

*Following Christ into the Crucible – Week Four*

# ***The Crucible of Chronic Painful Emotions***

## *Selected Scriptures*

**Intro:** One of the great leaders in the early church faced bouts with anxiety throughout his life. But rather than letting anxiety cripple him, he worked through his anxiety, with courage, by applying certain spiritual disciplines.

### **1. Timothy's life**

- A. Conversion – Timothy comes to Christ during Paul's first missionary journey. (A.D. 47)
- B. Growth – Timothy matures in Christ between Paul's 1<sup>st</sup> and 2<sup>nd</sup> missionary journeys. (A.D. 48)
- C. Service – Timothy begins to serve as Paul's assistant. A.D. 49
- D. Leadership – Timothy becomes like a son to Paul. A.D. 50-64
- E. Legacy – Timothy is a major leader: Bishop of Ephesus, killed under Domitian. A.D. 64-?

### **2. Timothy's anxiety**

- A. Misconception: You'd assume this great leader has an immensely charismatic personality.
- B. Timothy faced general anxiety.
- C. Timothy faced acute anxiety. 2 Timothy 1:7
- D. Timothy's anxiety led to a particular temptation: neglecting his spiritual gift and drifting toward lukewarmness. See 1 Tim. 4:14 and 2 Tim. 1:6. See Rev. 2:1-6.

### **3. Dealing with anxiety**

- A. Realize that some anxiety is normal.
- B. Realize that godly people sometimes face bouts with anxiety, accompanied by panic attacks. J.B. Phillips, C.H. Spurgeon, C.S. Lewis and others.
- C. Godly people work through their anxiety by using four spiritual disciplines.

