**Sermon Notes**

**Focused Through the Gauntlet**

**Pastor David Wood**

**August 25, 2019**

**2 Timothy 1:1-12**

3 Keys to follow while running the gauntlet

1. Holding to the promise **v.1-2**
	1. What promise? Life
	2. This Promise is 2-Fold
		1. Heaven
		2. Earth
2. Remembering where we came from **v.3-6**
	1. Give Thanks
	2. Pray for others
	3. Take a breath
3. Focusing on God **7-12**

When it gets bad, you can chose to focus on…

Fear v.7 or Holy Spirit

Shame v.8 or Grace v.9

Death v.10 or Gospel .10

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