

Psalm 55:1-8

Give ear to my prayer, O God, and hide not yourself from my supplication! Attend to me and hear me; I am restless in my complaint, and I moan noisily, because of the voice of the enemy, because of the oppression of the wicked. For they bring down trouble upon me, and in wrath they hate me. My heart is severely pained within me; and the terrors of death have fallen upon me. Fearfulness and trembling have come upon me, and horror has overwhelmed me.

My heart is pounding inside me. I am afraid to die. I am trembling with fear. I am terrified! ERV

What made the King of Israel so Fearful?

- *the voice of the enemy*
- *the oppression of the wicked*

For it is not an enemy who reproaches me; then I could bear it. Nor is it one who hates me who has exalted himself against me; then I could hide from him. But it was you, a man my equal, my companion and my familiar friend. We took sweet counsel together, and walked in the house of God in the throng.

Ps. 55:12-14

Have there been things to provoke you to fear?

Unfavorable
Diagnosis

Acceptance

Abusive Spouse

Financial Debt

Death

Loneliness

Ending a
Friendship

Wrath of
God

Overcoming
temptation

Job loss

The Suffering
of a loved one

Faithless
Child

Meeting our
obligations

What can happen when we're
overcome by fear?

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The Great King's desire was to escape:

- Fly away and be at rest
- Wander far off
- Remain in the wilderness
- Hasten my escape



Is it God's plan for Christians to escape fear?

Unhealthy Ways we "check out":

- Substance abuse, legal prescription drugs
- Inappropriate relationships:
 - Harmful or toxic codependency
 - Sexually immoral behavior
 - Online exploitation
- Self harm, suicide

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Is it God's plan for Christians to escape fear?

Jesus said...

I have given them Your word, they have hated them because they are not of the world, just as I am not of the world. I do not pray that You should take them out of the world, but that You should keep them from the evil one. Jn17:14-15

Why keep
us from the
evil one?



1Pe 5:8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

How will the Father “keep” us “from the evil one”?

Courage

**“Fear is
a reaction.
Courage
is a decision.”**

Sir Winston Churchill

If fear looks like a
devouring Lion,
what should
Courage look like?





1Co 16:13 *Be watchful, stand firm in the faith, **act like men**, be strong.*

Courage
is being scared
to death,
but saddling up
anyway

[John Wayne]

Finding our **Courage**

How can we foster our courage?

2Ti 2:1 You therefore, my son, be strong in the grace that is in Christ Jesus.

by the Apostle Paul to Timothy

by the will of God, according to the 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. **2Tim 1:1-7***

Finding our **Courage**

How can we foster our courage?

In a second letter written by the Apostle Paul to Timothy

Timothy's Fears: (Paul is mindful of his tears 1:4)

- **Paul's imprisonment?** 1:8; 16, 2:9(*suffering as an evildoer*)
- **Threats from without?** *Alexander the copper smith 4:14,15*
- **Threats from within?** *Ungodly brethren 2:16; imposters 3:13*
- **Timothy's commission?** *Train teachers 2:2; Correct those that oppose the truth 2:25; Preach the Word 4:2; work of an evangelist 4:5a; fulfill **your** ministry 4:5b*
- **Endure hardship? Affliction?** 1:8; 2:3; 3:12; 4:5
- **Perilous Times?** 3:1; *Evil men grow worse and worse 3:13*
- **Abandonment?, loneliness?** *"those in Asia" 1:15; Demas 4:10; no one, but the Lord 4:16,17*
- **Failure?** *Stir up gift of God 1:6; Fear 1:7; Youthful lust 2:22; Disputes 2:16; 23*
- **Paul's imminent execution?** 4:8

Finding our **Courage**

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2Ti 1:7 *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

1. Recognize: When facing fear or anxiety, the first step is to acknowledge that these feelings are not from God.

2. Reframe: We begin the process of managing a response by reframing our crisis through a lens of divine strength, love, and rational thinking.

Finding our **Courage**

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2Ti 1:1 *Paul, an apostle of Christ Jesus by the will of God according to the promise of the life that is in Christ Jesus*

From where did this promise come?

2Ti 1:8-10 *Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God, who saved us and called us to a hoiy calling...*

*...who **abolished death** and **brought life** and **immortality** to light through the gospel*

Finding our **Courage**

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Paul Reminds Timothy the source of his Courage...

