



FEAR NOT! NOVEMBER 4, 2024

2 TIMOTHY 1:7 NKJV – (7) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

The Bible refers to fear as a spirit. Fear is something that can consume your emotions, paralyze you and keep you from maximizing your potential. When you are tempted to be afraid of people, problems or circumstances, realize that this is actually God's reminder to pray for His divine intervention, to calm the fear and to give you peace in the midst of whatever problems you face. That's when you can know that God is real—when you are afraid and He overrides that fear with His presence. So, appeal to His presence when fear begins to overtake you so that the emotion of fear doesn't become a spirit of fear. Through Him, you can control your fear instead of being controlled by it.

And in the face of fear, wait upon God. Waiting on God does not mean doing nothing. It means not acting outside God. It means staying within His guidelines and boundaries. As you do that, God's timing will be activated on your behalf., because you are cooperating with Him, His word and His Methodology. When you are operating that way you need not to fear, for His timing is always perfect.

Timothy was content in his role of serving alongside Paul and did not prefer to be the outspoken leader of a large movement of Christians. And yet, this was the role Timothy held in Ephesus at the time Paul wrote this letter. However, Paul urged Timothy to stand strong. Rather than fear, God had given a spirit or attitude of "power and love and self-control."

"Power" has always been an important part of God's work in the church. In the next verse, Paul notes again the "power of God." **2 Timothy 3:5**, he will speak against those who have an appearance of godliness but deny its power. "Love" was also vital theme for Paul (**1 Corinthians 13**) as well as a prominent topic in the teachings of Jesus. Self-control was a theme in **1 Timothy (1 Timothy 2:9:15)** and appears here again. Paul routinely reminded believers under his care to exhibit self-control, as part of the fruit of the Spirit (**Galatians 5:22–23**).

SCRIPTURE READING: PSALM 91:4-5

THOUGHT FOR THE WEEK: "Nothing in life is to be feared. It is only to be understood.'