

A SPIRIT OF TIMIDITY

“**For God has not given** (ouk didomi / a.a.ind) us a spirit of timidity (pneuma deilia / OMCD), **but** (alla) [contrast] (NMDV) **a spirit of power** (dunamis) **and love** (agape) **and self-discipline** (sophronismos) [sound mind].”

- Timothy’s old man (beliefs) [disposition of timidity] was still part of his life as a spiritually mature believer.
- Timothy was still struggling with his OMCD beliefs in specific areas of his life (ingrained problem).

This lesson will study four aspects of Timothy’s spirit of timidity (OMCD) and what he must do to change it to the spirit of power, love and sound mind (NMDV).

1. Timothy’s struggle with his old man disposition of timidity (deilia) was in the area of conflicts.

As an adult, Timothy wants everything and everyone to be at peace and in harmony. He can not stand for people he is associated with to be contentious or argumentative and to be in conflict. He would go out of his way to keep conflict from erupting because he has a spirit of timidity.

How did Timothy get a spirit of timidity? He acquired it from some traumatic emotional experience during his formal years of growth as a person (childhood to young adulthood). He accepted some false belief regarding conflict that developed into a spirit of timidity. He would be willing to make all sorts of compromises for peace. This resulted in him becoming a fixer and peacemaker.

When did Timothy’s spirit of timidity of OMCD thinking become an issue that needed to be addressed? Once Timothy reached spiritual maturity as a believer, it became a hindrance to NMDV thinking (Eph.4:22-24; Rom.12:2). “I was shown mercy because I acted in ignorance and unbelief.” (1 Tim.1:13/ Paul)

2. OMCD beliefs [hindrance] affect spirit, soul and body of the believer (1 Thess.5:23).

- The spirit of timidity is part of the human spirit. “Don’t let anyone look down on you because you are young.” (1 Tim.4:12)
- It is part of the belief system of the right lobe of mentality (frame of reference, vocabulary, long term memory and belief/ OMCD).
- It can cause the body to become sick especially the stomach (knots) and head (migraine). Go home to bed.

When Timothy became involved in conflict, it would upset him. He would immediately try to evade or avoid and become a peacemaker and fixer. If he was unable to control it and was forced to contend with it, it would emotionally drain him and make him physically sick. He would internalize the conflict because of the spirit or disposition of timidity.

Paul warns Timothy that some have rejected and shipwrecked their faith because of it (1 Tim.1:18-20).

3. Timothy must learn how to spiritually minister to his body, soul and spirit and change OMCD for NMDV.

Paul warns Timothy about over indulgence of physical exercise (1 Tim.4:8; 6:6). He also warned him about drinking only water and to take a little wine because of his stomach and frequent illnesses (1 Tim.5:23). What spiritual advice do you think Paul would give Timothy regarding his soul and spirit? I don't think Paul would say that **just** going to church and praying and taking Prozac would be sufficient to resolve the OMCD problem of spirit of timidity.

4. Timothy's vocation was such that conflict was a normal part of it. This may also be true of your life.

You may have a great job but it has a lot of conflict and stress with it and you have a spirit of timidity.

You may think that the answer is to change jobs or careers. But understand that the OMCD problem of timidity will travel with YOU.

For Timothy, his vocation was full time evangelism (2 Tim.1:8, 12; 2:3-4, 15; 4:5; Rom.1:16; 2 Cor.11:23-28).

HERE IT IS: Timothy must **put off** a spirit of timidity of OMCD (**stop internalizing the problem (Heb.12:1-3)** and **put on** a spirit of power (essence of God) and love (love of God) and sound mind (word of God) **of NMDV thinking (start internalizing the solution) (2 Tim.1:12-14) (Eph.4:22-24).**

“Watch your life and doctrine closely; persevere in them, because if you do, you will save both yourself and your hearers.” (1 Tim.4:16, NIV)

Timorous Timothy: “The Lord be with your spirit. Grace be with you.” (2 Tim.4:22)