



## How to Build a Better You, Part 3 (Don't be Fearful)

January 12-13, 2019

Text: 2 Timothy 1:7

- For God has not given us a spirit of fear and timidity, but of **power**, **love**, and **self-discipline**. (NLT)

**Big Question:** What are you afraid of and why?

### Fear Defined:

- An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. A feeling of anxiety concerning the outcome of something

### I. Four Things That Should be True in Our Lives

1. We should not be fearful or **timid** (Greek word: Deilias- this is about being fragile)
2. We should have **power Dunamis**- this is about having ability)
3. We should have **love (Agape)**, this has to do with how you treat people)
4. We should have **self-discipline (Sōphrōnismōs)**- this is about controlling you)

**Question:** When does fear show up?

1. When life happens
2. When disappointments set in
3. When confusing and hard to explain things happen
4. When limits show up in your life

### II. Seven Things I am Tempted to Fear in My Life

**Note:** I know some of these will be a surprise to you. They sometimes surprise me too.

1. I am tempted to fear being too **short** (when I stand next to certain people)
2. I am tempted to fear I am too **poor**
3. I am tempted to fear I am too **slow**
4. I am tempted to fear being too **fast**
5. I am tempted to fear I am **not good enough**
6. I am tempted to fear I have **offended and lost some people**
7. I am tempted to fear I am too **late**

**Note:** This verse helps me. 2 Corinthians 10:12 (NKJV)

For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

### III. Seven Things I Need to Say When Fear Attacks Me

1. I don't need to be **as tall** as everybody
2. I don't need to be **as rich** as everybody
3. I don't need to be **as fast** as everybody
4. **I can't keep everybody** in my life (I will lose some people)
5. **I can't worry about how much time** I have (I need to work until I die)
6. I have **my own schedule** for success
7. **I am Ricky Recardo Temple. (Period)**

#### Conclusion:

#### Five Questions That May Help You Manage Your Fears

1. How much time do you spend **thinking** about the things you fear?
2. How much **benefit** have you gained dwelling on your fears?
3. What **person** in your life **feeds your** fear?
4. What TV **shows**, movies or **music** feed your fear?
5. **When** will you be free from these fears and **grow** beyond them? (Give me a date)

**Next Time:** Building a Better You Part III (Don't Be Fake)

**Big Question:** What can cause a Christian to be fake (or hypocritical?)

**Hint:** The pressure to be perfect, cultural pride, and religious pride

Read Ahead: Matthew 23:13

- 13 "But woe to you, scribes and Pharisees, **hypocrites!** For **you shut up the kingdom** of heaven against men; for you neither go in yourselves, **nor do you allow** those who are entering to go in
- A. These were the **premier leaders** of His day
- B. These were leaders who **did not allow** others to grow past them