

Family Talk – Overcoming Fear

READ TOGETHER

2 Timothy 1:7

1. What causes me to be afraid? Why am I afraid of it?
2. Ask God to reveal why you fear that, then ask God,
What do You want me to know about my fear?
3. Listen and receive God's love, and ask Him to change you.

LIVE IT

There's a difference between the spirit of fear and timidity and the spirit of power, love and self-discipline. One is not from God and the other is from God. When difficulties arise, we need to consider the type of spirit that's in us.

Think back to the last time you encountered a difficult situation. Did you experience fear, worry, anxiety or did you notice a spirit of power, love and self-discipline?

A life given to Christ will result in quiet confidence, steadfast love, and the ability to choose what honors Christ.

LEAN ON GOD

God,

Thank You for providing me with a spirit of power, love and self-discipline. I'm grateful that You don't allow me to settle into fear. Help me put my trust in You when I feel afraid.

I love you.

Amen.

