

Day 4

After all, the spirit given to us by God isn't a fearful spirit; it's a spirit of power, love, and prudence [a sound mind].
—2 Timothy 1:7

Brainy Tip: We are wired for love. Science shows how we have a natural optimism bias.

So often in life we are told that we do not measure up, that we aren't good enough. Perhaps we even tell ourselves that we will never succeed. Our days are filled with worries, cares, and concerns. We feel overwhelmed. But science and Scripture say otherwise. We are not designed to go through life with a "fearful spirit," not able to cope with or face our problems. We are wired for love: every cell in our body is created to respond to thoughts and feelings of life, wholeness, passion, and truth.

When we choose to follow the Messiah, to follow his rule of love, we are given his "prudence"—his sound mind, which is powerful! We can face whatever life throws our way, because we stand on firm ground. Our experiences will never be perfect, but when we choose to pursue a life of love, victory will always be possible.