

## Empowered

**2 Timothy**. In this letter, Paul lovingly writes to Timothy, a young Pastor, whom he regards as a son.

Paul is writing from a Roman prison where he is awaiting execution. He refers to his chains in **2 Timothy 1:16**.

He knows he is approaching the end of his life here on earth... **2 Timothy 4:6-7** *For I am already being poured out like a drink offering, and the time has come for my departure. I have fought the good fight, I have finished the race, I have kept the faith.*

So we have this great man of God giving his last words of instruction to the young Pastor. Today I want to focus on one verse in Chapter 1. It is a well known and often quoted scripture, one to carry close to your heart and commit to memory. It will carry you through difficult days in life; enable you to flourish in the face of adversity, and to grow in your Christian walk

**2 Timothy 1:7 NKJV** *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

I want you to leave today knowing that you have a spirit of Power, Love and a Sound Mind (also means self discipline)

Our spirit is the real us. **1 Corinthians 6:17** tells us that as believers we are one spirit with the Lord. God is telling us that our essential make up is a not fearful but powerful.

It is a life characterized by power, love and self-discipline. Doesn't that sound like the way it should be?

There are times when we may feel fearful and we have to rise above those feelings, knowing that His power is perfected in our weakness.

**Romans 8:6 NKJV** *For to be carnally minded is death; but to be spiritually minded is life and peace.*

Being spiritually minded is embracing the truth of God's Word. As we understand the phenomenal gift, which we have been given by God, we will experience the life He has planned for us.

We will know true peace each day, even in the "busy-ness" of life, in the challenging times, in the painful times.

We are empowered through the spirit of God who brings us the power, love and soundness of mind needed for life.

So let's look closer at Power, Love and a Sound Mind

### Power

Greek: *Dunamis* = supernatural power or ability

Each day we can declare, "I have power, I have ability"

**Micah 3:8** *But as for me, I am filled with power, with the Spirit of the LORD*

Joyce Meyer's book "Power Thoughts" *I can do whatever I need to do in life through Christ*. Based on **Philippians 4:13** *I can do all things through Christ who strengthens me*. This is a wonderful confession to start the day, and use throughout the day.

Whatever I have to deal with in life. God gives me the power to handle it. Isn't that a wonderful promise? My spirit, the real me, is full of God's power.

Think about this. There are times when we may feel overwhelmed by circumstances. You may be there today. God takes us from "I can't do this" to "I can do this".

**2 Peter 1:3-4** says that God's *divine power has given us everything we need for life and godliness... Through our knowledge of Him ...through his very great and precious promises.*

Don't wait until you feel powerful; because it's his power not yours. The disciples were ordinary people. God uses ordinary, messed up, damaged, broken vessels like you and me as we make ourselves available. God is not looking for perfection, just someone who is available, saying like Isaiah "**Here I am Lord. Send me!**"

We are too inclined to say "here I am, but send someone else". No, God needs all of us to play our part.

God wants us to step out and be inconvenienced for Him.

The Good Samaritan was on a journey; he had plans, but he allowed the Lord's plans to override his own to minister to the bleeding man at the roadside.

As we step out we will make mistakes. **Proverbs 24:16** *...though a righteous man falls seven times, he rises again*

Mistakes are not fatal – they are a part of life, and actually turn into a blessing because we learn from them

**Luke 10:19** *I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.*

The context was sending the seventy-two disciples out to preach the kingdom of God. We have the same power to reach those in our world. This week, there will God encounters with people in your world. Reach out and touch someone with the Power of God.

## Love

We have been given a spirit of love. This is now part of who we are.

Greek: *Agape*. This is a commanded love. The essence of agape love is self-sacrifice. It is a giving love.

**Romans 5:5 NKJV** *...the love of God has been poured out in our hearts by the Holy Spirit...* It is GOD'S LOVE in us. We pass it on! We are empowered to love.

The parable of the unmerciful servant (Matthew 18) who was forgiven a huge debt, then turned to a fellow servant and refused to forgive a very small debt, teaches us the importance of forgiveness. He was imprisoned. If we withhold forgiveness, so will we.

We have been forgiven for sins past present and future. And we want to choose whom we love! No, God says love others just as we love ourselves. We are even commanded to love our enemies.

In **Ephesians 3:17-19** Paul prays that the Ephesians be *...rooted and established in love, ...and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

Love is the soil in which we grow in the knowledge of God. Want to grow, then choose to love and see amazing results.

Don't tell me what tremendous revelations you have discovered in the word this week, and how much time you have been in prayer, if you come home in a bad mood from work, kick the cat and are short tempered with your spouse and children. **1 Corinthians 13** is very clear – you could speak in tongues like an angel, prophecy, understand all mysteries, have faith to move mountains – but without love you gain nothing.

Hurt people hurt people. God is calling us to maturity, to love consistently, and He gives us the ability through His agape love, in us, to do this.

“Love like you've never been hurt”

Love is the only way to live **Ephesians 5:1-2 (TM)** ...*Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that.*

Change someone's life today, this week – love them! Target someone to love.

### **Sound Mind (or Self-Discipline)**

Greek: sophroneo = sound mind or self-discipline!

God has given us a sound mind. Our minds are so integral to our lives.

**Proverbs 23:7** states that as a man *thinks in his heart, so is he.*

In **Psalms 13** David cries out to God v 2 “*How long must I wrestle with my thoughts*”. It happens to all of us, but as we look to the Lord and His word, we overcome. v5 *But I trust in your unfailing love*

God told Abraham in Gen 15 to **look up at the heaven and count the stars**. Don't focus on the problem, focus on how great God is.

Want to begin change your life today? Change your thoughts

Troubled by certain thoughts that the devil has thrown at you? Then replace it with another thought – quite simply think about something else. This takes discipline, but isn't that what we have received?

The problem is not your problem. It's how you see your problem that is the problem.

**Philippians 4:8 (TM)** ...*friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.*

This is the life of faith.

God has given us a spirit, which has a sound mind. Believe it, confess it, and enjoy it!

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