



Getting Unstuck from Fear

2 Timothy 1:7

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Icebreaker: Not all fear is sinful. Some fear is a natural response to alarming situations—like running into a bear in the woods or hearing the sudden honk of a car horn. In that sense, fear is a warning system to tell us of danger. What was the most frightening situation you have ever experienced?

1. **You have nothing to fear.** Read 2 Timothy 1:7a. In this passage, Paul is not referring to emergency fear. He is addressing a spirit or attitude of unhealthy fear. What are some characteristics of a pattern of fear? What are some common areas where people tend to experience patterns of fear? Fear is sin, and we need to label it as such if we are going to get unstuck.

2. **Not circumstances—you have power.** Read 2 Timothy 1:7b. The word “power” in our Bibles is translated from the Greek word *dunamis*, from which we get the word “dynamite.” God has given us “dynamite” power through his Son to obliterate our fear. If we have this kind of power at our fingertips, what keeps us from accessing it? When have you experienced God’s power obliterating your fear?

3. Review the story of the Israelite spies who were sent into Canaan (see Numbers 13-14). Notice how quickly the Israelites chose a spirit of fear by (a) embracing the negative, (b) enlarging the enemy, and (c) engaging the fear. Which of these fearful responses do you have a tendency to choose? How does fear many times deceive us?

4. Read Joshua 1:7-9. The answer to the Israelites’ fear was the choice to be strong and courageous. We have the choice to (a) embrace God’s promises, (b) enlist our support, and (c) exercise our faith. Which of these three choices would strengthen your ability to overcome fear this week? Which promises have you clung to this year? Who do you have for support? Where can you exercise your faith this week?

5. **Not relationships—you have love.** Read 2 Timothy 1:7c. God has created something inside of us to both receive love and give love. We were created for love. But some of the most fearful situations we face involve people. Which relationships cause you the most fear? Where do you fear the fallout of relational failure in your life?

6. Pastor James experienced a moment when he wondered if he really believed God’s love could overcome relational fear. He received a phone call from Tom Randall and heard his alarming story of imprisonment in the Philippines. That phone call was another sign of God’s love. When have you experienced a unique sign of God’s love within a season of fear? What do you do when you need a reminder of God’s love?

7. **Not internal battles—you have a right mind.** Read 2 Timothy 1:7d. God has given us a spirit of self-control or of having a “right” or “sound” mind. When have you felt like you weren’t in your right mind? What are some steps you can take to ensure you won’t choose to travel down that path in the future?

8. Pastor James shared the story of the Boxer Rebellion, an uprising in China from 1898-1900 led by a militia called the “Boxers” where thousands of Christians were executed for their faith. Even to this day Christians are still martyred for their faith in some parts of the world. If you were faced with the decision to denounce Christ and live . . . or stand up for Jesus and die, what would you do? What fear would influence your decision?