



I A M W I T H Y O U

FEAR NOT

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“Fear Not”
SERMON SERIES
Notes and Five Day Devotional

Pastor Dave Rajoon

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INTRODUCTION TO SERMON SERIES

Welcome to Pastor Dave's Sermon Series. As an addition to our weekly services, I have partnered with Pastors.AI to create content from the sermons preached at Grace Ministries. These sermon series notes and devotionals are derived directly from the livestreamed Sunday morning service, and developed from Pastor Dave's sermons.

At the end of each sermon, I have included a link where you can find the livestreamed service and sermon. The service can be accessed from our website: www.grace4today.org or directly at youtube. After each section in the notes you will notice bracketed numbers - [54:33]. This is a time stamp which indicates the exact place on the video where you will find the related thought or concept.

For full disclosure, the sermon themes, graphics and videos are from sermoncentral.com. The sermons, however are original, prepared by Pastor Dave Rajoon , with the help of the Holy Spirit.

TEXT: *For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7)*

Overcoming Fear: Embracing God’s Power and Purpose

SERMON SUMMARY

Fear is a universal human experience, and in these uncertain times, it’s easy to let anxiety and worry take hold. Yet, God’s word consistently calls us to “fear not.” This is not a denial of the reality of fear, but a call to recognize that while fear is a natural response to danger, there is a deeper, spiritual fear that can paralyze us and keep us from fulfilling God’s purpose in our lives. The world is full of turmoil—wars, disasters, and personal challenges—but our hope is not in the stability of the world, but in Jesus, who is the Alpha and Omega, the one who holds all things together.

Paul’s words to Timothy in 2 Timothy 1:7-8 remind us that God has not given us a spirit of fear, but of power, love, and a sound mind. Timothy, a young leader, struggled with timidity and anxiety, much like many of us do. Paul’s encouragement is that the fear that keeps us from stepping into our calling is not from God. Instead, God equips us with power—the courage and ability to do what He asks; love—a deep compassion for others that compels us to act; and a sound mind—the clarity and discernment to make wise decisions.

Healthy fear can protect us, prompting us to act wisely in dangerous situations. But the spirit of fear, the kind that keeps us from using our gifts or sharing our faith, is a tool of the enemy. We are called to recognize the difference and to stir up the gifts God has placed within us, refusing to let fear dictate our actions. Our identity is rooted in Christ, and when we understand who we are and who God is, we can stand firm even in the face of uncertainty.

The antidote to fear is not bravado, but a humble reliance on God’s power, a love that reaches out to others, and a mind renewed by

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His truth. As we cultivate a reverential fear of the Lord—a deep awe and respect—we find the beginning of wisdom and the courage to obey, even when it's difficult. God calls us to boldness, to step out in faith, and to trust that He is able to keep what we commit to Him. In every situation, we can declare: God has not given me a spirit of fear, but of power, love, and a sound mind.

Key Takeaways

- Fear is both natural and spiritual, but not all fear is from God. Healthy fear can protect us and prompt wise action, but the spirit of fear that paralyzes and prevents us from fulfilling God's calling is not from Him. Recognizing the difference is crucial to living in freedom and purpose. [54:33]
- God equips us with power, love, and a sound mind to overcome fear. Power gives us the courage to act, love compels us to reach out to others, and a sound mind enables us to discern truth and make wise decisions. These are the antidotes to the spirit of fear and are available to every believer. [01:05:49]
- Our identity and calling are rooted in God's eternal purpose, not our limitations. Before time began, God purposed good works for us. When we understand who we are in Christ and who God is, we can step out in faith, knowing that our lives have meaning beyond our fears and failures. [51:22]
- Love is the foundation for boldness in sharing our faith. True love for people overcomes the fear of rejection or failure. When we genuinely care for others, we are moved to share the hope we have, not out of obligation, but out of compassion and relationship. [01:00:38]
- A reverential fear of God leads to wisdom and obedience. The fear of the Lord is not terror, but awe and respect that leads to loyalty and faithfulness. This kind of fear anchors us, giving us the courage to obey God even when it's costly or countercultural.

Observation Questions

- 1. According to 2 Timothy 1:7, what three things has God given us instead of a spirit of fear?*
- 2. In the sermon, what are some examples of healthy fear versus unhealthy fear? [57:29]*
- 3. How did Paul encourage Timothy to respond to his timidity and anxiety? [51:22]*
- 4. What does the sermon say about the difference between the world's turmoil and the hope we have in Jesus? [13:20]*

Interpretation Questions

- 1. Why do you think Paul specifically tells Timothy that the spirit of fear is not from God? What does this imply about the source of paralyzing fear? [51:22]*
- 2. How does understanding our identity in Christ help us overcome fear, according to the sermon? [51:22]*
- 3. The sermon mentions that love is the foundation for boldness in sharing our faith. Why is love so important in overcoming fear of rejection or failure? [01:00:38]*
- 4. What does it mean to have a “sound mind” in the context of facing fear, and how does this help us make wise decisions? [54:33]*

Application Questions

- 1. The sermon describes both healthy and unhealthy fear. Can you identify a recent situation where fear protected you, and another where fear held you back from doing something God may have wanted you to do? What was the difference between the two? [57:29]*
- 2. Paul tells Timothy to “stir up the gifts” God has placed within him. Is there a gift or calling you feel God has given you that you’ve been hesitant to use because of fear? What is one step you could take this week to move*