2Ti 3:14-17 *But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.*

Finding our **Courage**

2Ti 1:7 *For God has not given us a spirit of fear, but of **power** and of love and of a sound mind.*

How has God empowered us to act on our Courage?

God's Sovereignty:

2Ti 1:9 He has saved us and called us to a holy life—not because of anything we have done but **because of his own purpose and grace.** This grace was given us in Christ Jesus before the beginning of time

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- Intense feelings of unworthiness
- God knows our hearts; that we are His in spite of all our failures and sins.

¹⁹By this we shall know that we are of the truth and reassure our heart before him; ²⁰for whenever our heart condemns us, God is greater than our heart, and he knows everything. I Jn3:19,20

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God's Forgiveness:

1 John 1:9 If we confess our sins, **he is faithful and just** to forgive us our sins and to cleanse us from all unrighteousness.

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God's way of escape:

1 Co 10:13 No temptation has overtaken you except such as is common to man; but **God is faithful**, who will not allow you to be tempted beyond what you are able, but with the temptation make a **way of escape**, that you may **be able to bear it.**

Finding our **Courage**

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How has God empowered us to act on our Courage?

God's Spirit:

Rom 8:26 Likewise the Spirit **helps us** in our weakness. For we do not know what to pray for as we ought, but the Spirit himself **intercedes for us** with **groanings too deep for words**.

God's Wisdom:

James 1:5 If any of you lacks wisdom, let him ask God, who **gives generously** to all without reproach, and it will be given him.

Finding our **Courage**

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How has God empowered us to act on our Courage?

God's Provisions:

Phil 4:19 And my God will supply every need of yours **according to his riches** in glory in Christ Jesus.

God's Presence:

Phil 4:13 I can do all things through **Christ who strengthens me.**

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How has God empowered us to act on our Courage?

God's Faithfulness:

2Ti 2:11-13 *This is a faithful saying: For if we died with Him, We shall also live with Him. If we endure, We shall also reign with Him. If we deny Him, He also will deny us. If we are faithless, **He remains faithful**; He cannot deny Himself.*

- *Dying with Him leads to living with Him.*
- *Enduring hardship leads to reigning with Him.*
- *Denying Him leads to being denied by Him.*
- *Being faithless is possible with us, but not with Him.*
- *We can fail ourselves; even others. It is impossible for God to fail!*

Finding our **Courage**

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How has God empowered us to act on our Courage?

- **God's Sovereignty:** *we exist in a determined reality*
- **God's Forgiveness:** *possible by the blood of Christ*
- **God's way of escape:** *ethical and moral framework*
- **God's Spirit:** *uniquely aids in our inadequacies*
- **God's Wisdom:** *access to transcendent eternal truth*
- **God's Provisions:** *loss has temporal meaning*
- **God's Presence:** *interpersonal connection to God*
- **God's Faithfulness:** *the trustworthiness of God*

Finding our **Courage**

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How has God empowered us to act on our Courage?

If you will be deliberate and intentional to listen to the sacred writings that provide access to God, then you will find your Courage.

Finding our **Courage**

2Ti 1:7 *For God has not given us a spirit of fear, but of power and **of love** and of a sound mind.*

Why is love so necessary for finding our courage?

Where there is room for self; there will always be place for fear.

Act of Love?

2Ti 2:8-10 Remember Jesus Christ, risen from the dead, the offspring of David, as preached in my gospel, for which I am suffering, bound with chains as a criminal. But the word of God is not bound! Therefore I endure everything for the sake of the elect, that they also may obtain the salvation that is in Christ Jesus with eternal glory.

Finding our **Courage**

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Why is love so necessary for finding our courage?

