**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.
   1. **(v. 2)** – Timothy had a good reputation.
   2. **2 Timothy 1:5** – was raised to know the truth.
   3. **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. Conflict and adversity were on Timothy’s horizon, and Paul did not want him to neglect his gift – **(vv. 6-8)** – be it his ministry given through prophecy, or his ability in preaching the gospel.
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. Walking by faith does not exempt us from conflict, danger, and plights of this life, but it does equip us to endure them. For God has given us…
6. Not a Spirit of Fear
7. Fear – *deilia*; timidity: — fear. (Strong)
   1. ***“For God has not given us a spirit of timidity”* (NASB)**
   2. “lack of mental or moral strength, cowardice” (BDAG)
   3. “(from *deos*, ‘fright’)…The word denotes ‘cowardice and timidity’ and is never used in a good sense” (VINE)
8. Fear is Not from God
   1. Such is condemned by God – **Revelation 21:8** – cowardice
   2. Fear ultimately is a product of our mortality:
      1. 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.
      2. Fear stifles work for the Lord:
         1. Not simply fear of death.
         2. If our existence is limited to the mortal realm we will fear any fleshly matter being taken from us or damaged – relationships, livelihood, honor among men, etc.
   3. God defeated death, thus released us from fear – **Hebrews 2:14-16**
      1. **2 Timothy 1:10** – abolished death and brought life and immortality.
      2. Knowing of things far greater and lasting in the hereafter drastically changes us – that is what God gave us, not fear.
         1. **1 Corinthians 15:58** – the result of the hope of a Christian is steadfast work for the Lord – the opposite is true as well.
9. A Spirit of Power, Love, and a Sound Mind
10. Power
    1. 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”***
    2. Accessed in the gospel:
       1. **Romans 1:16** – the gospel is power – to salvation.
       2. **1 Corinthians 1:23-24** – Christ crucified (message of cross) is ***“the power of God”***
          1. The gospel of Christ crucified elicits faith in the power of God – **1 Corinthians 2:4-5**
             1. That word ***“effectively works”*** (*energeō* – exertion of power) in us – **1 Thessalonians 2:13; Philippians 2:13**
             2. God has given us a ***“spirit of power.”***
          2. 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)
          3. Power of His resurrection known – **Philippians 3:10** – by gaining Christ through the knowledge of Christ **(v. 8).**
          4. Knowledge God – knowledge of power toward us – connected with resurrection of Christ – **Ephesians 1:17, 19-20**
       3. 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)
    3. Working in tribulation – **2 Corinthians 12:7-10** – more detailed picture.
       1. **(vv. 7-8)** – adversity.
          1. NOTE: messenger of Satan. (spirit of fear NOT from God)
       2. **(v. 9a)** – response from the Lord – grace (the favor bestowed through the cross) – strength (*dynamis* – power – **v. 9b, 2 Timothy 1:7**)
       3. **(vv. 9b-10)** – response from Paul – when weak, then strong (*dynatos* (adj) – powerful or capable, STRONG)
       4. 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:
             1. Infirmities – feebleness of mind or body. (Not sure you can do it?)
             2. Reproaches – insolence, insult, injury. (Others speaking ill of you?)
             3. Needs – a lacking necessity?
             4. Persecutions – attacks due to faith? How to endure?
             5. Distresses – stressful circumstances?
11. Love
    1. “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)
    2. Love is enough motivation to face death itself for the object of its focus – **John 13:34-35; 15:13; 1 John 3:16**
    3. 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)***.
    4. This is because love casts out fear:
       1. God’s expression of love toward us – **1 John 4:9-10** – He sent His Son to die that we might live.
       2. Love reciprocated – **1 John 4:7, 11-16, 19** – Love toward God, and His children.
          1. Spirit – (**v. 13) – 3:24** – that reveals the commands we obey. (Hence, love is properly demonstrated in keeping commands – **5:3**)
       3. 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)
             1. **(v. 12); cf. Matthew 5:48** – love according to God’s standard.
          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.)
             1. ***“fear involves punishment” (NASB)***
             2. **2 Corinthians 5:9, 11** – be well pleasing to Him.
    5. **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.**
12. Sound Mind
    1. Greek word used once in the NT – “sound mind” – *sōphronismo*s; discipline, i.e. self-control: — sound mind. (STRONG)
       1. “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)
       2. “exercise of prudence, moderation, self-discipline, prudence” (BDAG)
       3. 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.
       4. “[the mind] in which it sees things in their just proportions and relations” (Albert Barnes’ Notes on the Bible)
       5. 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.
    2. Paul expressed this mindset – **Philippians 1:21** – He knew of nothing that would keep Him from serving Christ.
       1. Dying is gain!
       2. **Revelation 2:10** – commanded in God’s children – faithfulness to the point of death, for we know the reward awaits us.
    3. The “spirit of…a sound mind” knows nothing can separate us from the love of God in Christ – **Romans 8:31-39**
    4. The “spirit of…a sound mind” is that of the Psalmist – **Psalm 27:1-3** – whom shall I fear?
    5. **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 Him 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.