

Pastoral Notes

“When the towel is in your hand” 2Tim 1:3-7.

Even if you don't know anything about boxing, you've heard the phrase 'throwing in the towel'. It denotes someone who feels defeated, has had enough and cannot go on. All of us have had moments in life where we were the one standing with the towel in our hand and ready to throw it in.

Maybe you've been in a strained relationship that no longer satisfies you or have a

Your real enemy are not the people you encounter but the unseen spiritual realm of darkness working through them. When you feel like quitting and throwing in the towel, surround yourself with Godly people who can encourage you and not just join your pity party. Also think back on the men and women how influenced your walk with Christ. Would they tell you to go or stay; to move on or to hold on?

The facts may tell you that the pain isn't worth the gain or that things aren't getting any better. Faith,

Key Sermonic Points

1. *Focus on faith and not on facts*
2. *Rekindle you fire*
3. *Think not of what's in front of you but what's inside of you*

stressful job that no longer gratifies you. Perhaps you are taking medicine that is no longer healing you or working in a ministry that is no longer fulfilling you. While your inclination may be to simply quit and throw in the towel, I want to encourage you to hold on and hang on.

Whether you've been battling disappointment, discontentment or disease, you must realize that you are not just a fighter, but a victor in Christ. You have the power of the Holy Ghost living on the inside of you which means you don't have to fear nor fret.

however, tells you 'Greater is he that is in me than he that is in the world' and that 'No weapon formed against you shall prosper'. Will you rely on the facts or faith?

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Stay Blessed,
Pastor Robbie

Nuggets:

- You must rekindle the things that brought you happiness and joy. Like fanning the coals of a fire ignites a spark, you must ignite a flame in your life.
- People are generally not happy when they are overwhelmed or underappreciated.
- Don't lose track of how far you've already come and how many battles you've already won.
- Satan wants you to consider the benefits of throwing in the towel, but he deceives you from considering the consequences.

“You have the power in you to believe when you feel like doubting, be quiet when you feel like shouting, to stay when you want to leave, and to smile when you want to grieve.”