

## **Live Out Loud**

### **Ready:**

**2 Timothy 1:7** For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

### **Set**

**Hockey Chat:** There is a term in hockey known as being “back on your heels”. It means to be playing lazily and timidly. Hockey is not a game for the weak hearted because it takes desire to want the puck, strength to work and win board battles, and clear mindedness to know the right plays to make.

### **Go**

**Life Lesson:** God gave us the spirit to live life boldly. We have the power to live life to its fullest and we can do that by grabbing hold of God’s gift of grace and using his words to live righteous lives. Don’t let Satan tell you to settle for less. Live life out loud!



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