

Overcoming Fear

Choosing Courage
in the Age of Anxiety

A Spirit of Power, Love, & Sound Mind

2 Timothy 1:1-7

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2 Timothy 1:1-7 (NKJV)

Paul, an apostle of Jesus Christ by the will of God, according to the promise of life which is in Christ Jesus. To Timothy, a beloved son: Grace, mercy, and peace from God the Father and Christ Jesus our Lord. I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day, greatly desiring to see you, being mindful of your tears, that I may be filled with joy, when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also. 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.

Made in the image of your Heavenly Father – you exist to partner with Him in creation – to foster and extend, share and speak life. To show the love of God, power of God, and life of God, given to us in Christ by His Spirit, through who you are and how you live in this world.

Power

God has given you His power as a weapon to combat fear.



Luke 10:19

Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

Love

God has given us the gift of loving others as a weapon to combat fear. It forces us to decentralize our focus from ourselves and to put others at the front of our minds.

God has given us the gift of being loved by others as a weapon to combat fear. It dispels the lie that we are alone, that we do not have what we need, and that we are not enough.

Sound Mind

God has given us sanity and self-discipline as weapons to combat fear.