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forward in that area? [01:05:49]

3. The message says our identity and calling are rooted in God's eternal purpose, not our limitations. What is one limitation or insecurity you often focus on, and how might seeing yourself through God's eyes change your perspective? [51:22]

4. The sermon challenges us to share our faith out of love, not obligation. Think of someone in your life who needs hope. How could you reach out to them this week in a way that shows genuine care, rather than just fulfilling a duty? [01:00:38]

5. The "sound mind" God gives us is described as clarity and discernment. Are there any thoughts or influences in your life right now that are feeding fear or confusion? What practical step can you take to renew your mind with God's truth this week? [54:33]

6. The pastor spoke about a reverential fear of God leading to wisdom and obedience. Is there an area where you sense God is calling you to obey, even though it feels risky or countercultural? What would it look like to trust Him in that area? [01:32:18]

7. The sermon ended with a declaration: "God has not given me a spirit of fear, but of power, love, and a sound mind." What would change in your daily life if you started each morning by declaring this truth over your fears? [01:32:18]

FIVE DAY DEVOTIONAL ON “Fear Not!”

Day 1: God Has Not Given Us a Spirit of Fear

God does not intend for His children to be paralyzed by fear, but instead equips us with power, love, and a sound mind. When fear threatens to hold you back from your calling or daily life, remember that unhealthy fear is not from God but from the enemy, seeking to keep you from fulfilling your purpose. Instead, God’s Spirit empowers you to move forward with courage, to love others deeply, and to think clearly and wisely in every situation. You are not alone in your struggles—God’s presence and gifts are with you, enabling you to overcome anxiety and timidity. [54:33]

2 Timothy 1:7-8 (ESV)

“For God gave us a spirit not of fear but of power and love and self-control. Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God.”

Reflection: What is one area in your life where fear has held you back from stepping out in faith? How can you invite God’s power, love, and sound mind into that area today?

Day 2: Faith Overcomes Fear

Faith, passed down through generations and nurtured by God, is the antidote to the fears that keep us from using our gifts and fulfilling our calling. Even when you feel inadequate or anxious, remember that God has placed genuine faith and unique gifts within you, just as He did for Timothy. Stir up those gifts, trust in the faith that is already in you, and take small steps to serve others and share the hope you have, knowing that God will use your obedience for His glory and the blessing of others. [01:05:49]

2 Timothy 1:5-6 (ESV)

“I am reminded of your sincere faith, a faith that dwelt first in your grand-

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mother Lois and your mother Eunice and now, I am sure, dwells in you as well. 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.”

Reflection: Who is someone in your life that you sense God prompting you to encourage or serve, but fear has kept you from reaching out? What is one step you can take today to act in faith?

Day 3: Perfect Love Casts Out Fear

Love is the greatest force to overcome fear, especially when it comes to sharing your faith and caring for others. When you allow God’s love to fill your heart, it drives out the torment of fear and gives you compassion for those around you—even those who are different or difficult. Let love motivate your actions and conversations, remembering that perfect love comes from God and enables you to boldly serve, witness, and stand for truth without being held back by anxiety or self-doubt. [01:13:40]

1 John 4:18 (ESV)

“There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.”

Reflection: Is there a relationship or situation where fear has kept you from loving fully or speaking truth? How can you let God’s love move you to action today?

Day 4: The Mind is the Battleground—Renew Your Mind

The enemy often attacks our minds, sowing seeds of fear, confusion, and deception, but God calls us to renew our minds and set our hope fully on Him. By guarding your thoughts, seeking wisdom, and focusing on God’s truth, you can resist the lies that lead to fear and instead walk in discernment and spiritual clarity. A sound mind is a gift from God, enabling you to make wise decisions, see people as God sees them, and stand firm in

your faith even when the world around you is shaken. [01:20:55]

Romans 12:2 (ESV)

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Reflection: What is one thought pattern or belief you need to surrender to God for renewal? How can you intentionally fill your mind with God’s truth today?

Day 5: The Fear of the Lord Leads to Wisdom and Obedience

While unhealthy fear holds us back, the Bible teaches that a reverent fear of the Lord is the beginning of wisdom and leads to faithful obedience. This awe and respect for God motivates us to trust Him, obey His commands, and remain loyal even when it’s difficult or costly. Like Abraham, Shadrach, Meshach, and Abednego, let your reverence for God outweigh your fear of circumstances, knowing that obedience brings blessing and reveals your trust in the One who is truly awesome and worthy. [01:28:10]

Proverbs 1:7 (ESV)

“The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.”

Reflection: In what area of your life do you need to grow in reverence and obedience to God? What is one act of obedience you can take today as an expression of your trust in Him?

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LIVE STREAMED LINKS

“Fear Not” was live streamed on Sunday June 27, 2025

You will find this sermon at the You Tube link below or you can access it directly from our sermon page on [grace4today.org](https://www.grace4today.org)

Youtube

<https://www.youtube.com/live/DGk1LwnyPUM?si=NjWSSHhqiO4anW4L>

Website Link

<https://www.grace4today.org/podcasts/media/2025-06-29-fear-not>

“Fear Not!”

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