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In Challenging Times...



POWER CREATES
LOVE SHAPES
A **SOUND MIND** using Wisdom **ILLUMINATES**
Phyllis Austin

GOD has given us the resolution for overcoming fear and frustration.

2 Timothy 1:7

For God hath not given us the Spirit of fear; but of Power and of Love, and of a Sound Mind.

How do we use this scripture:

First, **POWER** is energy, which gives us the ability to do work. Therefore, never try to resolve a problem when you are exhausted or have a low energy level. Get some rest so you will be renewed, thereby able to generate and implement fresh ideas.

Secondly, act in Agape **LOVE**. Agape love is the unconditional love GOD has for us. When we act in Agape love, we love the conflict and the people involved. We treat the situation and the people the way GOD treats us- with unconditional love, which is out of devotion and commitment to act lovingly throughout the course of finding a resolution.

Lastly, you must operate with a **SOUND MIND**. A Sound Mind is when you make decisions not out of chaos, confusion, or fear. How do we get to a **SOUND MIND**?

There are 3 components to getting a **SOUND MIND**

Knowledge - We must ask ourselves what knowledge must I have to help me come up with a plan. Next, go get the knowledge.

Understanding - Do I understand/comprehend the knowledge? Seek understanding. Find and comprehend the meaning of the knowledge.

Wisdom - Use discernment, intelligence, cause and effect analysis, insight, and good judgment. More importantly, when one uses wisdom, one is enhancing life.

Proverbs 2:6

For the LORD giveth wisdom: out of his mouth cometh knowledge and understanding.

Ecclesiastes 7:12

For wisdom is a defence, and money is a defence: but the excellency of knowledge is, that wisdom, giveth life to them that have it.

Proverbs 4:7

Wisdom is the principal thing; therefore get wisdom: and with all they getting get understanding.

Overall...

In essence, you must be well rested; your energy level must be high to come up with a resolution and implement the resolution. One must develop a resolution using a Sound Mind. Therefore, the resolution/strategy is developed out of knowledge, understanding of the knowledge and wisdom. Attack the problem with love not anger. One cannot afford to spend energy being angry; you must reserve that energy to develop a strategy.

What else: Don't lose hope.

Therefore, we must read Scriptures and feed our Spirits everyday.

Romans 15:4

..that we through patience and comfort of the scriptures might have hope.

Other...

Suicidal tendencies result because one cannot see gray in a situation. One only sees black and white. Help an individual to see the gray and light in a situation. Help enlighten an individual.

Your homework...

Read Proverbs to understand the difference between being wise in a situation and being foolish.

2 Timothy 1:7

*For God hath not given us the Spirit of fear;
but of POWER and of LOVE, and of a
SOUND MIND.*

Sincerely,

Phyllis Austin

Founder:

In My Shoes, Inc (www.inmyshoes.org)

Parents the Power, LLC (www.parentsthepower.com)

Author, Book: [From Parent to Power](#)

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