

### ***Given a Sound Mind***

***6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Tim 1:6-7)***

#### **I. STIR UP THE GIFT OF GOD WITHIN YOU**

- A. ***I remind you:*** Paul reminds Timothy to stir up the gift. This is one of the privileges and blessings of a community of believers. We are to remind one another to stir up the gift of God within each of us. It is the opposite of commiseration and steps into the realm of edification.
- B. The fact that Paul reminds Timothy also speaks to the fact Timothy needed to be reminded. We have a propensity and general disposition to just go where our thoughts and emotions take us.
- C. ***Stir up:*** The intentional activation and engagement of the gift of God. To deliberately work the muscles of operating in the Spirit. Though we often start uninspired and weak we end up inspired by the power of the Holy Spirit.
- D. Stirring up the gift is not about hype but rather a “daily sigh” coupled with a prayer of “help me Jesus” and then a hand to the plow to do the work. The good news is Jesus sees our “sigh” and hears our “help me” prayer and counts it as sincere and often imparts divine energy for the task at hand. We end up running and not growing weary, walking and not fainting as the gift of God is stirred up with in us.

***10 As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. 11 If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ.. (1 Peter 4:10-11)***

***11 And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of the ministry... (Eph. 4:11-12)***

- E. ***The gift of God:*** We stir up the gift of God placed inside us. It’s not about doing something in your own strength but rather to utilize that which has already been given by God. We are not trying to convince God to give us something but rather reach to use that which has already been deposited.
- F. The alternative to stirring up the gift of God is to wallow in self pity and lethargy in a downward spiral to depression, shame, and condemnation.

## II. WHAT WE DO NOT HAVE: THE SPIRIT OF FEAR

*7 For God has not given us a spirit of fear... (2 Tim 1:7)*

- A. Few things rob the joy and courage of a believer like fear does. Fear of failure, fear of rejection, fear of death, fear of physical hardship, fear of being misunderstood, fear of loss, fear of sickness...etc. Many people are driven by fear. Driven by trying to avoid something “bad”. Some even have fear of not having fear, they say, “fear is what motivates me...I won’t be motivated if I don’t have this fear of failure..”

*8... Do not fret - it only causes harm. (Ps 37:8)*

*6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Phil 4:6-7)*

- B. Fear, anxiety, fretting are all from the same tree and the fruit of this tree is always harmful.

## III. WHAT WE DO HAVE: POWER, LOVE, AND A SOUND MIND

- A. **Power**: sometimes we don’t recognized the power manifest as excellent. Sometime we don’t recognize it at all. The excellence of the power is both seemingly small and at times very great. The grace of God on the human heart and mind to make right choices is an example of the power of God expressed in our life. His power flows through our ministry in subtle and not so subtle ways. We want to acknowledge and express gratitude for both the subtle and overt demonstrations of power.

*7 ... that the excellence of the power... (2 Cor 4:7)*

*19 and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power 20 which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places. (Eph 1:19-20)*

*20 now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. (Eph 3:20)*

*11 For the grace of God that brings salvation has appeared to all men, 12 teaching us that denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ. (Titus 2:11-13)*

- B. **Love:** The very same love that the father has for the son the son has for us. (*Jn 15:9*) We are to be rooted and ground in this love (*Eph 3:18*). This love is to abound still more and more and change the way we think and evaluate (*Phil 1:9*) and hope does not disappoint because this love has been poured into our hearts by the power of the Holy Spirit (*Rom 5:5*)
- C. **Sound mind:** From the Greek word “*sophronismos*” to be sensible and self controlled.

#### IV. A SOUND MIND: THE GIFT OF GOD

- A. We have been given the spirit of a sound mind, that is a mind that demonstrates stability in the midst of a destabilizing environment. It may be chaotic on the outside but rationale, slow (not frantic) Holy Spirit inspired, thoughts prevail for the believer operating in the grace of a sound mind.
- B. A sound mind is measured and restrained and does not give into the frenzy of intrigue and curiosity.

***5 Let your gentleness (reasonableness)(moderation) be made known to all men. The Lord is at hand. (Phil 4:5)***

- C. 4 actions that lead to a sound mind.
  - 1. **Self Control:** There’s a dynamic link between a sound mind and operating in self control. Some versions of the Word use “self control” in the passage instead of “sound mind” We must resist, the compulsion within us, to know all the things which are not ours to know.
  - 2. **Holding fast the pattern of sound words:** “*Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus*” (*2 Tim 1:13*) Paul is instructing Timothy to hold tightly the foundational teachings and doctrine of the gospel. To not hold fast the pattern of sound words opens the door to a “bewitching” much like that of the church of Galatia. “*O foolish Galatians! Who has bewitched you that you should not obey the truth, before whose eyes Jesus Christ was clearly portrayed among you as crucified?*” (*Gal 3:1*)
  - 3. **Mind your own business:** “*that you also aspire to lead a quiet life, to mind your own business, and to work with your own hands..*” (*1 Thes 4:11*)
  - 4. **Be careful what you hear:** “*...take heed what you hear. With the same measure you use it will be measured to you; and to you who hear, more will be given.*” (*Mk 4:24*)

## V. AN UNSOUND MIND: THE FRUIT OF DOUBT AND OPEN DOORS

- A. An unsound mind is an unstable mind. A mind given over to the swirl of inner dialog that leads to great fear and doubt. There is a correlation with faith to stability and doubting to instability.

*“He who doubts is like a wave of the sea driven and tossed by the wind.. he is a double minded man, unstable in all his ways” (James 1:6-8)*

- B. 4 *actions* that lead to an unsound mind.

1. **Casting off restraint:** We cast of restraint by indulging the thoughts of our own imagination that villainize our brothers and sisters in the body and day dream of their downfall and destruction while simultaneously making us the hero of our own story.

*“Let us break their bonds in pieces and cast away their cords from us” (Ps 2:3)*

*“Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish hearts were darkened” (Rom 1:21 KJV)*

2. **Participating in gossip and slander:** Gossip and slander are the breeding grounds for an unsound mind. When we step outside the bounds of God’s ordained way of processing we open doors to our mind and emotions to the onslaught of demonic oppression. The oppression leads our minds down a road of irrational, exaggerated, and unfounded thought patterns towards our brothers and sisters.

*“A perverse man sows strife, and a whisperer separates the best of friends.” (Pr 16:28)*

*“A talebearer reveals secrets, but he who is of a faithful spirit conceals a matter.” (Pr 11:13)*

3. **Being a busybody:** instead of minding your own business and tending to your own work you are in the business of peddling in the business of others.

*“And besides they learn to be idle, wandering about from house to house... also gossips and busybodies, saying things which they ought not.” (1 Tim 5:13)*

4. **Giving ear to a liar:** Listening to lies or gossip is itself a sign of deficient character. It is an evil thing to have an eager willingness to entertain a deceitful tongue.

*“an evildoer gives heed to false lips; a liar listens eagerly to a spiteful tongue”  
(Prov 17:2)*