

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

2 Timothy 1:7

From Pastor's Desk....

Living Beyond Fear

Have you looked at the world lately? It has changed dramatically to the point of people living in fear due to uncertainty. We have fear of pandemic, sickness, earthquakes, terrorism, anxiety, worries etc. When there is nothing stable around us, Paul reminds us through his letter to have a sound mind in the midst of a chaotic world. Having a sound mind is vital to being successful in this life. Paul outlines three important pieces to his message to Timothy. Having power, love and sound mind will build, shape, and restore a person's life.

Being bold is one of the major characteristics of the Holy Spirit. It was imparted on believers after Jesus ascended into heaven. (Acts 2). If you are not bold, then you will be fearful. When fear comes upon a believer, it affects their life on many levels. Most times, they become a victim of what they fear. The scriptures reminds us in Proverbs 23:7 "*For as he thinks in his heart, so is he.*" You are a product of your thoughts. Fear and faith cannot occupy the same space, its either we operate in fear or faith. We all need the Spirit of faith to quench all the fiery darts of the wicked.

As believers living in uncertain days, we need to possess sound mind which empowers us to live faithfully. When we possess a sound mind it allows us not to be out of control but empowers us to live in joy, peace, and patience. When you have a sound mind you can ask Jesus to be your anchor in the middle of a storm. His love and faithfulness never change nor fail.

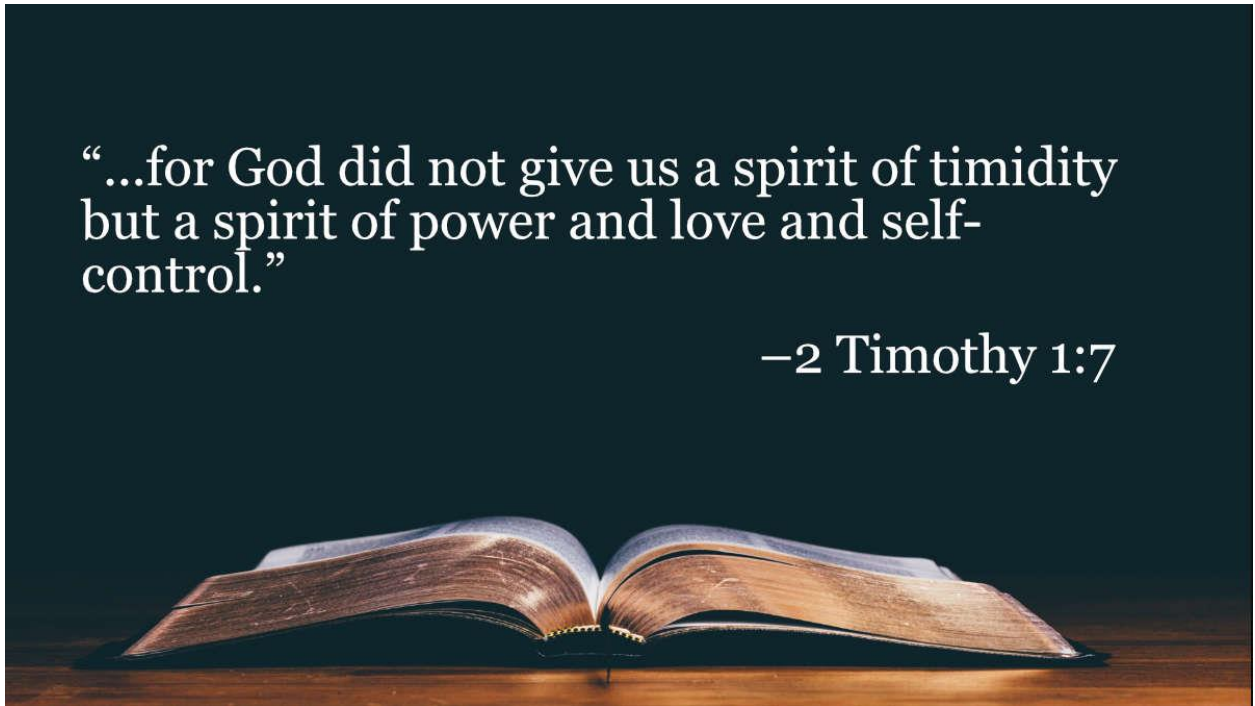
The word "love" was used 51 times by Jesus during His teachings. Human love may fail but God's love never fails. Love is the fulfillment of all laws. God's kind of love is not what we struggle to produce through our flesh. It is produced in us through the spirit. When God's spirit works in you and you abide in him, you will carry out his love in your life. When you love God and others around you, you will not be afraid of what man can do to you because God abides in you. He demonstrated this first by sending His son to die for us and to liberate us from these spirits of fear. This same love will move through us to other people.

