



**REIGNITE**

**AWAKENING THE SPIRIT WITHIN**

**2 Timothy 1:7**

# The Holy Spirit

Throughout this series, we've explored how the Holy Spirit doesn't just live in us — He ignites us

***“Fan the Flames of the gift he was given”***

That gift came from God

That gift was and is God in the form of the Holy Spirit

The Spirit places three life changing attributes within our reach: Power, Love, and A Sound Mind



# Building a Fire

**You Need a Spark — That's Power**

Just like a fire cannot begin without a spark, your spiritual journey needs ignition.

Power is that jolt of courage, boldness, and purpose that lights something inside of you. It moves you from timidity to tenacity

It gives you confidence to begin what God is calling you to do — to step into calling, resist fear, face trials, and act



# **Building a Fire**

## **You Need Oxygen — That's Love**

**A fire dies instantly without oxygen. Spirit-given love is the oxygen of your spiritual life**

**Love is what breathes passion, compassion, and purpose into your walk with Christ. It feeds the flame with meaning**

**Love keeps your actions from being hollow or harsh. It keeps your mission personal, relational, and redemptive.**



# Building a Fire

**You Need Oxygen — That's Love**

*Yet I hold this against you: You have forsaken the love you had at first.*



**When love fades,  
the fire suffocates**

**Without love, our actions  
die into duty or burn out**



**Revelation 2:4**



# **Building a Fire**

**Even with spark and oxygen, a fire quickly dies without something to consume—fuel**

**This is where a lot of us struggle not starting strong, but lasting long**

**You need fuel — that's discipline, or what King James translates as a sound mind**

**You can have a spark and oxygen, but without fuel, the flame has nothing to consume and quickly burns out**

**It's what keeps you going when feelings fade**



# Building a Fire

If you're missing any one of these, the fire doesn't last but when all three are present something ignites and there is a burning inside you, you just can't explain.



# Fuel for the Fire Within

Different translations describe the third attribute in a variety of ways:

We don't want to simply label it; we want to understand it because we want our fire to last and even grow

- Self-discipline
- Self-control
- Sound judgment
- Sensible thinking

***But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.***

***Galatians 5:22-23***



# Fuel for the Fire Within

*For God did not give us a spirit of timidity or cowardice or fear, but He has given us a spirit of power and of love and of sound judgment and personal discipline abilities that result in a calm, well-balanced mind and self-control.*

*2 Timothy 1:7*

It translated the word into Sound Judgment and Personal Discipline

It also lists abilities that come from this attribute being present in the life of one embracing the given spirit



# Fuel for the Fire Within

## A Calm Spirit

We live in a chaotic world

Fear Sells

Anxiety spreads

And it can be easy, even for believers,  
to feel like we're drowning in stress



# The Calmness of Christ

When a storm raged on the sea, the disciples were terrified. But what was Jesus doing? **He was asleep, calm in chaos**

When James and John wanted to call down fire from heaven to destroy a village, what did Jesus do? **He rebuked them, calm, not reactive**

When Peter drew his sword in the garden and tried to fight the Roman soldiers, what did Jesus say?

**“Put your sword away.”  
Calm in the face of betrayal**



# **The Calmness of Christ**

**During His trial, as false accusations flew and people screamed for His execution, Jesus remained silent, calm, and in control**

**Here's the truth: You can't be led by the Spirit and ruled by panic at the same time**

**Calm doesn't mean indifference it means confidence in God**



# Fuel for the Fire Within

## A Well-balanced Mind

That means spiritual, emotional, and mental stability

It means clarity in confusion, and focus, in a world full of distraction

Jesus modeled this perfectly

Even in His darkest hour, in the Garden of Gethsemane, He prayed, **“Not my will, but Yours be done.”**



# **A Life of Balance**

**And on the cross, we see His balance:**

- **He forgave a thief**
- **He cared for His mother**
- **He prayed for His executioners**

**All while providing fullness of life through  
His sacrifice to all that would follow him**

**That's a mind not swayed by emotion or  
pride—but fixed on the Father**



**A well-balanced mind  
doesn't mean we don't  
feel pain or pressure, it  
means we don't let  
pain or pressure pull  
us off course**



# **Fuel for the Fire Within**

## **Self Control**

**This isn't just about willpower, it's  
Spirit-empowered discipline**

**After 40 days of fasting, face to face with  
Satan himself, He refused every temptation**

**When He was misunderstood, ridiculed,  
and attacked He didn't retaliate**

**When He could've called down  
legions of angels, He didn't**



# In Control of the Fire

Why? Because He had already surrendered control to the Father

**“No one takes my life from me. I lay it down of my own accord.”**

**John 10:18**

That's ultimate self-control

That's divine discipline

That's a mindset fully surrendered to God

We are always asking Jesus to take our life,  
Jesus says no, you must give it



# Living the Fire Within

***And those who belong to Christ Jesus have crucified the sinful nature together with its passions and appetites. If we claim to live by the Holy Spirit, we must also walk by the Spirit with personal integrity, godly character, and moral courage—our conduct empowered by the Holy Spirit. We must not become conceited, challenging or provoking one another, or envying one another.***

***Galatians 5:24 –26***





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# What is your vision for yourself?

Do you want to live boldly  
and free, full of power, love,  
and a sound mind?

Then put into action what  
God has already given

Let the Holy Spirit  
Reignite Your Spirit

