

## A Spirit of Power, Love, and a Sound Mind

### 2 Timothy 1:7

#### Introduction

1. **Acts 16:1-3** – At Derbe and Lystra Paul met Timothy and wanted to have him go with him in his ministry.
  - a. **(v. 2)** – Timothy had a good reputation.
  - b. **2 Timothy 1:5** – was raised to know the truth.
  - c. **2 Timothy 3:15** – made wise for salvation through such teaching.
2. Timothy was of great concern for Paul, i.e. he cared for him – **2 Timothy 1:1-5** – called son, kept in prayers, mindful of tears shed together (perhaps at parting).
3. Paul did not want him to be negligent of his gift – **(v. 6)**
  - a. **1 Timothy 4:12-16** – before, he would avoid neglecting his gift (whatever it is) by being diligent in study. (If spiritual gift, how could diligent study help?)
    - i. **“given to you by prophecy?”** – **“This charge I commit unto thee, my child Timothy, according to the prophecies which led the way to thee, that by them thou mayest war the good warfare” (1 Timothy 1:18; ASV)** – gift “given” (or brought forth) by the inspired teaching of God.
      1. Gift – can be a simple ability – NOT OF NECESSITY MIRACULOUS – cf. **1 Corinthians 7:7**
    - ii. **“with the laying on of the hands of the eldership”** – likely same as what happened with Paul’s first missionary journey – **Acts 13:2-3** – appointment.
      1. **“through the laying on of [Paul’s] hands”** – with, or along with the laying on of Paul’s hands.
      2. Paul wanted Timothy to go with him – **Acts 16:3** – Paul appointed him in a way.
    - iii. Gift – ability to teach the gospel, defend the truth effectively.
  - b. Why would he be in danger of neglecting this gift? – SUFFERING FOR THE SAKE OF THE GOSPEL – **2 Timothy 1:8-12** – possibility of a timidity in Timothy that needed to be addressed.
4. **2 Timothy 1:7** – the “spirit” (disposition, attitude) of fear does not come from God – THE OPPOSITE DOES – POWER, LOVE, SOUND MIND – “Therefore” – share in the sufferings of the gospel with Paul – DON’T SHRINK IN FEAR.
5. We must understand that while we will face adversity as we live for God, and there will be times of fear, heartache, sorrow, etc. that such does not come from God. Rather, GOD, THROUGH HIS WORK, GIVES US THE SPIRIT TO OVERCOME SUCH FEAR, AND PRESS ON LIVING FOR HIM IN THE GOSPEL.
- I. Not a Spirit of Fear
  - A. Fear – *deilia*; timidity: — fear. (Strong)
    - a. **“For God has not given us a spirit of timidity”** (NASB)
    - b. **“lack of mental or moral strength, cowardice”** (BDAG)
    - c. **“(from *deos*, ‘fright’)...The word denotes ‘cowardice and timidity’ and is never used in a good sense”** (VINE)

- B. Fear is Not from God
  - a. Such is condemned by God – **Revelation 21:8** – cowardice
  - b. Fear ultimately is a product of the fact of death:
    - i. Satan is at the source of death – **Hebrews 2:14** – the devil has the power of death.
      - 1. **(v. 15)** – death strikes fear, and therefore subdues, binds, those who are subject to it.
      - 2. Bondage – denotes constricted movement – you aren’t free to do as you please.
    - ii. Fear of death stifles work for the Lord:
      - 1. It is manifested in simpler ways as well.
      - 2. Holding on to anything in the flesh at the expense of God’s will – relationships, reputation, pleasure, comfort, etc.
  - c. God defeated death, thus released us from fear – **Hebrews 2:14-16**
    - i. **2 Timothy 1:10** – abolished death and brought life and immortality.
    - ii. Knowing of things far greater and lasting in the hereafter drastically changes us – that is what God gave us, not fear.
- II. A Spirit of Power, Love, and a Sound Mind
  - A. Power
    - a. This spirit of power is given from God – **THUS GOD IS THE SOURCE OF THE POWER – 2 Timothy 1:8 – “according to the power of God”**
    - b. Accessed in the gospel:
      - i. **Romans 1:16** – the gospel is power – to salvation.
        - 1. Salvation grants us the ability through protection, and following courage to work the works of God – **1 Thessalonians 5:8-10** (our helmet)
      - ii. **1 Corinthians 1:23-24** – Christ crucified (message of cross) is “the power of God”
        - 1. Not merely in His crucifixion – **2 Corinthians 13:4** – crucified in weakness, raised in power. (cf. **Romans 1:4** – declared Son of God with power)
        - 2. Power of His resurrection known – **Philippians 3:10** – by gaining Christ through the knowledge of Christ **(v. 8)**.
        - 3. Knowledge God – knowledge of power toward us – connected with resurrection of Christ – **Ephesians 1:17, 19-20**
      - iii. Such knowledge at work in the declaration of Christ – **2 Corinthians 4:7-18** – apostolic ministry, knowledge of resurrection grants courage to press on through the “light affliction.” (Life of Jesus manifested in mortal body)
    - c. Working in tribulation – **2 Corinthians 12:7-10** – more detailed picture.
      - i. **(vv. 7-8)** – adversity.
        - 1. NOTE: messenger of Satan. (spirit of fear NOT from God)

