

# POWER, LOVE AND A SOUND MIND

CHILDREN'S DEVOTION

**FOR GOD GAVE US A SPIRIT NOT OF FEAR  
BUT OF POWER AND LOVE AND A SOUND  
MIND.**

**2 TIMOTHY 1:7**

**WHAT ARE SOME THINGS YOU ARE  
SCARED OF?**

We all have fears and things we are scared of. Whether it is taking tests, talking to new people, or being in the dark. Sometimes it is difficult to have confidence in ourselves or our abilities. And other times it is hard to trust that we are safe. In our verse, we see that God tells us he has not given us the spirit the fear. So what does that mean? It means that fear isn't necessary when we trust in God with all of our hearts. God will strengthen us and give us his peace. He tells us to lean on him and believe that the holy spirit is with us always, even in our fearful times.

## WHAT DOES A SPIRIT OF POWER LOOK LIKE?

Can you think of some people you know who are powerful? Maybe your favorite superhero or athlete? What about a power that is different than just physical strength? What would that look like? Let's take a second to remember the story of David and Goliath. David was much smaller than Goliath and had no experience in being a soldier. And yet, he fought him with confidence and bravery. Power could look like being brave enough to take up for a friend who is being made fun of at school. Power could look like trying something new like a sport or a club. Having a spirit of power means we can be bold and not afraid.

## WHAT DOES A SPIRIT OF LOVE LOOK LIKE?

God has given us a spirit of love. What are some ways you can live into this gift? Inviting a new friend to sit with you at lunch, or helping an injured classmate with their books? What about forgiving your siblings when you have a disagreement? All of these are a few ways we can show our love for one another. A spirit of love looks like treating all other people with kindness and compassion.

## WHAT DOES A SOUND MIND LOOK LIKE?

Have you ever been nervous? Maybe before taking a test, or performing, or a game or maybe even going to the doctor? Having a sound mind means that whatever you may be nervous about, you trust that it will turn out okay. Another word for this is peace. Having peace is being free from harmful or nervous thoughts. The Lord grants us peace in the most beautiful way. God's peace is a peace that passes understanding. No matter what we may experience in life, we know that God is Lord of all and that we can trust in him.

**DEAR LORD, THANK YOU FOR GIVING US  
A SPIRIT OF POWER, LOVE AND A SOUND  
MIND. THANK YOU FOR LOVING US AND  
CALLING US YOUR OWN. HELP US TO  
NOT BE AFRAID. YOU ARE WITH US.  
AMEN.**