
Sermon Reflection

Victory Over Fear – (Sermon - April 19, 2026)

Overview

In 2 Timothy 1, Paul encourages Timothy to remain strong in his faith despite fear and pressure. Timothy was young and facing opposition, yet Paul reminds him that fear is not from God.

This passage teaches us that fear may show up, but it does not have to take control. God has already equipped us with everything we need to stand firm.

Insight 1

Recognize the Source of Your Fear

Scripture

2 Timothy 1:7 (NKJV)

“For God has not given us a spirit of fear...”

Reflection

Fear feels real, but it is not from God. When we fail to recognize its source, we can begin to accept it as truth. But fear is not our identity, and it is not our assignment.

Reflection Questions

Where is fear showing up in my life right now?

Am I accepting fear instead of confronting it with truth?

This Week’s Application

Identify where fear is trying to control you.

Speak truth over those areas.

Refuse to let fear shape your decisions.

Insight 2

Remember What’s Already in You

Scripture

2 Timothy 1:7 (NKJV)

“...but of power and of love...”

Reflection

God has already placed something in you. Power to stand and love to respond. You are not lacking. You are equipped.

Reflection Questions

Do I remember what God has placed inside of me?
Am I living from what I have or focusing on what I lack?

This Week's Application

Remind yourself daily of what God has given you.
Walk in confidence, not doubt.
Use what God has already placed within you.

Insight 3

Rely on Your Sound Mind

Scripture

2 Timothy 1:7 (NKJV)
“...and of a sound mind.”

Reflection

A sound mind means clarity, stability, and control. Fear creates confusion, but God gives clarity. When we rely on the mind God has given us, we respond with wisdom instead of panic.

Reflection Questions

Am I reacting out of fear or responding with a sound mind?
Do my thoughts reflect trust in God or anxiety?

This Week's Application

Pause before reacting.
Think through decisions with prayer and wisdom.
Trust God to steady your mind.

Living It Out This Week

Recognize fear for what it is.
Remember what God has placed in you.
Respond with a sound mind.

Encouragement

Fear may show up, but it does not have to take over. God has already given you what you need to stand strong.

You are not powerless.

You are not alone.

And you are not defined by fear.

Closing Prayer

2 Timothy 1:7 (NKJV)

Lord, thank You that You have not given us a spirit of fear, but of power and of love and of a sound mind. Help us walk in that truth daily and trust what You have already placed within us. Amen.

Monday Mindset

Fear will try to slow you down. It will try to make you second guess what you already know God has placed in you. But fear is not your signal to stop. It's your moment to trust what God has already done in you.

Don't let fear talk you out of what God has called you to do. Don't let hesitation keep you from what you've been preparing for. You've prayed about it. You've grown through it. You've been shaped for it. So when fear arises, move anyway.