

Meet Your Psychiatrist: He Overcomes Your Fears

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I. Introduction.

- A. Most of our every day emotional problems can be handled by the Holy Spirit.
- B. The Spirit lives in us and is always available. He diagnoses the case accurately, and he never charges.
- C. The Spirit helps us to overcome fear.
- D. Fear is a powerful thing.
- E. Satan loves to use fear to defeat the Christian.
- F. There are three truths we need to understand to overcome fear.
- G. Text: 2 Timothy 1:7.

II. The truth about fear.

- A. Kinds of fear:
 - 1. Normal fear that is a part of life.
 - 2. Abnormal fear.
 - 3. Cowardice, which refers to a fear of facing life.
- B. Timothy was frightened.
- C. We are either afraid of circumstances, people or our own inadequacy.

III. The truth about the Spirit.

- A. God put the Spirit inside of us because we were born losers.
- B. The Spirit of God is a person. (Romans 8:27)
- C. The Spirit is a gift because our relationship to the Spirit is one of grace.
- D. The Spirit conquers fear by power. He makes us adequate in circumstances.
- E. The Spirit conquers our fear of people as the Spirit of love. (1 John 4:18, 1 Corinthians 13:4)
- F. The Spirit overcomes our fear of self by giving us a sound mind, which refers to self-control. Disciplined thinking begins with disciplined thinking.

IV. The truth about our responsibility to the Spirit.

- A. The Spirit's control does not come automatically.

B. We have three responsibilities.

1. We are to stir up the Spirit in us to supply what we need.
2. We must surrender our minds, hearts and wills.
3. We must share.

V. Conclusion.

Application questions:

1. What kind of fears do you struggle with the most?

2. What kind of power does the Spirit bring in the midst of fearful circumstances? How do we access this?

3. Why is self-control the solution to fear of self? How does the Spirit provide? Explain.
