



BIBLE PLAN

MID-YEAR RESET

DAY NINE: RELEASE ANXIETIES AND TRUST GOD WITH THE FUTURE

"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline."

2 Timothy 1:7 NIV 1984

What This Scripture Means:

Timothy was serving as a young pastor in Ephesus during a difficult time; false teaching was spreading, opposition to the gospel was growing, and persecution against Christians was increasing. From a Roman prison, knowing his earthly life was nearing its end, the apostle Paul wrote to strengthen Timothy's faith and encourage him to stand firm for the growth of the Kingdom.

Like Timothy, we too can feel overwhelmed by the responsibilities and challenges we face. **Yet God reminds us that we are never left to face them alone.** The same Spirit who empowered Timothy lives in every believer today. God does not fill our hearts with fear; He fills us with His power, love, and strength, which define the character of God.

Through the Holy Spirit, we are given the power to accomplish what God calls us to do: love and serve Him, serve others with Christlike compassion, practice self-discipline, and make godly decisions instead of being controlled by emotions or fear.

God doesn't call us into difficult situations and then leave us to figure them out on our own. He gives us everything we need to remain faithful. Even when we feel weak, we can move forward with confidence because His strength is always greater than our fear.

How It Applies to My Life:

Fear has a way of convincing me to stay where it feels safe. It can keep me from sharing my faith, making difficult decisions, or trusting God during uncertain seasons. Yet this verse reminds me that fear should never become the driving force behind my choices. God invites me to live by faith, relying on the Holy Spirit instead of my own strength and then watching what He will do.

Our confidence is to be rooted in His presence, not in our abilities. However, when we do experience moments of weakness, we can stand confident that those feelings do not have control over us. Since the Holy Spirit lives within every believer, we have everything we need to face our challenges with courage, love, and self-control.

To have the confidence needed, it is important to consider what may be holding us back. Is it the fear of failure? Fear of rejection? Fear of the unknown? Perhaps you're facing a major life decision that seems bigger than your abilities. **Through these circumstances, God is inviting you to place those fears in His hands and trust that His Spirit will provide exactly what we need to keep moving forward. Fear may speak loudly, but God's truth should always have the final word.**

REFLECT:

- What fears have been influencing my decisions more than my faith in God?
- Where is God calling me to step out in faith instead of remaining comfortable?
- How can I rely on the Holy Spirit's power instead of my own abilities today?
- What must I do to practice self-discipline by choosing God's truth over my anxious thoughts?

PRAY:

- Thank God for giving you the Holy Spirit to strengthen and guide you, especially when facing difficult situations.
- Ask God to reveal any fears, doubts, or insecurities that are keeping you from fully trusting Him and experiencing a life of fulfillment.
- Pray for courage to obey God's leading, even when the future feels uncertain.

