

**The Power To Acknowledge Emotions but Choose Behavior**  
**Emotions, Pt.2**  
**August 21, 2022**  
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2 Timothy 1:1-7 “Paul, an apostle of Christ Jesus by the will of God, in keeping with the promise of life that is in Christ Jesus, <sup>2</sup>To Timothy, my dear son: Grace, mercy and peace from God the Father and Christ Jesus our Lord. <sup>3</sup>I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers. <sup>4</sup>Recalling your tears, I long to see you, so that I may be filled with joy. <sup>5</sup>I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. Appeal for Loyalty to Paul and the Gospel. <sup>6</sup>For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. <sup>7</sup>For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (NIV)

1. Find a \_\_\_\_\_ .

2. Stir The \_\_\_\_\_ inside you.

3. Face Every Emotion You Feel With

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_