

# STEPPING OUT OF OUR COMFORT ZONE

12•11•2025      2 TIMOTHY 1:7

We all have a comfort zone where life feels safe and easy. But stepping outside of it often reveals our fears—whether it's public speaking, traveling, learning a new skill, or facing heights. For me, being around children is natural, but standing in front of adults is terrifying. Even writing this brings fear. Yet, I know that when I choose to step out of my comfort zone, I grow in faith and see God's faithfulness more clearly.

At Christmas, I think of Mary—a young girl asked to face her fears and say yes to God. She became the earthly mother of our Savior. What God asks of me pales in comparison, yet her “yes” encourages me to trust him with my own fears.

In 2 Timothy 1, Paul reminds Timothy of his sincere faith passed down from his mother and grandmother. In verse 7, he writes: “God gave us not a spirit of fear but of power and love and self-control.”

God's Spirit equips us to move past fear. He gives us his power—*dunamis*—the root of our word “dynamite.” It is miraculous strength that enables us to do what we could never do on our own. Have you ever faced something so overwhelming that afterward you knew, “It's not me...it is the Lord”?

God also gives his love—*agape* love. It is sacrificial, unconditional, and focused on the good of others. When we

act in love beyond our own capacity, we recognize it is his Spirit working through us.

The Spirit also gives us self-control. God doesn't leave us stranded and alone to figure this life out; he equips us to respond like Jesus. As we stay close to God by spending time in the Word, he guides us.

I experienced God guiding me in His strength and power and not in fear when my dad was at the point of Jesus calling him home. A hospital chaplain asked how I remained so calm and if I worked in the medical field. I simply said, “No, I'm in children's ministry.” She looked puzzled, but I could confidently reply, “It's not me...it is the Lord.” God had been preparing me, giving peace that passes understanding. I knew God was with me, with my dad, and in complete control of the situation.

So, where do you see this in your own life? When have you relied on his power, felt his love flowing through you, or yielded in self-control to what Jesus asked? Fear does not have the final word—God's Spirit does. And when we step out of our comfort zones, we see more clearly: It's not me...it is the Lord.



## PRAYER

*Lord, thank you for not giving me a spirit of fear. Help me rely on your power, live in your love, and walk in self-control as I face what feels overwhelming. May others see, “It's not me...it is you, Lord.”*



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