

DAY 22 – POWER TO OVERCOME TEMPTATION

*"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*

2 Timothy 1:7 is a Bible verse that speaks about the power of God and how this power helps us overcome fear. This verse was written by the apostle Paul in a letter to his disciple Timothy as a way to encourage him and strengthen his faith in the ministry to which he had been called.

In this verse, Paul teaches us that as believers in Christ, we have not been given a spirit of fear, but a spirit of **power**, **love**, and **self-control**. Paul reveals three important aspects of God's power and how it helps us overcome fear:

1. Power

The power Paul refers to here is not human or physical strength, but the **divine power of God**. It is the same power that raised Jesus from the dead and is available to all who believe in Him. This power gives us strength and courage to face any challenge or fear we may encounter in life.

2. Love

The love of God is unconditional and sacrificial, revealed to us through Jesus Christ. This love gives us security and confidence that we are loved by God, regardless of our failures or weaknesses.

It frees us from the fear of rejection and empowers us to love others selflessly.

3. Self-Control

Self-control refers to the ability to control our thoughts and actions.

When we trust in God's power and live in His love, we are able to face and manage our fears. It gives us the ability to act with courage and confidence, knowing that we are children of God and that He is with us at all times.

In our daily lives, it's common to face various fears and worries. It might be the fear of failure, rejection, making difficult decisions, or confronting unknown situations. However, this verse reminds us that as believers, **we are not alone in our fears**. We have God's supernatural power available to us.

When we encounter fear, we can pray, trust in God's Word, and remember that we have a powerful and loving God at our side.

We can place our fear in His hands and allow His power and love to guide us at all times. Instead of being slaves to fear, we can live boldly and courageously, trusting in God's power and walking in His love.

REFLECTION QUESTIONS:

In what areas of your life do you need the Holy Spirit to help you overcome fear?

Of the three qualities (power, love, and self-control), which one do you feel He has helped you with the most?