

Breathe In – Breathe Out

II Timothy 1:7-9

A gift from God

Absence of fear

Breathe

II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Breathe

A gift from God

Absence of fear

Power

Breathe

II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Breathe

A gift from God

Absence of fear

Power

Love

Breathe

II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Breathe

A gift from God

Absence of fear

Power

Love

Sound mind

Breathe

II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Breathe

Unwrap and use

Maintains relationship:

God

Breathe

II Timothy 1:8

Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

Unwrap and use

Maintains relationship:

God

Others

Breathe

II Timothy 1:8

Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

Unwrap and use

Maintains relationship:

God

Others

Softens the afflictions

II Timothy 1:8

Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

Nothing but benefits
Salvation

Breathe

II Timothy 1:9

Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

Nothing but benefits

Salvation

Holy calling

Breathe

II Timothy 1:9

Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

Nothing but benefits

Salvation

Holy calling

Purpose

Breathe

II Timothy 1:9

Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

Nothing but benefits

Salvation

Holy calling

Purpose

Grace

Breathe

II Timothy 1:9

Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

Nothing but benefits

Salvation

Holy calling

Purpose

Grace

Now and forever

II Timothy 1:9

Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.