

## The Biblical Perspective on Anxiety!

(2 Timothy 1:7-13)

Sunday, August 6, 2023

We all have our terrors in life. Will I be able to pay these bills? How many cavities will the dentist find this checkup? What if I flunk next week's test? Am I going to lose my job? Are my children going to turn out right? – What is your terror?

Uncertainty! Pressure! They add up to anxiety! Anxiety, the great plague of our generation. Anxiety snatches away happiness. Anxiety is a confusing and paralyzing reaction in our lives.

The collision of a personal desire with a natural fear expresses the essence of most of our anxiety. My desire to pass a course collides with my fear of failing the final exam. Anxiety, then, is the natural result and manifestation of fear. This means that if you can understand and resolve your fears, you can overcome the trauma of anxiety.

I believe that the simple but profound truth that God has shared with us in **2 Timothy 1:7**, can help you deal victoriously with fear. The verse states, ***“God hath not given us the spirit of fear: but of power, and of love, and of a sound mind!”***

### **I. God does not want you to be afraid!**

- A. The fears that are a part of your life, are not coming to you because God wants you to have them. He does not place a fearful, trembling spirit in man; His will is to fill His children with a victorious spirit. But you are not the only person who has the tendency to be afraid and intimidated. The Bible is filled with examples of people who made mistakes, lost precious opportunities, and displeased God because of their fear. You are not an exception to the rule.

## Sunday, August 13, 2023

- B. **In Matthew 25**, we find the familiar story of the man who gave three servants five talents, two talents and one talent, to manage during his absence. Returning, he found that two servants had invested and doubled his money. But the servant with one talent, still had only one talent. When asked to explain his failure, the servant answered, “Master, I know that you are a hard man, and I was afraid of you.” The servant was punished because he had allowed his anxiety keep him from being faithful and useful to his lord.
- C. **In John 20**, we read that the Apostles were shocked and frightened because of the Crucifixion of Christ, and they hid in a secret room with the doors tightly locked. Why were they so anxious? Because John says, they were afraid the Jews would harm or kill them as well.
- D. **In Luke 10:38**, we read Jesus’ visit to the home of Mary and Martha. Before dinner, Mary sat at the feet of Jesus to hear what he had to say and enjoy His presence. Martha, on the other hand, was rushing around preparing the meal, cleaning the house, and being burdened with all that needed to be done. Finally, she said to Jesus, “Lord, doesn’t it matter to you that I am working myself to death while Mary sits there doing nothing?” Jesus said to her, “Martha, you get so upset and anxious over things that aren’t important. You are wrong to be so worked up. Mary has been much wiser in her use of this time we have together.” Where did Martha go wrong? What caused her to deserve this rebuke from Jesus?

Her problem was anxiety! She was being driven by fear. Being a conscientious hostess, she was afraid that Jesus or His Disciples would think the house wasn’t clean enough or wouldn’t like the food she prepared. Her fear of what people would think or say, caused her to miss the blessing of Christ’s presence in her life.

**Sunday, August 20, 2023**

**II. God has given His Spirit to overcome your fears!**

Those who know God personally, through placing their faith in Jesus Christ, have received the Spirit of God to dwell within them [**2 Thessalonians 4:8**]. The Holy Spirit is described in three ways in **2 Timothy 1:7** to show that His Presence is God's answer to the Christian's fear: He is the Spirit of power, the Spirit of love, and the Spirit of self-control.

- A. The Spirit of Power! One of the fears that plagues people is the fear of inadequacy! The fear that they will not meet certain challenges or solve certain problems. We fear the possibilities of failure. In relation to this type of fear, God has given us His Spirit, the Spirit of Power. The Greek word, [Dunamis] used in 2 Timothy 1:7 means, God's Spirit gives us ability, competency, and adequacy. As Christians, we need not suffer anxiety because of fears of inadequacy. God has given us His Spirit to become our adequacy in every situation. I understand that I am inadequate, but the Spirit of power within me is adequate to equip me for doing every good thing God wants me to do.
- B. The Spirit of Love! Many of our anxieties relate to our relationships with people. We fear being abandoned or being betrayed by friends. We fear conflict and tension in our dealing with others. Responding to these fears, God has given us His Spirit of love, because love is the key to maintaining and nurturing these relationships. If I truly love a person, I do not feel insecure in our relationship, and I am prepared to accept that person regardless of how he or she treats me. I am talking about Agape love! This Agape Love is not an easy way of life for us, but as Christians, we have God's Spirit available to love others through us. In **1 John 4:18**, we read, ***"there is no fear in love; but perfect love casteth out fear."*** This is the truth that helps free us from anxiety about our relationships with people. We must learn to let God's Spirit enable us to love actively and positively, those whom we must otherwise fear or distrust.

**Sunday, August 27, 2023**

- C. The Spirit of Self-Control! Sometimes you may be anxious because you fear yourself. You think you are going to make a fool of yourself in public; you fear that your judgement will be faulty; that you will make a foolish decision; you fear that you will lack the necessary discipline in any given situation, to do the right thing. The Apostle Paul reminds us that God has given His children the Spirit of “a sound mind” or, as the NIV states it, a spirit of “self-control.” If you have the Holy Spirit of God living in you, you can trust yourself. You can feel confident about yourself and comfortable with yourself. God offers you help for keeping your life from getting out of control. His Spirit serves as a guardrail – if you accept His guidance for your life!

When you experience anxiety, ask yourself, “what is it that I am afraid of right now?” If you can identify the specific fear that lies behind your uneasiness, you can begin to deal with it.

The Apostle Paul deals with anxiety in **Philippians 4:6-7!** He says, ***“Have no anxiety about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus!”***