

THE POWER OF FEARLESSNESS

2 Timothy 1:1-8

- **In *The Power Principle* series we're focused on becoming stronger Christians as we learn and apply life-changing principles to our lives.**
- **Fear is a major stronghold that keeps people from living a victorious life.**
- **Some *fears* are not bad (Proverbs 1:7, Matthew 10:28), but other *fears* are demoralizing and destructive for our lives.**
- **The Lord wants us to obtain victory over our *fears* because:**
    - **Fear emotionally traumatizes us**
    - **Fear makes us vulnerable to the Devil's attack**
    - **Fear keeps us from living by His will and keeps us *stuck* in our lives**
    - **He wants us to live by faith rather than by fear**
- **Paul had to overcome many fearful circumstances (2 Corinthians 11:24-27), and he wanted to help Timothy overcome fear in his life (2 Timothy 1:1-8).**
- ***What steps can we take to live fearless rather than fearful lives?***

Living A Fearless Life Requires:

ACKNOWLEDGING THE <u>DESTRUCTIVE</u> POWER OF FEAR

- *"For <u>God has not given us a spirit of fear and timidity</u>, but of power, love, and self-discipline."* (2 Timothy 1:7)
- **Many people laugh about their *fears* as though they are okay to have in life.**
- **We should never let a "spirit of fear" dominate or discourage us.**
- **Caving in to fear leads to *Forgetfulness* in our lives.**
    - *"This is why <u>I remind you</u> to fan into flames the spiritual gift God gave you when I laid my hands on you."* (2 Timothy 1:6)
    - **Fear will cause us to forget the presence, power and provision that God has promised to us for our lives.**

    - *"That is why I am suffering here in prison. But I am not ashamed of it, for I know the one in whom I trust, and I am sure that He is able to guard what I have entrusted to Him until the day of His return."* (2 Timothy 1:12)
    - **When we remind ourselves of who God is to us, what He's done for us, and what He's promised to us, we will overcome our fears.**
- **Caving in to fear leads to *Failure* in our lives.**
    - *"So <u>never be ashamed to tell others about our Lord</u>. And don't be ashamed of me, either, even though I'm in prison for him. With the strength God gives you, be ready to suffer with me for the sake of the Good News."* (2 Timothy 1:8)
    - **As a result of his fears, Timothy had apparently failed to stand up for the Lord and for Paul.**
    - **Fear causes people to: 1) Lack self-esteem and feel insecure (Exodus 4:1-17), 2) Not pursue their God-given callings (Matthew 25:14-30), 3) Live without authenticity in their lives (Genesis 3:7-10), and 4) Refrain from sharing their faith with others.**
- **Caving in to fear leads to *Frailty* in our lives.**
    - *"Don't drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often."* (1 Timothy 5:23)
    - "90% of the chronic patients who see today's physicians have one common problem. Their trouble did not start with a cough or chest pain or hyperactivity. In 90% of the cases the first symptom was fear." - Prominent Physician
    - **Worry is a form of fear, and fear and worry causes people to live without peace and joy in their lives.**
    - *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace . . . His peace will guard your hearts and minds as you live in Christ Jesus."* (Philippians 4:6-7)

Living A Fearless Life Requires:

EXPERIENCING THE <u>DELIVERING</u> POWER OF FAITH

- *"For God has not given us a spirit of fear and timidity, but of <u>power, love, and self-discipline</u>."* (2 Timothy 1:7)
- **There is a difference between reasonable fear and irrational fear.**
- **We will overcome our fears when we *Access God's Power* for our lives.**
    - *"The Spirit who lives in you is greater than the spirit who lives in the world."* (1 John 4:4)
    - **Jesus said that the Holy Spirit would bring us the power we need to be strong for the Lord and in our lives (Acts 1:8).**

    - **If we have a stronghold of fear it's because we're trying to live life by our strength and ability rather than by God's power.**
    - *"The Lord is my light and my salvation - so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?"* (Psalm 27:1)
- **We will overcome our fears when we *Believe in God's Love For Us*.**
    - *"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."* (1 John 4:18)
    - *"We have no fear of someone who loves us perfectly."* (1 John 4:18 LB)
    - **If we are afraid as Christians it is because we are fearful of what God might do to us or allow to happen to us, which means that we are not convinced that He really loves us with an everlasting love.**
    - *"We know that God causes everything to work together for the good of those who love God and are called according to His purpose for them."* (Romans 8:28)
- **We will overcome our fear when we *Cultivate Self-Control* in our lives*.***
    - *"A person without self-control is as defenseless as a city with broken-down walls."* (Proverbs 25:28)
    - "F.E.A.R. is False Evidence Appearing Real." - Zig Ziglar
    - **When we can't overcome a lack of self control by our own ability, we can overcome it as we submit to the leadership of God's Spirit.**
    - *"When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."* (Galatians 5:22-23)

- **The Lord will enable us to overcome our fear when we put our faith and trust in Him and in His power, provision and promises for our lives (Matthew 14:24-31).**
- ***What is the Lord communicating to me through this message?***