



OVERCOMING THE SPIRIT OF FEAR

DECEMBER 20, 2020

Scripture: 1 TIMOTHY 1:7



“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

1 Timothy 1:7

Webster defines fear as an unpleasant often strong emotion, to be afraid, or reason to be alarmed. I believe that if many of us had to define the year of 2020 with one word we would define it with the word “*fear*.” We are living and wrestling with fear everyday.

FEAR OF

- Going outside
- Going to work with people who don't practice good hygiene
- Shopping with people who refuse to wear a mask
- Worshipping with other believers inside the church
- Will I or who will get Covid-19 next and who would die from it
- Money problems

Paul is sure to inform young Timothy as well as us that the spirit of fear does not come from God. Well if the spirit of fear doesn't come from God then where does it come from? It comes from Satan himself and the very pits of hell. Satan desires for us to live in fear and to believe that our situation won't get better, that we will eventually die to this disease, that God will not hear or answer our prayers. But we have to have the faith to persevere and know that God will see us through.

Paul informs us that fear is a spirit. Therefore, this spirit has the ability to hover over you, around, and to also influence you. My question is which spirit have you obeyed the most this year? The spirit of fear or the spirit of God? The spirit of fear will tell you that it's not going to get better anytime soon. But the spirit of God will tell you that “all things work together for the good of them that love the Lord and are called according to his purpose.” The spirit of fear will tell you to cry yourself to sleep at night. But the spirit of God will tell you that “weeping may endure for a night but joy comes in the morning.” The spirit of fear will tell you that you're going to die to this disease. But the spirit of God will tell you that “by his stripes you are healed.” Because the spirit you feed is the spirit you will breed. If you keep feeding the spirit of fear then that spirit will manifest itself in your life. But if you feed the spirit of God then that spirit will manifest itself in your life.

Paul informs us that God has not given us the spirit of fear, but the spirit that he has given us is the spirit of power, love, and a sound mind. These are the tools that Christ has given us to overcome the spirit of fear.



POWER

When Paul writes that God has given us the spirit of power the Greek word he uses is the word “Dunamis” which means dynamite. God has placed an explosive power that dwells on the inside of us and when you know the power that resides on the inside of you then you don’t have to succumb to the spirit of fear. *“Greater is he that is in you than he that is in the world.”* The power that resides in us is the same power that Christ used when he said *“peace be still”* to the storm and the storm ceased. It’s the same power that Jesus used when he said *“Lazarus come forth”* and Lazarus came out of the grave. It’s the same power that Jesus had when God raised him from the dead and he declared that he had *“all power in his hands.”* This is the same power that resides on the inside of the believer. So whenever you feel the spirit of fear rising in your life send it right back to the very pits of hell.

LOVE

Not only has God given us the spirit of power but he’s also given us the spirit of love. Some of us have experienced more hurt this year than we ever had, and it was delivered to us by people that we love the most. Many of us have given up on love and vowed never to love again. But it’s possible for us to love even the unlovable because God has given us a spirit of love. When you have moments in which you refuse to love someone just remember how God loves us even after all of the wrong we’ve done. Therefore, if God loves us we have to also love each other despite the circumstances. He’s given us an “agape” love which helps us to love people beyond their faults and blemishes.

SOUND MIND

God has also given us a sound mind. You see Satan isn’t after your money, marriage, or your ministry, he’s really after your mind because he knows that if he can get your mind than he can get everything else. That’s why you have to make sure that you guard your mind against the attacks of the enemy and the spirit of fear. I believe that’s why the old church would sing the song “I woke up this morning with my mind stayed on Jesus” because as long as your mind is on Him than the spirit of fear can’t overcome you. *Isaiah 26:3 declares that “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”* In order to keep a sound mind you can’t focus on your mess or your mistakes but focus on the Master, and if you can keep your mind focused on God than the spirit of fear can’t overtake you.

Paul is sure to inform young Timothy as well as us that God has already given us these gifts. Therefore, since God has given it to us we don’t have to pray or ask for it. We just have to activate it. You activate these gifts by walking in faith, trusting in God, and persevering through adversity. Walk in power, love, and a sound mind and continue to feed the spirit of God and watch how you will begin to overcome the spirit of fear.

Scripture references: 1 John 4:4, Mark 4:39, John 11:43, Matthew 28:18