



## Overcoming Fear

David Hardy  
February 9, 2020



### Outline

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*  
**2 Timothy 1:7 (NLT)**

#### A. Introduction

(2 Timothy 1:5-7)

#### B. How can we overcome our fears?

1. \_\_\_\_\_ the power of God's Spirit.  
(2 Timothy 1:7. C/R: Psalm 56:2-4; 2 Corinthians 12:9)

2. \_\_\_\_\_ the love of Jesus.  
(2 Timothy 1:7. C/R: Ephesians 3:19; 1 John 4:18)

3. Keep on \_\_\_\_\_ God.  
(2 Timothy 1:7. C/R: Psalm 27:1; 34:4; Luke 11:9-13)

**Answers:** 1. Trust 2. Experience 3. seeking

**Resource Information:** Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.



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### ► Discussion Guide

Use this guide by yourself or with friends to discover more about God and develop a deeper relationship with Him. To get connected in a Small Group, visit [brookwoodchurch.org/smallgroups](http://brookwoodchurch.org/smallgroups).

#### Conversation Starter

What is something that causes you to feel fear?

#### Opening in Prayer

Pause for a few minutes to quiet your heart and mind. Ask God to help you hear His voice during this week's study and reflection.

#### Personal Reflection/Group Discussion

Read [2 Timothy 1:5-7](#).

1. How does Paul describe Timothy's faith? How would you describe your own faith?
2. What was a primary influence of Timothy's faith in Christ? Who influenced your faith in Christ?
3. Why do you think Paul encourages Timothy to *fan into flame* the spiritual gift God gave him? What does that mean?
4. What typically causes someone to feel afraid or timid? Or unafraid?
5. How do the following dispel fear from our minds?
  - a) God's power.
  - b) God's love.
  - c) Self-discipline from God.
6. What step can you take to trust God more?

### Soul Training

During the "Can you hear Me?" series through March 8, we'll focus on learning to hear God's voice using the pattern in the letters to the churches in [Revelation 2-3](#). Visit [brookwoodchurch.org/hearingGod](http://brookwoodchurch.org/hearingGod) to discover what the Bible teaches about hearing God, view an outline of the letter we're seeking to receive from God, as well as additional resources to help you hear from God.

Spend a few minutes in silence, preparing your heart to hear from God.

So far we've asked God for a personal *greeting*, words of *affirmation*, and specific *concerns* that need to be addressed in our lives. Take time to review those this week. If you haven't already done so, ask God to put in your mind the words He would use to complete the following parts of His letter to you:

**Greeting:** *Dear* \_\_\_\_\_

**Affirmation:** *I am pleased with you because* \_\_\_\_\_.

**Concern:** *The concerns I have about you are* \_\_\_\_\_.

Next week we'll ask God to reveal His **Challenge** to us. Visit [brookwoodchurch.org/hearingGod](http://brookwoodchurch.org/hearingGod) to review the outline of the entire letter we're asking God to reveal to us.

#### Memory Verse

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

[2 Timothy 1:7 \(NLT\)](#)

#### Daily Reading

Day 1: [Psalm 56:1-4](#)

Day 4: [Psalm 27:1-3](#)

Day 2: [2 Corinthians 12:5-10](#)

Day 5: [Psalm 34:1-10](#)

Day 3: [1 John 4:15-19](#)

#### Prepare for Next Sunday

Next Sunday, February 16, we'll continue our series by looking at the letter God wrote to the church in Thyatira. To prepare, read [Revelation 2:18-29](#).



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