

## **2nd Timothy 1:7-For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. NIV**

When I was a little girl, people looked like the big bad wolf with long pointy claws and huge teeth in their foamy mouths. It seemed like they were hungry and out of all people, they wanted to eat me. I was *that* kid, always hiding behind my mother's skirt whenever we went out or met someone new. It is totally understandable for a small child to be fearful of a great big world. My problem was that I got older and people still looked like wolves that would somehow cause me harm. Obviously due to trust issues, I have formed a hard shell around myself for protection. I don't know where the dysfunction happened (ok I do know but I need a whole book to explain that), all I know is that this bible verse has been the anthem of my life.

From a young age, fear has been the biggest wolf that I've had to conquer, every single day. The fear of rejection, fear of conflict, fear of failure, fear of success, fear of what people will think or say about me. Fear can be paralyzing and prevent us from doing the things that we were created to do. According to this word, the feeling of fear is not reality and I do not have to live by it. It says that the Spirit of God has given us all the tools we need to conquer the giant: Power, love and self-discipline. Instead of giving in and running away, we can confront whatever with this word.

This word is the armor that protects us from fatal wounds and also our offensive weapon to inflict wounds on our spiritual enemy the devil. This word gives us the assurance that no matter what we face, we will not be harmed. It gives us the assurance that there is no difficult situation that we face, that will have more power than the power of God. Your hands will probably still shake, your voice will still crack and your knees will still knock. But regardless we will move forward, taking one step at a time, fully trusting that God will do what He said He would do. He promised He will be with us every step of the way. Surrounding us, giving us power, loving us unconditionally, covering us from behind and clearing the path before us.