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**Helpful Notifications**

*-When you feel overwhelmed-*

(2 Timothy 1:1-7)

­­**Encouragement**: is something we all need and appreciate when we receive it, and it is something we all need to get better at giving. 1 Thess. 5:9-11

Are you feeling overwhelmed, burnt-out, anxious, or are you lacking spiritual motivation?

**4 helpful notifications from an inmate** (2 Tim. 1:1-7):

1. YOU ARE NOT ALONE (vs. 2-4)

Remind ­­­*yourself* and others!

1. YOU HAVE THE GIFT (vs. 5)

*Treasure* it and *affirm* it in others!

1. KEEP STOKING THE FIRE (vs. 6)

Intentionally find *creative* ways to *exercise* your gifts.

1. LIVE BY THE SPIRIT (vs. 7)

“For the Spirit God gave us does not make us *timid* but gives us:

Power

Love

Self- discipline

Run on His *fuel*!