Expressions of Personal Affection

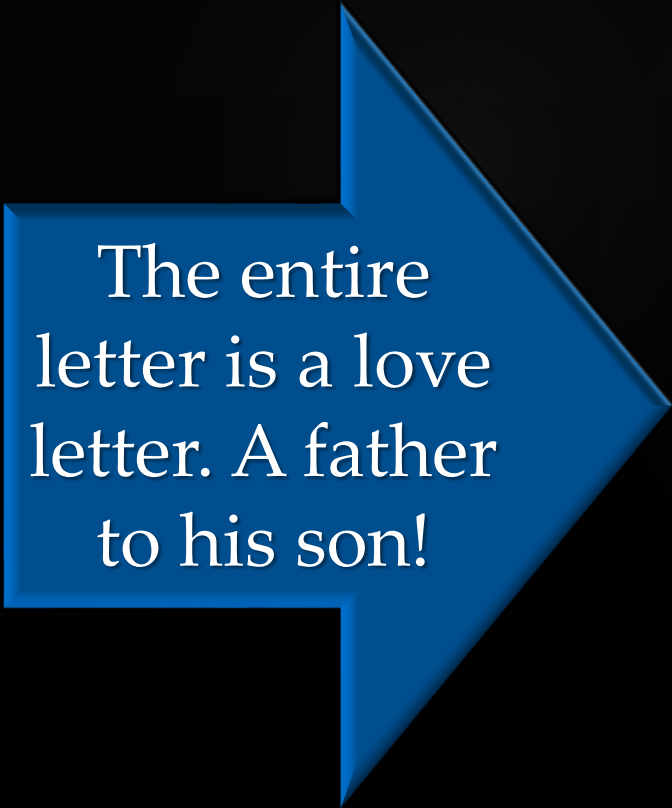
- Opening greetings, *“my beloved son”*
- Remembrance in prayer *“day and night”*
- Mindful of tears

Encouragement and Affirmation

- Timothy's genuine faith
- Stirring up the gift of God within Timothy

Instruction and Guidance

- Endure hardships *“Share in my sufferings”*
- Maintain emotional and ethical boundaries
- God's word is trustworthy against scrutiny
- Fulfill ministry; entrust work to others



The entire letter is a love letter. A father to his son!

Finding our **Courage**

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Why is love so necessary for finding our courage?

When self-preservation is reframed into a lens of self-sacrifice, then you will find your **Courage**.

Finding our **Courage**

2Ti 1:7 *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

How does a sound mind/discipline overcome our fears?

Like David, we take a
“hands down”
approach.



1. Prayer:

2Ti 1:3 I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers' night and day.

Finding our **Courage**

2Ti 1:7 *For God has not given us a spirit of fear, but of power and of love and **of a sound mind**.*

How does a sound mind/discipline overcome our fears?

2.Preparation:

2Ti 1:13 Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus.

2Ti 2:19 Nevertheless the solid foundation of God stands, having this seal: "The Lord knows those who are His," and, "Let everyone who names the name of Christ depart from iniquity."

Finding our **Courage**

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2.Preparation:



Not a causal reading

2Ti 3:14 But you must continue in the things which you have learned and been assured of, knowing from whom you have learned them



Literally to put in the mind

2Ti 2:7 Consider what I say, and may the Lord give you understanding in all things.

Finding our **Courage**

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How does a sound mind/discipline overcome our fears?

3.Prevention:

- 2Ti 2:16 *But **shun** profane and idle babblings*
- 2Ti 2:22 ***Flee** also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.*
- 2Ti 2:23 *But **avoid** foolish and ignorant disputes, knowing that they generate strife.*
- 2Ti 4:2 *Preach the word! Be ready in season and **out of season**. Convince, rebuke, exhort, with all longsuffering and teaching.*
- 2Ti 4:5 *But you be **watchful in all things**, endure afflictions, do the work of an evangelist, fulfill your ministry.*

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How does a sound mind/discipline overcome our fears?

1. **Prayer:** *expressing our concerns and fears to God*
2. **Preparation:** *fears reframed by the knowledge of God*
3. **Prevention:** *avoid potentially unsafe situations*

Finding our **Courage**

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How does a sound mind/discipline overcome our fears?

When exercising the three “P”s, then you will find your Courage.

Finding our **Courage**

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1. Recognize: When facing fear or anxiety, the first step is to acknowledge that these feelings are not from God.

2. Reframe: We begin the process of managing a response by reframing our crisis through a lens of divine strength, love, and rational thinking.

- **Power:** *Fostering confidence in God's faithfulness*
- **Love:** *Attention on our interdependence*
- **Sound Mind:** *Prayer, Preparation and Prevention*

Finding our **Courage**

Are you ready to be
Courageous?