In conclusion the moment fear is instilled in you then you doubt God and lose your confidence in him. But Paul has a fine exhortation to all of us, when we operate in power and boldness given my God, we can subdue our enemies and obstacles through his name. As you continue to live, begin to exhibit the nature of Christ with boldness and power, and all things that you fear will begin to tremble under your feet because you are more than a conqueror through Christ Jesus.

Pr. Sabu Samuel
(Senior Pastor, IPC Hebron-Los Angeles)

“...for God did not give us a spirit of timidity
but a spirit of power and love and self-
control.”

–2 Timothy 1:7



Power, Love & Self-Discipline

By: Noel Isaac, Moreno Valley

Timothy, many interpreters surmise, was a man of quiet disposition—a retiring, timid individual who had been thrust into a leadership role for which he had no predilection. The battle against the false teachers was strenuous, leaving Timothy weary, perhaps even questioning what he was doing. It is possible that he was overwhelmed by these circumstances.

But Paul countered these natural tendencies and excuses by directing him to consider his great gift which we all possess—the Spirit of God. Having confirmed that Timothy possessed this great gift of God’s grace, his own Spirit, Paul pointed Timothy towards the boldness that should belong to every believer: For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. Our natural abilities can only supplement what God calls us to do. The important consideration in all of life’s challenges and duties is to remember that God’s Spirit resides within us.

God's spirit gives us power that enables us to fulfill what He requires from us. We are never asked to do anything beyond what God gives strength and ability to accomplish. He is also the giver of Love. With love comes forgiveness and with forgiveness comes peace which is really what's missing in this world today. He is the giver of self- discipline which is the ability to think clearly with the wisdom and understanding that God imparts. For a believer in Christ- Power, love and self -discipline are the attributes that come only as we allow the life of God’s Spirit to live through us.

Fear is a driving force in society today. It is the main topic of the evening news, the underlying premise of advertising and marketing. Amidst this surrounding let's rekindle the gift of God that's within us through prayer, to endure, make wise choices, to live in patience, producing goodness in our daily living.

Fearlessness, Power, Love & Self-Control

By: Sharon Iype

“For God has not given us a spirit of fear, but of power and of love and of self-control.”

(2 Timothy 1:7)

In his second letter to Timothy, Paul offers a voice of encouragement after being suddenly arrested and taken to Rome. Paul and Timothy had been ministering together in Ephesus to a congregation that was suffering poor leadership (under Alexander and Hymenaeus) and the spread of a corrupted gospel message. Paul, awaiting death, pens this letter in the knowledge that his sudden detention had been deeply distressing. While Paul is confident that Timothy, his “spiritual son,” can restore order to the church, Timothy is more anxious. Up until the arrest, Timothy had been safely hidden under Paul’s shadow, serving only as a helper and deferring to Paul’s spiritual authority. Now, Timothy is called to lead the church by himself, but he feels incapable.

As young men and women, we are intimately acquainted with such fears and insecurities as those that confronted Timothy. Many, if not all, of us were born into the church, sharing Timothy’s rich heritage in the faith. And whether it be at school, in our families, or in the church (like Timothy), we have found ourselves incapable. So although Timothy faced a set of obstacles largely different from those we face as youth today, his fears are exceedingly familiar.

In response to Timothy’s doubts, Paul first reminds him about his heritage, making mention of Timothy’s grandmother, Lois, and his mother, Eunice. Paul praises God for the family’s “genuine faith” and reminds Timothy that the same faith is “in [him] also” (v. 5). In doing so, Paul reminds Timothy of a spiritual community that he may find comfort in. When faced with doubts about his capabilities, Timothy must lean back on this community to find a strength that he can no longer find in himself. A community of faith is similarly available to me and you. When faced with fears about your future or doubts about yourself, you may lean on the church. Whether you confide in Sunday school teachers, pastors, or each other, draw strength from your brothers and sisters in Christ.

