

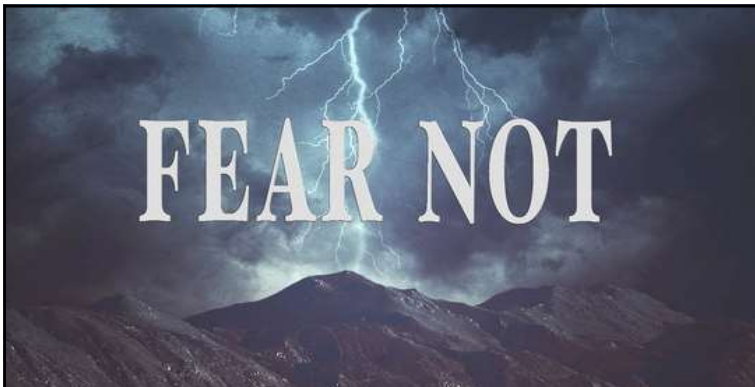
Settle in Your Hearts to be My Disciples

**“Fear Not . . . for God
Hath Not Given Us the Spirit of Fear;
but of Power and of Love,
and of a Sound Mind”**

by Elder Bill Jones

Our theme for the year concerning DISCIPLESHIP focuses this month on the fact we are to FEAR NOT . . . **“For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind” (2 Timothy 1:7)**. This theme assures those who would be disciples of Christ, that no matter the circumstances in which they find themselves, they need have no fear because there is support readily available from God.

What is the Spirit of Fear? **Fear itself** is a natural human emotion triggered by perceived danger. The **Spirit of Fear** is often described as a **Spiritual Influence**, produced from an outside, negative spiritual force which instills anxiety or increasing uncertainty or lack of confidence. Its presence can be quite debilitating. It can lead to excessive worry, anxiety, lack of trust in God or one’s own self. It can prevent people from taking action or pursuing their goals. It can produce a state of mind that hinders faith.



We know the words used to define the Spirit of Fear describe the tactics used by the adversary to cause disruption. Being concerned for Timothy's spiritual welfare, Paul reminds Timothy (see [2nd Timothy](#)) something we all should remember in combating Satan's advances: God doesn't give us a spirit of fear. He does not expect us to do His work and live in fear or doubt or uncertainty at the same time. To do so is self-defeating. It presents a great obstacle to discipleship. If the fear is excessive, the anxiety to which it may lead hinders or misdirects the actions necessary for the faithful demonstration of positive discipleship. It can hinder our faith; it can diminish our trust; it can curtail our actions; it can interfere in our ability to share God's love with others.

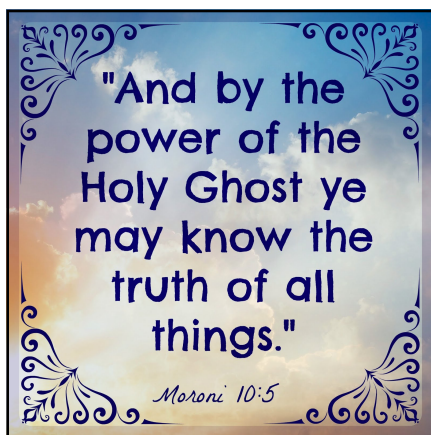
There are times in our lives that we question our abilities, when asked to perform tasks that extend beyond our comfort zone. Perhaps there is no greater time of doubt or fear than when we would be a disciple of Christ, declaring our faith and the message of God's kingdom here on earth, with the attending work that goes with it. To be sure, uncertainty, insecurity, doubt and fear do impact our performance. If those weaknesses are left



unaddressed they can lead to spiritual paralysis, but the scriptures encourage us to place our trust in God even in the midst of uncomfortable or fearful situations.

We have to look no further than [Isaiah 41:13](#) to find the encouragement we need: **"For I, the Lord, thy God, will hold thy right hand, saying unto thee, FEAR NOT; I WILL HELP THEE."** In [Matthew 19:26](#), Jesus assures His disciples that **"with God whatsoever things I speak are possible,"** and Paul assures the Church in [1 Corinthians 2:9](#) that, **"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him."**

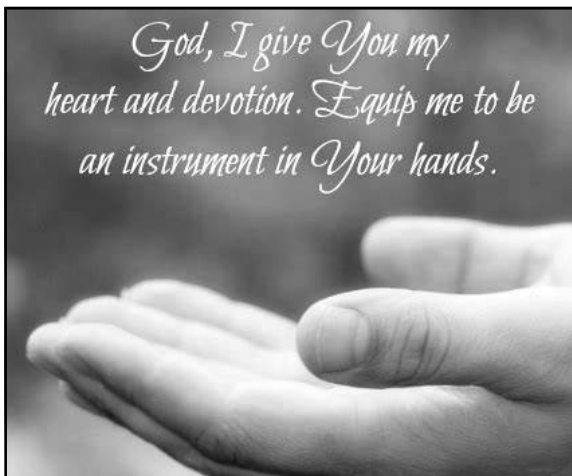
Even with these positive things being said for our encouragement, left to ourselves we have difficulties in comprehending the greatness of the things God has prepared for us. Knowing this to be true, Paul speaks in **1 Corinthians 2:10-13** of God's remedy: **" . . . the things of God knoweth no man, except he has the Spirit of God. Now we have received not the spirit of the world, but the Spirit which is of God, that we might know the things that are freely given to us of God. Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth"**



The things that are freely given to us center around the Gospel message and the Holy Spirit's power and guidance. Paul, in his first letter to the Church in Thessalonica, said **"For our gospel came not unto you in word only, but also in power, and in the Holy Ghost, and in much assurance . . ."** (**1 Thessalonians 5**). To receive the Gospel in this manner, with these attributes, speaks to the fact that it was a privilege and a gift prepared by God and extended to His Church. It was extended also to God's Church now, in these latter days. Paul also confirmed the fact **the Church was allowed by God to be entrusted with the Gospel**. The Gospel was to be conveyed by the Spirit, to the Church, so it would not mistakenly be received as the word of man, but would rightly be received in truth as the Word of God; effectively working and growing in the lives of those that believe.

God has the same intentions for His Church and His servants in these days, as is evidenced by the counsel given in **Section 68, 1b-d, in the Doctrine and Covenants**, to certain Elders preparing to go forth on a mission: **“. . . this is the ensample unto them, that they shall speak as they are moved upon by the Holy Ghost. And whatsoever they shall speak when moved upon by the Holy Ghost shall be scripture, shall be the will of the Lord, shall be the mind of the Lord, shall be the word of the Lord, shall be the voice of the Lord and the power of God unto salvation. Behold, this is the promise of the Lord unto you, O ye my servants; wherefore, be of good cheer, and do not fear; for I, the Lord, am with you and will stand by you. And ye shall bear record of me, even Jesus Christ, that I am the Son of the living God—that I was, that I am, and that I am to come.”**

As disciples of Christ, if we remember to “FEAR NOT . . . FOR GOD HATH NOT GIVEN US THE SPIRIT OF FEAR; BUT OF POWER and of LOVE, and of A SOUND MIND,” then in the days to come we will be able to proclaim as Ammon did in the **Book of Mormon**:



“I do not boast in my own strength or in my own wisdom; but behold, my joy is full, yea, my heart is brim with joy; and I will rejoice in my God. . . . for in his strength I can do all things.

. . . Yea, and we have been

INSTRUMENTS IN HIS HANDS of doing this great and marvelous work; therefore, let us glory; yea, we will glory in the Lord; yea, we will rejoice, for our joy is full; yea, we will praise our God forever” (Alma 14:91-92, 96).