

A Sound Mind (Not Fear: False Evidence Appearing Real)

2 Timothy 1:7

Fear has a way of creeping into our lives through what we see, perhaps the headlines, or through what we hear by creating thoughts that stir up anxiety and doubt. Apostle Paul, imprisoned for his boldness in sharing the good news of Jesus, wrote to Timothy to encourage him. Those close to Paul were afraid; they feared that if they, too, stood boldly for the gospel, they might face the same fate. So, Paul reminded Timothy to “stir up the gift of God” within him and not to be ashamed of the testimony of Christ.

Here’s the truth: fear is powerful. It can cripple even the strongest convictions, weaken the gifts and potential within you, and rob you of the beauty of your future. That’s why you must walk in the spirit of love, power, and a sound mind to crush fear out of your thoughts. A sound mind helps you focus on the power and potency of God’s Word over the negative whispers of the enemy. It gives you confidence that change is always possible and helps you remain hopeful in difficult seasons. Having a sound mind might look like:

- Declaring God’s promises over your life.
- Strategizing (and re-strategizing, if needed) toward your goals.
- Seeking help when necessary so you can continue to grow.

The enemy wants you to live in fear so you’ll run from using your God-given gifts. But God calls you to fight back with boldness and faith in Him.

Reflection:

What area of your life have you allowed fear to control—your decisions, your confidence, or your calling? Ask the Holy Spirit to renew your mind and help you see through the lens of faith.

Remember, fear is just False Evidence Appearing Real.

Fear is not your future!