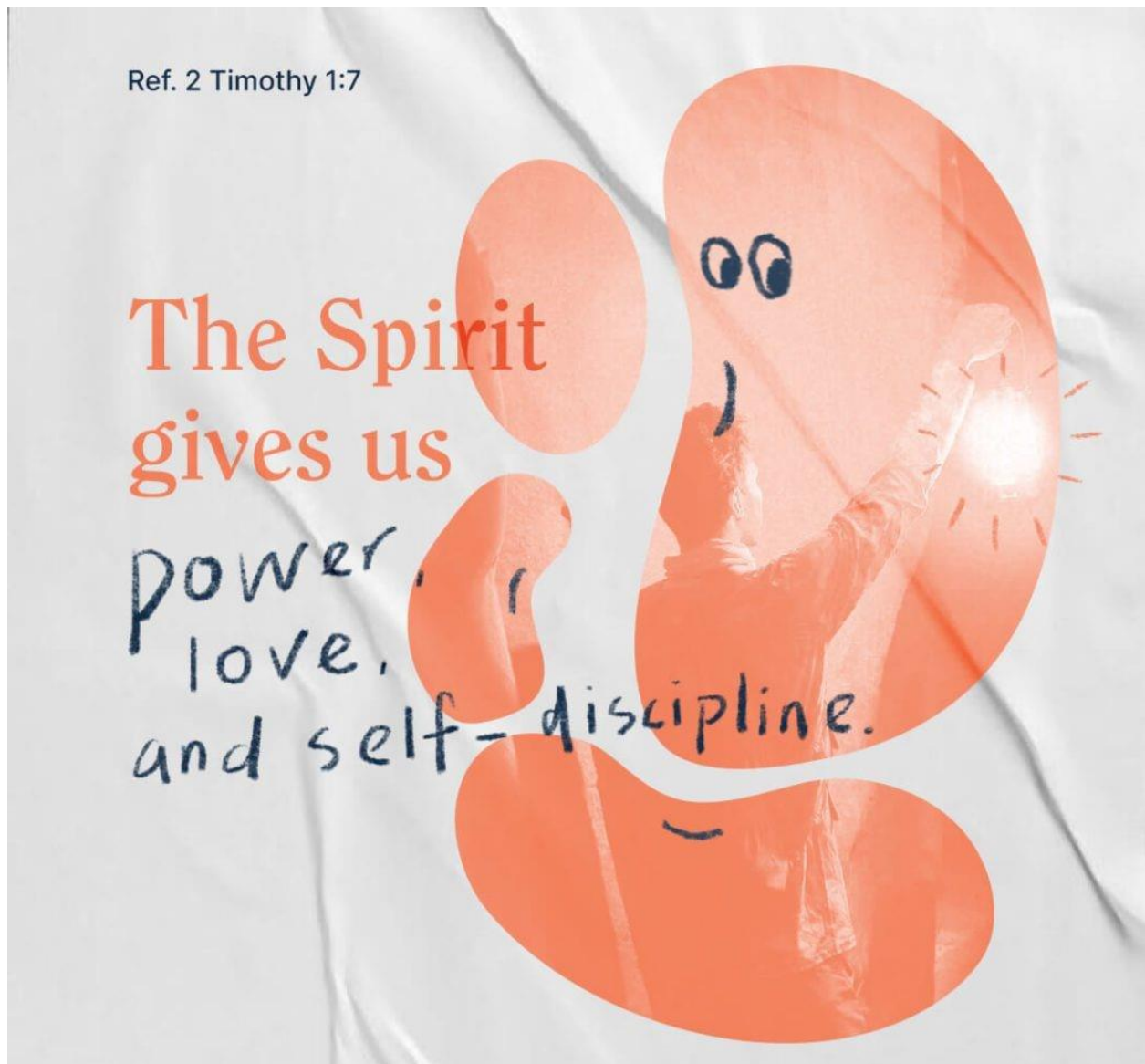
Paul is aware, however, that Timothy requires more than a spiritual community, and he follows with this exhortation: “For God has not given us a spirit of fear, but of power and of love and of self-control.” Here, Paul points Timothy toward a sovereign God who desires to address all facets of our weakness. That is, we are weak in our bodies, to which God promises power. We are weak in our hearts, to which God promises love. And we are weak in our minds, to which God promises self-control.

