[7] For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

Fear is a natural human emotion that can manifest itself in various forms. Fear has a way of gripping our minds and holding us hostage. It creeps into our thoughts and convinces us that what we think is fact. But what if those thoughts are not facts? What if the fear that consumes us is based on nothing more than our imagination? What if what we fear is a projection of our thoughts into our future? The apostle Paul reminds us in **2 Timothy 1:7 that "God has not given us a spirit of fear but of power, love, and a sound mind."** It is this sound mind that can help us break free from the chains of fear and embrace the truth that God has for us.

Understanding the Spirit of Fear

In order to overcome fear, it is important to understand what the "spirit of fear" entails. The Greek word used in 2 Timothy 1:7 refers to a **cowardly** or **timid spirit**, not the reverential fear we have for God. This spirit of fear can manifest in various ways in our lives, causing us to shrink back from our responsibilities and hinder our ability to make wise decisions. Just like the servant in the parable of the talents who buried his gold out of fear, we too can let fear paralyze us and prevent us from fully living out our calling.

Paul did not wish for fear to overcome Timothy. Understanding fear can overwhelm anyone at any time. No one is immune.

Timothy, to whom this letter is being sent, has a timid personality. He is going through some extremely difficult times and has become fearful. In writing this letter, Paul sought to encourage Timothy by reminding him of his heritage of faith, passed down through his grandmother Lois and mother Eunice. They instilled in him a sincere faith and taught him the ways of God. Paul wanted to restore Timothy's courage and exhort him to fan into flame the God-given gift of faith within him.

The Spirit of Power, Love, and a Sound Mind

Paul tells Timothy that God has given us a spirit of power, love, and a sound mind. These three components work together to help us overcome fear and live boldly for God's glory.

1. Power: Courage to Face the Difficult

The spirit of power empowers us to face and endure the challenges and hardships that come our way. It gives us the courage to step out in faith, knowing that God is with us. This power is not our power; it is power that comes from the Holy Spirit dwelling within us. Just as the Spirit played a role in the creation of the world, it also empowers believers to live bold and courageous lives.

2. Love: Fuel for Sacrificial Service

The spirit of love fuels our hearts with compassion for others. It prompts us to share the gospel and serve those around us selflessly. When we focus on God's love for us and for others, fear takes a

backseat. Love motivates us to put aside our own fears and anxieties and instead reach out to those who need to hear the good news of Jesus Christ.

3. God Gave Us a Sound Mind: Reject False Thoughts and Embrace the Truth

God did not give us the spirit of fear but of power, love, and a sound mind. Our minds are the center of most of our fears. It is the mind that holds on to the fear that holds many of us hostage. It is the iron grip of the mind that has on the thought we are thinking that makes us fear. It is the mind that makes us believe our thoughts are facts. Our mind turns a thought into a truth. The news report is that the economy is in a downturn. Our thoughts tell us because the economy is in a downturn, we are going to lose our jobs. We believe that thought. We give psychic energy to that thought. We never ask ourselves if the thought is true. No, we embrace it as a fact, as something that is true. We believe it. We make ourselves miserable in the process; we become fearful because we believe something that is not true. We project ourselves into a future that has not come to pass, and we believe in that future with all of our hearts. So, we worry, become apprehensive, become filled with anxiety, develop ulcers, stress, and heart disease. Why? Because we believe in a thought that is not true. We took a thought and turned it into a fact. A thought is not a fact. A thought is never a fact. A thought is just a thought. A thought is something passing through your mind until you attach yourself to it.

A sound mind is essential in overcoming fear. It allows us to differentiate between thoughts and facts. Too often, we believe our thoughts without questioning their validity. We allow our minds to turn thoughts into truths, even when they are not based on reality. But a sound mind, guided by the truth of God's Word, helps us discern between what is true and what is merely a product of our imagination. As Paul writes in Philippians 4:8, we are to focus on things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.

Blessings,
Pastor Gool