

## “Thinking Clearly Under Pressure”

### Overcoming Fear Series - Part 4

#### I. Review:

1. **We fear many things:** pain, want, the treatment of others and uncertainty.

2. **The universal *command* of God to His children regarding fear is:** “Do not be afraid!” (It is an imperative... a command!)

3. **God’s rationale behind this command is:** “for I AM WITH YOU!”

#### II. Our Core Text: “God’s antidote to fear is Himself!”

*God did not give us a Spirit of cowardice, but rather a Spirit of power and of love and of self-discipline.* 2 Timothy 1:7 (NRSV)

Christ’s Spirit in *is not* a spirit of “**Fear**” or “**Timidity**” - Greek Word: *deilia*” - “cowardice”

Christ’s Spirit *is* a spirit of:

(1) **Power** - Greek Word: *dunamis* – “miraculous power/might”

(2) **Love**- Greek Word: *agapê* - unlimited & unending love

(3) **Self Discipline or a Sound Mind** - self-control, clear thinking

Greek Word: *sôphronismos*

#### III. Our Amazing Internal Thought Compass:

*The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment: "For who has known the mind of the Lord that he may instruct him?" **But we have the mind of Christ.***

1 Corinthians 2:14-16 (NIV)

*Therefore, prepare your minds for action; **be self-controlled**; set your hope fully on the grace to be given you when Jesus Christ is revealed.*  
1 Peter 1:13 (NIV)

*The end of all things is near; therefore, be of **sound judgment** and **sober spirit** for the **purpose of prayer**.* 1 Peter 4:7 (NASB)

- **Sound judgement** = Accurate and appropriate thinking about a situation. Seeing reality clearly. “Clear thinking.”

#### Sound Judgment

**Greek Word:** σωφρονέω - Transliterated: *sôphroneô*

**Definition:** to be of sound mind, i.e. *to be temperate*:

**List of English Words and Number of Times Used**

have sound judgment (1), right mind (2), sensible (1), sound judgment (1), sound mind (1).

- **Sober spirit** = Not “sedated” into unreality as in “drunk with wine.”

*Be very careful, then, how you live--not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.*  
Ephesians 5:15-18 (NIV)

*And I will ask the Father, and he will give you another **Counselor** to be with you **forever**--the Spirit of truth.* John 14:16-17a (NIV)

#### Summing Up:

Cultivate your relationship with the Spirit of Christ in you! When fearful events come, let Him counsel you with **clear thinking**, reassure you of His never ending **love** and manifest His limitless **power** in your circumstances to accomplish His purposes.

HE IS FAITHFUL!

HE IS ALWAYS WITH US!