Admittedly, weakness in the physical body is a concern that grows with age, but even we, as young men and women, know what it is to be weary. In this, God gave His Spirit of power. The Greek word used here is “dynamis,” which conveys abundant strength and miraculous ability in the New Testament (Matt. 14:2, Heb. 11:11). That is to say, power conferred by the Holy Spirit is not ordinary, but supernatural and this same power, that once equipped the heroes of the faith, has been promised to us.

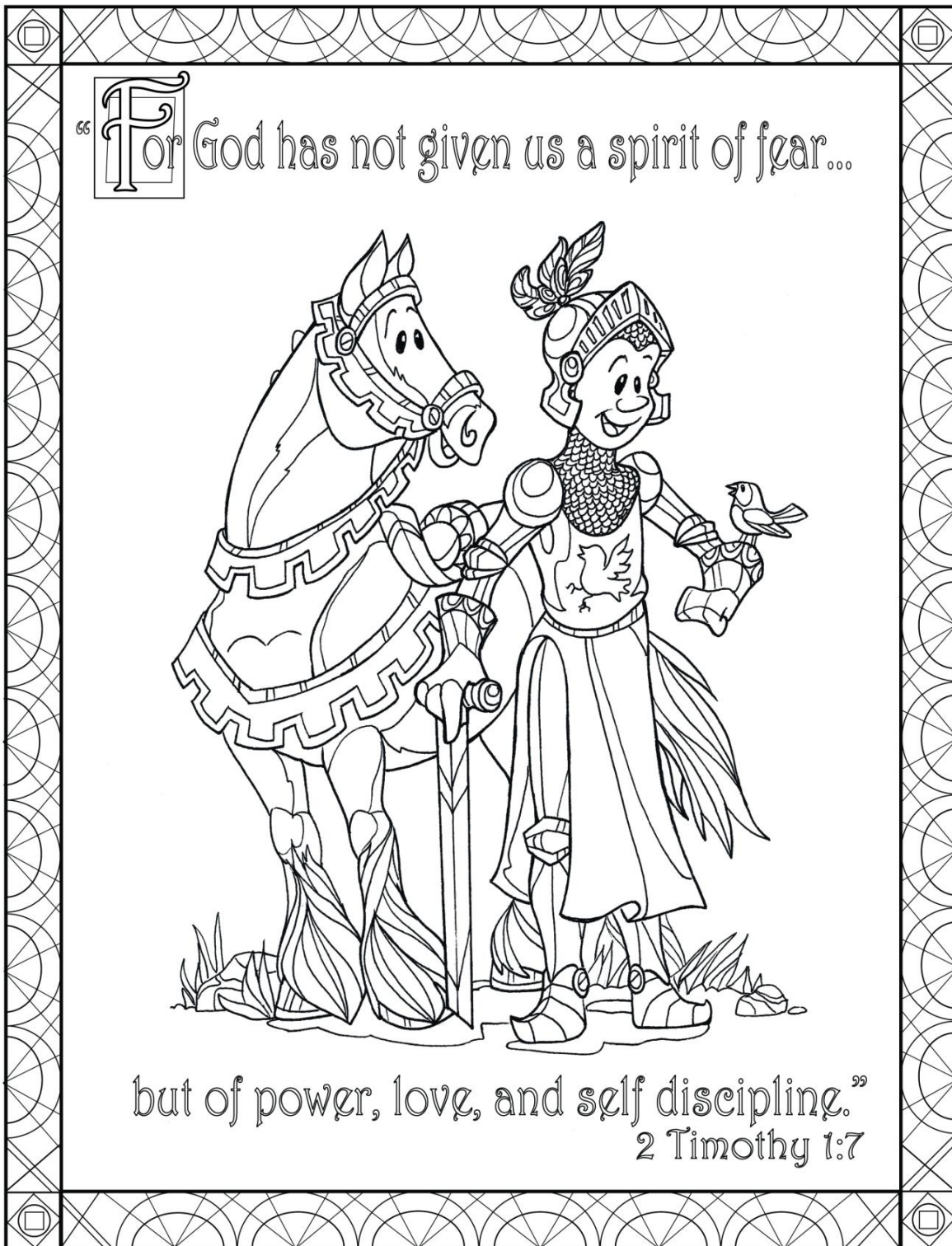
During this time in our lives, weakness in our hearts and minds seems a more pressing problem than physical weakness. It is not uncommon for us to be upset with or jealous of our classmates and siblings, and we often struggle with hatred or discontentment toward our own selves, whether that be dissatisfaction in our appearance, intellect, etc. In this, God gave His Spirit of love. We’ve often discussed the different types of love as they appear in the Bible; in this particular verse, Paul discusses “agape” love. Agape love is described in 1 Corinthians 13, and we know it to be greater than all other kinds of love as it reflects the love of the Father toward mankind. Therefore, the Spirit empowers us with the same love that was demonstrated on the cross.

