

Understanding Fear

2 Timothy 1:3-7

- I. ⁶Therefore, I remind you to rekindle the gift of God that is in you through the laying on of my hands. ⁷For God has not given us a spirit of fear, but one of power, love, and sound judgment. 2 Timothy 1:6-7
 - a. Remember who you are: ⁵I recall your sincere faith that first lived in your grandmother Lois and in your mother Eunice and now, I am convinced, is in you also. 2 Timothy 2:5
 - b. Rekindle what Your ancestors gave You: ⁶Therefore, I remind you to rekindle the gift of God that is in you through the laying on of my hands. 2 Timothy 1:6
 - c. Rely on The Holy Spirit: ⁴You are from God, little children, and you have conquered them, because the one who is in you is greater than the one who is in the world. 1 John 4:4
- II. Understand how FEAR affects our body.
 - a. ¹¹so that we may not be taken advantage of by Satan. For we are not ignorant of his schemes. 2 Corinthians 2:11
 - b. ¹¹Put on the full armor of God so that you can stand against the schemes of the devil. ¹²For our struggle is not against flesh and blood, but... spiritual forces in the heavens. Ephesians 6:11-12
 - c. Overt signs of Fear: Increased heart rate, Faster, deeper breathing, Sweating and chills, Muscle tremors, Digestive changes, Dilated pupils.
 - d. The physical experience of fear is driven almost entirely by your autonomic nervous system, the network that controls everything you don't consciously manage.

- e. Fear Hijacks Your Thinking. Fear makes you sharper in some ways and significantly worse in others. This boosts sensory vigilance: you notice more, scan faster, and react more quickly to changes around you.
- f. The Freeze Response Is Not a Choice. The system operates below awareness and can override voluntary motor control, which is why people who freeze during a traumatic event often feel confused or ashamed afterward.
- g. Chronic Fear and Heart Health. When fear persists over weeks, months, or years, the short-term survival responses that protect you in an emergency begin to erode your health. Elevated resting heart rate is one of the strongest predictors of cardiovascular disease and early death in large population studies.

III. Three demonic Acts of Fear

a. Fear Manipulates:

1. Manipulate is to handle or control (a tool, mechanism, etc.), typically in a skillful manner. Control or influence (a person or situation) cleverly, unfairly, or unscrupulously.
 - 8 He stood and shouted to the Israelite battle formations, "Why do you come out to line up in battle formation?" He asked them, "Am I not a Philistine and are you not servants of Saul? Choose one of your men and have him come down against me. 1 Samuel 17:8
2. Manipulators use position and power to dictate the outcome of a situation thereby reducing or removing the Holy Spirit's role in a believers life.
 - 9 If he wins in a fight against me and kills me, we will be your servants. But if I win against him and kill him, then you will be our servants and serve us." 1 Samuel 17:9

3. Manipulators will cause one to question the Word of God.

- 10 Then the Philistine said, "I defy the ranks of Israel today. Send me a man so we can fight each other!" 11 When Saul and all Israel heard these words from the Philistine, they lost their courage and were terrified. 1 Samuel 17:10-11

b. Fear Intimidates:

1. Intimidate: frighten or overawe (someone), especially in order to make them do what one wants.

- 23 While he was speaking with them, suddenly the champion named Goliath, the Philistine from Gath, came forward from the Philistine battle line and shouted his usual words, which David heard. 24 When all the Israelite men saw Goliath, they retreated from him terrified. 1 Samuel 17:23

2. Intimidation fear often comes after great victories.

- **19** Ahab told Jezebel everything that Elijah had done and how he had killed all the prophets with the sword. ²So Jezebel sent a messenger to Elijah, saying, "May the gods punish me and do so severely if I don't make your life like the life of one of them by this time tomorrow!"³ Then Elijah became afraid^[a] and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, ⁴but he went on a day's journey into the wilderness. He sat down under a broom tree and prayed that he might die. He said, "I have had enough! LORD, take my life, for I'm no better than my ancestors." ⁵Then he lay down and slept under the broom tree. 1 Kings 19:2

c. **Fear will Dominate your life.**

1. Fear will dominate your life and cause you to make irrational decisions.
 - ³¹ But the men who had gone up with him responded, "We can't attack the people because they are stronger than we are!"
³² So they gave a negative report to the Israelites about the land they had scouted: "The land we passed through to explore is one that devours its inhabitants, and all the people we saw in it are men of great size. Numbers 13:31-32
2. Fear will dominate your life and cause you to deny Jesus and His Power

- ⁷³ After a little while those standing there approached and said to Peter, "You really are one of them, since even your accent^[9] gives you away." ⁷⁴ Then he started to curse and to swear with an oath, "I don't know the man!" Immediately a rooster crowed, ⁷⁵ and Peter remembered the words Jesus had spoken, "Before the rooster crows, you will deny me three times." And he went outside and wept bitterly. Matthew 26:73-75

IV. We can be victorious over fear.

- a. ⁴ You are from God, little children, and you have conquered them, because the one who is in you is greater than the one who is in the world. 1 John 4:4
- b. ⁷ For God has not given us a spirit of fear, but one of power, love, and sound judgment. 2 Timothy 1:7