

## **Overcoming Shyness**

**Scripture:** 2 Timothy 1:5–7

**Introduction:** If you struggle with shyness and timidity, I'd like to introduce you to Timothy. He did the same, and Paul frequently exhorted him about it, saying things like: "God has not given you the spirit of timidity. . . . Let no one look down on you. . . . Don't be ashamed. . . . Be strong. . . . Be a good soldier." Three verses in particular help us:

1. **Not I, but Christ**—2 Timothy 1:5. Shyness is basically a problem of self-centeredness. Be Christ-centered instead.
2. **Not a Hopeless Klutz, but a Gifted Christian**—2 Timothy 1:6.
3. **Not a Spirit of Timidity, but a Spirit of Power**—2 Timothy 1:7.

**Conclusion:** As you grow in Christ and reflect more and more on His qualities, it frees you up to be yourself in Christ and to let His character flow through you.