmly on the power and love that the Spirit provides. —Philip Towner*

*If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God, you'll be at rest. —Corrie ten Boom*