**Saturday 6th June**

2 Timothy 1: 7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Today this well-known verse of Scripture has been resonating in my heart and mind. Over the week we have been thinking about what the Holy Spirit is like, why He was given and what He does. Of course, being God, the person of the Holy Spirit is inexhaustible, and eternity will not be long enough to know all there is to know of Him! This verse shows us what kind of Spirit - He does not lead us into fear, but rather love. Fear and love are polar opposites. Making decisions based on fear does not serve us well. The Holy Spirit living in us helps us to be guided instead by love. There is so much fear around in our world today – it is there in many guises. It can be difficult for us not to pick this up from news reports, from others around us. If you feel yourself slipping into fear (which I’m sure has happened to us all at some point in the past weeks) then declare this verse over yourself today: ‘God has not given me a spirit of fear, but of power and of love and of a sound mind.’

<https://youtu.be/HGI4WN9eIWo>

*Father, thank you for the gift of your Holy Spirit. We pray that He would be released again upon the earth. We pray especially that you would minister today to people who are consumed with fear. We ask that your love would be shed abroad in each heart. We continue to pray for wisdom and guidance for all those in positions which require them to make decisions. We ask that the Holy Spirit of power and love would anoint them to make those decisions so that they are not based on fear. Sustain and uphold them in unprecedented times. Amen*