Finally, Paul reminds Timothy that Christ addresses weakness in our minds. The Bible teaches that sin begins in our thoughts, as does temptation which is implicit in human nature. Self-control does not come to us naturally; we are born in sin and our innate nature is to stray from the Lord (Ps. 51:5). Apart from the Holy Spirit, we are lost to sin. As children of God, we may fall into sin; nonetheless, we are not lost because the Spirit of self-control pursues us and calls us to purity. When confronted with sin, the first instinct is to distance ourselves from our actions and make promises to God. These promises of purity can be empty and unfounded, however,

without the renewing of our minds — since sin begins in the mind, self-control must begin there, too. The transformation of our minds (as accomplished by the Holy Spirit), therefore transforms our actions, molding us into the image of Christ. So when you find yourself like Timothy — alone, afraid, and facing challenges bigger than you can overcome — may you find comfort both in this community and in the Lord who sees your many weaknesses and still lovingly equips you with the great Spirit of power, love, and self-control.



Children Activity: Feel free to Print and Color



IPC-LA Leadership Team 2024

President	Pr. Sabu Samuel
Secretary	Br. Regi Varghese
Treasurer	Br. Lijo Mathew
Committee Members	Br. Yohannan George Br. Johnson Ninan Br. Ben Cherian Br. Regi Koshy
Auditor	Br. Danny Kuruvilla
Ladies Coordinator	Sis. Simi Samuel
Sunday School Principal	Sis. Sherin Subin Thomas
Youth Director	Br. Charles Wilson
PYPA	Sis. Tania Malayil
Evangelism Director	Br. Anoop Chandran
Prayer Coordinator	Sis. Femila Joseph
Website Admin.	Br. Joel Joshi
Monthly Bulletin	Br. Kevin
Malayalam Worship Lead	Br. Varughese P. Mathew (Lijo)
English Worship Lead	Sis. Ruth Regi
Facility & Tenant Relation Manager	Br. Abraham Mathew
Media Coordinator	Br. Bejoy Mathew
Food Coordinator	Sis. Preeti Regi & Sis. Sheila Mathew
Area Coordinator (East Area)	Pr. Andrew Varughese
Area Coordinator (Simi Valley)	Br. Kunjmon Koshy
Area Coordinator (South Bay)	Pr. Moncy Varughese
Mission Coordinators	Br. Yohannan George- Thiripur (Palakkad) Till June 2024 Br. Abraham Mathew- Chinthamani (Karnataka) Till June 2024
Sound	Br. Joel Varghese
Video/Live Stream	Sis. Soumya Saji
Visual Presenter	Br. Jonathan John

Monthly Planner: February 2024

<i>S. No.</i>	<i>Weekly Meetings</i>	<i>Time</i>	<i>Venue</i>
1	Tuesday	07:00-08:00 PM	@ Zoom
2	Friday	10:00-11:00 AM	@ Zoom
3	Saturday	07:00-08:00 PM	IPC-LA @ Whittier

Pray for Nations:

<i>Country</i>	<i>Capital</i>	<i>Population est.</i>
Eswatini	Mbabane (Administrative & Judicial) Lobamba (Legislative)	1,142,000
Ethiopia	Addis Ababa	106,359,000
Faeroe Islands	Torshavn	54,600
Finland	Helsinki	5,571,000
France	Paris	66,218,000