

DAILY DEVO'S WITH PHIL

DAY 1: PEACE OVER PANIC

"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 NKJV

Today I want to talk to you, for a few moments, about choosing **PEACE OVER PANIC**.

As I read this, I think about the fact that Paul is writing to a younger guy in the faith and saying *"hey you know what Timothy, in the midst of challenging times, in the midst of difficulty, God never gave you a spirit of fear"* and I want to remind all of us of that today that in a world that is currently changing rapidly due to this pandemic and it's affecting all of us in different ways, some of us with regard to our health and many of us with regard to the economics of what's going on and even with regard to our ability to interact socially with each other.

What I find is, that when fear overwhelms us, we tend to do one of two things.

The first is, that we get **PARALYZED**.

Paralyzed is where we just freeze, we don't know how to move forward, we don't see a way forward and so we withhold and we withdraw, because we can't see a future. That's what fear does, it causes people to *paralyze* and they literally just stop in their tracks.

The other thing fear can do is, it can cause **PANIC**.

We've seen that in all kinds of ways over the last few days or weeks even. People have been *panicking* when it comes to what the need and their home as far as their groceries go, and there has been *panic* selling on the share markets and what happens is, when we *panic*, it's kind of knee jerk reactions, we are not thinking through what we're doing, we're just reacting before we even think through the consequences. When we do this we engage in really unhealthy and unhelpful behaviour and that's why Paul says to Timothy *"Timothy, God didn't give you this kind of spirit, but rather, God gave you power, love and a sound mind."*

Let's consider those things really quickly.

1. POWER

Can I just encourage you right now in the midst of all that's going on, you may not be able to control all that's going on, none of us can. But you are not powerless. You have *power* over your thoughts, over your attitude, over your spirit, and over your actions. Plus, as a Christian, you have access to the *power* of God, and that comes through prayer. So there is *power* that is available to you, right now don't feel helpless, don't feel overwhelmed by fear, you have the *power* with regard to what you're speaking, what you're thinking, how you're acting and making the choice to pray and ask for God's *power* to be there for you.

2. LOVE

Secondly, what does Paul say to Timothy? *Love*; there is a spirit of *love* that is available to you. *Love* is the opposite of selfishness. We're encouraging everyone to "*spread the love, not the virus.*" In order to do that, it means we make the choice to live beyond ourselves, because that's what *love* does. The first thing the bible says in 2 Corinthians 13, is that "*love is patient.*"

Man, if ever there is a time when we need patience, it's right now. Some of us have the kids at home because there is no school, you need patience, let me tell you, real *love* is patient. And that *love* is available to you, it's available now.

You have **POWER**, you have **LOVE** and thirdly, you have a **SOUND MIND**.

3. SOUND MIND

These are 3 things that God wants to give us in times like this. A *sound mind* means you have wisdom to make good choices in difficult times. God will give a *sound mind* when you ask Him for it. The ability to make wise decisions to avoid the crowd or herd mentality to *panic* or to get *paralyzed*.

Let me encourage you today, you have *power* from God in this situation, you're not powerless.

You also have *love*. Let's spread that *love*.

And number 3, you have a *sound mind*.

So let's be people who aren't living panicked, freaking out or paralyzed, but rather choosing peace because God is with us.

God bless you.