

**Empowered By His Presence
Empowered By Community and Friends**

Lessons from a Guy on a Mat ... are you on the mat or helping carry it?

There are times you are on the mat, humbly and thankfully let others carry you! The rest of the time, be sure you are helping lift someone else's mat.

Lessons from Paul and Timothy... lend a hand

Whose hands are you holding?

The Gospel... Jesus' models and calls us to community

Key Passages: 1 Corinthians 12; Luke 5; 2 Timothy 2