COURAGEOUS

LIVING STARTS NOW!





As you well know, fear is a spirit, **(2 Tim 1:7)**, and it can show up in many different ways. Some fears seem minor and insignificant. For example, the fear of heights. This is something I used to struggle with. It appears small, even trivial, but that is often how fear begins. What you yield to – even the little things – will begin to dominate you.

Here are some common ways that fear shows its face:

- Fear of germs or getting sick
- Fear of not having enough
- Fear of people - fear of their opinion or anxiety in crowded places
- Fear of public speaking is a common one
- Fear of being rejected or forgotten
- Fear of being inadequate or incapable
- Fear of being alone, also known as loneliness
- Fear of going in a closed space, such as an elevator or a plane

These are just a few examples of how fear can manifest. Anxiety, fear, stress...It's all in the same family. Some have said, there are 365 types of fear... one for every day!

In **2 Timothy 1:6-7** the apostle Paul addresses the issue, but with it also the solution.

"Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and love and a sound mind."



The gift of God must be stirred up within you in the face of fear. ***This is the boldness – the fearlessness that we often search for.***

Where does it come from?
The Holy Spirit.
This is what Paul was talking about when he was saying "a Spirit of power, love and a sound mind." Think about that. A sound mind.

In the midst of a crisis, we have trained professionals, our first responders, who have taught themselves to lean on a sound mind so they can respond correctly.

How I learnt the lesson. To complete my missionary training, I had to go to a boot camp. It was a military camp where we had to climb poles, walk on wires, slide on very high zip lines, and train ourselves to overcome our fears.

I mentioned that I had a crippling fear of heights to the point that if I had to walk on a bridge I would feel totally paralyzed so when it came time to climb the pole and walk the wire, I felt my legs begin to shake, and I panicked. I could feel the fear rising within me and felt tempted to quit but the Holy Spirit gently whispered ***"if you quit now you will run for the rest of your life!"*** I knew this was not an option!

Fear is real, but so is the power of God. Fear will tell you what you can or cannot do. Your mind will be bombarded with thoughts almost unreal but you must recover a sound mind and stir up the boldness inside.



In this case, I knew I had to confront it head-on. I not only spoke to it, “Fear, you will not control me!”, I began to speak in tongues and slowly, that boldness grew much bigger than the fear. With this newfound boldness I also knew I needed to confront the fear by doing what it said I could not do. It didn't happen instantly and I had to push through but I remember as I stood tall on a big telephone pole, ready to jump to grab a trapeze dangling in the air, I knew I had overcome my fear and I felt like I could now conquer the world.



Does that picture make sense now? I am up on my roof without one ounce of fear! That's what stirring up the gift of God looks like. Soon, the fear you felt melts into nothing and BAM! You overcame the fear. It has no hold on you anymore.

Here is a good illustration. My husband loves chocolate milk and will pour Nesquick in a glass of milk but the Nesquick will go straight to the bottom... unless you stir it up!

Imagine your gift of tongues as the spoon and the power of the Holy Spirit, as the Nesquick. When we begin praying in tongues, we are stirring up the power within us.



The Holy Spirit lives in you, the same power that raised Jesus from the dead **(Rom 8:11)**. You have already been equipped for every good work **(2 Tim 3:17)** and are blessed with every spiritual blessing **(Eph. 1:3)**. You have everything you need to walk in that boldness. Speak out loud – use your authority and confront the fear. A sound mind is not letting fear control you, it's knowing Who's authority you walk in and using it in those fearful, stressful, or anxious situations.

Are you anxious? Are you carrying one or many of the fears I listed above? Whatever is going on in your heart and mind, take courage today and stir up that boldness in the face of fear and just do what it says you cannot do. I promise that as you do, you will find boldness and feel like you can conquer the world and do anything.

So, will you let fear tell you what you can or cannot do or will you tell it what you will do? Will you stir up the gift of God in you?

STIR IT UP AND JUST DO IT!

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