

## STIRRED – BIBLE STUDY NOTES

### Objective

In this bible study we will examine the importance of living life stirred up.

### Introduction

#### 2 Timothy 1:6-7 (NKJV)

6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

The challenges of being a human being is that that it is very possible to be alive to everything else that is going on around you and dead to that which is on the inside of you. Jesus said one time that you need to take care of the plank in your own eyes before you try to fix the speck in other people's eyes. We often ignore don't see the plank in our own eyes because most people are oblivious of what is on the inside of us, we are more conscious about what is on the outside.

The profound truth is that God has designed you in such a way that **life will not primarily be a product of what happens on the outside, but life will be a product of how the very thing inside of you responds to the things that are happening around you.**

**Proverbs 4:23 Keep your heart with all diligence, for out of it spring the issues of life.**

Notice that we are to guard our hearts because out of it flows the issues of life! Life is designed to flow out of you. This is why living life more conscious of what is on the outside of us will always produce a mediocre life and keep you at the mercy of the elements. Your best life is not out there, your best life in your heart!

How are you living? Is your life a constant reaction to what you face around you? Or are you living the life that is flowing and bubbling on the inside of you? Another way to say that is “are you walking by faith or by sight?” Are you more conscious of what’s happening around you than you are of what is happening in you? Do you know or believe that there is something precious on the inside of you? Do you know what you carry on the inside of you? Do you believe your own visions and dreams? Do you believe in what you carry? What if the very answer you have been looking for was already on the inside of you? What if the most satisfying and rewarding part of your life has been stifled by everything that you have been reacting to on the outside?

### **There is greater inside you**

It was said that this was the last letter of Paul to Timothy. Paul was in prison and he knew he was about to be executed. Timothy was his son in the faith who worked so closely with him. It is understandable that Timothy might have been intimidated by all of these circumstances around him, because sometimes the circumstances of life are intimidating, life harasses from the outside so convincingly that you can start to believe that the thing that is outside you is stronger, better, bigger than the thing that is inside you. And Paul is addressing this question, how do I live when life is intimidating? How do I live when I am being harassed by life? And HE says to Timothy, you have something inside of you...stir it up in these intimidating times!

**1 John 4:4 You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.**

So Paul says to Timothy, I know that you might feel timid because I am in jail, and you probably know that I will soon be executed, and you feel intimidated by the weight of what I’m going through...but REMEMBER THAT THERE IS A GIFT ON THE INSIDE OF YOU! Instead of quitting, instead of caving in, instead of throwing in the towel, remember that there is a gift on the inside of you. Stir up your gift.

The Greek word rendered “stir up” literally means to kindle up, to fan into flame. Paul says to Timothy, you have a gift on the inside of you and in this difficult time of your life, don’t quit, don’t be intimidated, stir up, fan into flame the gift that is on the inside of you. Because the gift in you is bigger than the challenge around you. Don’t be intimidated, stir up your gift.

### What is the gift in me?

Paul refers to two things in Timothy that need to be stirred:

- 1) the gift of faith that was in Timothy’s grandmother Lois and his mother Eunice, **2 Timothy 1:3-5**
- 2) the gift of the Holy Spirit in every believer. Because in **2 Timothy 1:7** he says **For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

There are obviously more gifts on the inside of every believer, but for the purposes of this bible study, let us examine the reasons why Paul suggests that we keep these gifts stirred. these two gifts, the gift of faith and the gift of the Spirit. In this scripture, these are the gifts that Paul is admonishing us to stir up.

Here is why these gifts need to be fanned into flame:

#### **1) We are meant to live by these gifts.**

The gift of faith and the gift of the Spirit are gifts that God gave us to navigate this life.

**John 16:13 However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.**

**Romans 1:17 - For in it the righteousness of God is revealed from faith to faith; as it is written, “The just shall live by faith.”**

God understood that we will need guidance through this life, so He gave us the gift of His Spirit! God knew that it takes Faith to follow the instructions and guidance of the Spirit, so He gave us the gift of faith!

Without these two gifts being stirred, alive, fully functioning it becomes impossible to live the life we have been preordained to live in Christ. Without these two gifts life will completely overwhelm us.

**2) God does not forcibly express the gifts he gives us through us without our consent.** We consciously need to make a decision to keep the gifts actively working in us and for us.

#### **1 Thessalonians 5: 19 Do not extinguish the Spirit.**

The Spirit of God inside of us can be quenched, silenced, muffled. When the things going on around you are louder than the voice of the Spirit inside of you, you quench Him. When we are more inclined to believe every other person but Him, we quench Him.

Paul is saying the same thing in **2Timothy 1:6-7** and **1 Thessalonians 5:19**. He is saying keep your gift of faith and your gift of the Spirit, kindled, fan those gifts into flame, don't quench them!

The will of God is that we live life awake to the Spirit in us! That's what the life of a believer should look like. It looks like a life where we take more instructions from the greater one who lives inside of us.

*Romans 7:6 But now, having died to what bound us, we have been released from the Law, so that we serve in the new way of the Spirit, and not in the old way of the written code.*

*Galatians 2:19 For through the Law I died to the Law so that I might live to God.*

## Conclusion

The will of God is that the Spirit of God in you will be your guide through life. Imagine how amazing it will be if the Spirit on the inside of you becomes more real to you than the challenge on the outside?

Imagine if God was more real than everything else. This is why Paul is asking us to remember that we have these gifts inside of us. It will be a shame to live life full of fear, when the source of courage is in us. It will be a shame to live life terrified and intimidated by everything we face, when we have the Spirit of power inside of us.

It will be a shame to spend our lives seeking love, compromising in all kinds of ways in a bid to find love, when the Spirit of love lives on the inside of us. The truth, from heaven's perspective is that what you have inside you is greater than everything you face around you. It is time to stir up the gift in you.

**2 Corinthians 4:5-8** For we do not preach ourselves, but Christ Jesus the Lord, and ourselves your bondservants for Jesus' sake. For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed—

## Discussion

- Do you believe that God gave you the Spirit of Power, Love & a sound mind?
- If your answer to the above is "yes", how do you know? If your answer is "no", why do you think that is? Think about the last event in your life that confirmed your belief. It is important that your answer to the above question is not vague or religious.



- What things hinder us from truly believing that greater is He in us than he in the world?
- How different do you think your life will be if every decision you made was under the guidance of the Holy Spirit?