

HOW TO NOT BE AFRAID

AUGUST 9, 2020

I. INTRODUCTION/REVIEW

A. Review

- **How to Know What to Do When I Don't Know What to Do**
- **When I don't know, I start with what I do know.**

B. How to Not Be Afraid

2 Timothy 1:6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands.

2 Timothy 1:7 (KJV) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

- **The Holy Spirit is our antidote to fear.**

II. THREE THINGS THE SPIRIT GIVES US

1. The Holy Spirit gives us Power.

- **The Holy Spirit is not just a theological term.**

2 Timothy 1:13-14 What you heard from me, keep as the pattern of sound teaching, with faith and love in Christ Jesus. Guard the good deposit that was entrusted to you—guard it with the help of the Holy Spirit who lives in us.

- **The Holy Spirit living in the believer is a personal encounter with the power of God.**

Acts 1:6 Then they gathered around him and asked him, “Lord, are you at this time going to restore the kingdom to Israel?”

Acts 1:7-8 He said to them: “It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

- **The Holy Spirit gives you the power to accomplish God’s purpose for your life.**

2. The Holy Spirit Gives Us Love.

- **The Holy Spirit is not an it.**
- **The Holy Spirit is a person who wants to have a relationship with every believer.**

Romans 5:5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

- **Your relationship with the Holy Spirit should change the spirit of your relationships.**

3. The Holy Spirit Gives Us Self-Control.

- **The Holy Spirit enables me to control myself.**
- **The Holy Spirit enables me to control myself...But I have to let Him.**

2 Timothy 1:13-14 What you heard from me, keep as the pattern of sound teaching, with faith and love in Christ Jesus. Guard the good deposit that was entrusted to you—guard it with the help of the Holy Spirit who lives in us.

- **The Holy Spirit is not optional in the life of the believer.**

John 14:16-17 And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

Matthew 14:22-24 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

Matthew 14:25-26 Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. “It's a ghost,” they said, and cried out in fear.

Matthew 14:27 But Jesus immediately said to them: “Take courage! It is I. Don't be afraid.”

- **The Holy Spirit comes alongside of us in the storms of our lives.**
- **You need the Holy Spirit.**