- ii. **(v. 9a)** – response from the Lord – grace (the favor bestowed through the cross) – strength (*dynamis* – power – **v. 9b, 2 Timothy 1:7**)
- iii. **(vv. 9b-10)** – response from Paul – when weak, then strong (*dynatos* – powerful or capable, STRONG)
- iv. Knowing Christ **“was delivered up because of our offenses and was raised because of our justification” (Romans 4:25)** supplies the energy, motivation, power to press on through whatever comes.
  1. Fear may exist, but power OVERCOMES THE FEAR.
  2. Overcome what exactly – NOT JUST FEAR OF DEATH:
    - a. Infirmities – feebleness of mind or body. (Not sure you can do it?)
    - b. Reproaches – insolence, insult, injury. (Others speaking ill of you?)
    - c. Needs – a lacking necessity?
    - d. Persecutions – attacks due to faith? How to endure?
    - e. Distresses – stressful circumstances?

B. Love

- a. “Nothing will do more to inspire courage, to make a man fearless of danger, or ready to endure privation and persecution, than ‘love.’ The love of country, and wife, and children, and home, makes the most timid bold when they are assailed; and the love of Christ and of a dying world nerves the soul to great enterprises, and sustains it in the deepest sorrows.” (Albert Barnes’ Notes on the Bible; 2 Timothy 1:7)
- b. Love is enough motivation to face death itself for the object of its focus – **John 13:34-35; 15:13; 1 John 3:16**
- c. In the face of things which would strike fear, **“love suffers long...is not provoked...bears all things, believes all things, hope all things, endures all things” (1 Corinthians 13:4-7).**
- d. This is because love casts out fear:
  - i. God’s expression of love toward us – **1 John 4:9-10** – He sent His Son to die that we might live.
  - ii. Love reciprocated – **1 John 4:7, 11-16, 19** – Love toward God, and His children.
  - iii. Love’s effect – **1 John 4:17-19**
    1. **(v. 17)** – Perfected (complete, mature love; i.e. as God loves) for boldness in judgment – no fear of the judgment day, because God abides in us as we love. (we are right with Him)
    2. **(v. 18)** – Such casts out fear – if we’re loving God and the brethren (perfectly – completely – according to His

- standard) there is no reason to fear. (Fear is punishment in and of itself.)
3. The crown of life is promised to those who love Him, so they need not fear – **James 1:12**
- e. The “power” that God grants us is manifested in the “love” that is poured out in everyday acts of devoted faithful obedience to God – fear cannot stifle this.
- C. Sound Mind
- a. Greek word used once in the NT – “sound mind” – *sōphronismos*; discipline, i.e. self-control: — sound mind. (STRONG)
    - i. “from *sophron*, lit., ‘saving the mind,’ ...primarily, ‘an admonishing or calling to soundness of mind, or to self-control,’ is used in 2 Tim. 1:7, kjv, ‘a sound mind’; rv, ‘discipline.’” (VINE)
    - ii. “exercise of prudence, moderation, self-discipline, prudence” (BDAG)
    - iii. Speaks of one who has been educated to the proper perspective of reality and is therefore given to self-control in circumstances which may prove challenging and intimidating.
    - iv. “[the mind] in which it sees things in their just proportions and relations” (Albert Barnes’ Notes on the Bible)
    - v. It is the mind that does not get worked up and overwhelmed when faced with opposition and adversity, but calmly does what is necessary knowing the promised outcome by God.
  - b. Paul expressed this mindset – **Philippians 1:21** – He knew of nothing that would keep Him from serving Christ.
    - i. Dying is gain!
    - ii. **Revelation 2:10** – commanded in God’s children – faithfulness to the point of death, for we know the reward awaits us.
  - c. The “spirit of...a sound mind” knows nothing can separate us from the love of God in Christ – **Romans 8:35-39**
  - d. The “spirit of...a sound mind” is that of the Psalmist – **Psalms 27:1-3** – whom shall I fear?
  - e. **2 Timothy 1:8-12** – because God saved us according to His purpose and grace in Christ revealed in the gospel, we can live without fear having confidence in the One we have committed our lives to.

### Conclusion

1. God has not promised we will avoid all adversity by following us but has promised that He would equip us with the necessary tools to overcome such.
2. With God, we can do whatever He requires of us regardless of the opposition we face.