

The Assembly

21 Days Of Prayer And Fasting

DAY 4

The Last Three

2 Timothy 1:7- *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

If you have decided to take that bold first step to overcome the first word and recommit yourself to the Word of God in this new year, let's talk about the last three things. Power, Love, and Sound Mind.

We've already talked about what God did not give us...fear. So, what did He give us? Power, Love, and a Sound Mind. Some of you just laughed to yourself and said, "Well, one out of three ain't bad!" Your family might agree with you :) The fact remains that God said he has given us these things. Then where are they and why don't they ever come out when I need them?

They are laying dormant inside of you waiting for you to stir them up! In order to build muscle, one of the things you have to do is to continuously and consistently put stress on the muscle by lifting heavier weights. In fact, you are injuring your muscles, but they repair in a way that makes them stronger. Isaiah 40:29 says, *"He gives power to the weak, and to those who have no might He increases strength."*

God has given us power to have courage and resolve, to be firm in our purpose, determined in our course of action and decisions. We are empowered to meet difficulties and dangers. Ephesians 3:20 says, *"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us..."*

God has given us a spirit of Love which will carry us through any opposition in our lives. 1 John 4:8 says, *"He who does not love does not know God, for God is love."* Verse 18 of that same chapter says, *"There is no fear in love; but perfect love casts out fear..."* The love of God in the heart of a Christian is the proof of our conversion! The Spirit of God is the Spirit of Love. It is God's nature to be kind and to give happiness to His children. The gospel, the forgiveness of sin, and the salvation of sinners all show that God is love.

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God has also given us a Sound Mind. Well, let's be honest, some of us are still striving towards this! It's a constant battle these days with so many outside influences in our lives. Many of us battle daily with social media, the struggle to stop scrolling, (I love Instagram and have way too many recipes saved that I will probably never use), the noise and videos penetrate our mind and teach us that silence is awkward and we have to fill that moment. A Sound Mind is quietness of mind. Romans 12:2 says, *"And do not be conformed to this world, but be transformed by the renewing of your mind..."* Isaiah 26:3 says, *"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."*

Together, let's resolve to stir up the gifts within each other and within ourselves. I pray that this new year is free of fear and brings all of us Power, Love, and a Sound Mind.

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