

Killing What's Killing Me: **Overcoming Fear**

2 Timothy 1:7

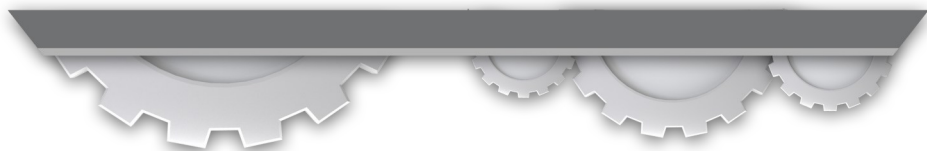
*For the Spirit God gave us does not make us timid,
but gives us power, love and self-discipline.*

Under Pressure

- **The Epidemic of Imposter Syndrome:** Recent workplace studies reveal that roughly 66% of Gen Z and 58% of millennials report experiencing chronic "imposter syndrome" at work—they feel like frauds who will inevitably be exposed, unable to internalize their hard-earned achievements.
- **Chronic Workplace Anxiety:** Nearly half of young professionals report feeling stressed or anxious "a lot of the day," driven by the fear of making a wrong career move in an unstable economy.
- **The Burnout Reality:** According to Gallup, 7 out of 10 young professionals experience workplace burnout, with a massive percentage hitting peak burnout by age 25. However, this is often fueled by the pressure of hyper-visibility on social media, where they constantly compare their behind-the-scenes struggles to their peers' curated highlight reels.

1. **POWER:** By your faith, God has blessed you with the potential and inherent capacity to accomplish everything that you have been called to do (v. 7).
2. **ANTIDOTE:** The power that God provides is the antidote to Imposter Syndrome. When fear and anxiety try to convince you that you are unqualified, just remember that your qualifications are rooted in Christ and not the opinions of people (v. 7).

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3. **LOVE:** The world is full of people who possess power, but lack love. However, when power is not expressed through a spirit of love, it quickly devolves into toxic ambition (v. 7).
4. **INCLUSION:** Include yourself in your expression of love. God loves you. That means you have the green light to love yourself (v. 7).
5. **SELF-DISCIPLINE:** Fear causes the human mind to catastrophize, but when we find ourselves inundated with setbacks and lack of success, the Spirit of God keeps us calm, confident and equipped with self-discipline (v. 7).
6. **REGULATE:** If you desire to experience the victory on this side of eternity that God has destined you for, you must possess the self-discipline to consistently avail yourself, manage your time and regulate your emotions (v. 7).

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