

Strengthened by Grace

A THISTLEBEND DISCIPLESHIP STUDY



Focus Scripture

2 TIMOTHY



Memory Passage

2 Timothy 1:6-14

LESSON ONE: 2 TIMOTHY 1:6

6 For this reason I remind you to fan into flame the gift of God,
which is in you through the laying on of my hands,

LESSON TWO: 2 TIMOTHY 1:7

7 for God gave us a spirit not of fear but of power and love and self-control.

LESSON THREE: 2 TIMOTHY 1:8

8 Therefore do not be ashamed of the testimony about our Lord,
nor of me his prisoner, but share in suffering for the gospel by the power of God,

LESSON FOUR: 2 TIMOTHY 1:9

9 who saved us and called us to a holy calling,
not because of our works but because of his own purpose and grace,
which he gave us in Christ Jesus before the ages began,

LESSON FIVE: 2 TIMOTHY 1:10-11

10 and which now has been manifested through the appearing
of our Savior Christ Jesus, who abolished death
and brought life and immortality to light through the gospel,
11 for which I was appointed a preacher and apostle and teacher,

LESSON SIX: 2 TIMOTHY 1:12

12 which is why I suffer as I do. But I am not ashamed,
for I know whom I have believed, and I am convinced that he is able
to guard until that day what has been entrusted to me.

LESSON SEVEN: 2 TIMOTHY 1:13

13 Follow the pattern of the sound words that you have heard from me,
in the faith and love that are in Christ Jesus.

LESSON EIGHT: 2 TIMOTHY 1:14

14 By the Holy Spirit who dwells within us, guard the good deposit entrusted to you.



Strengthened by Grace

Focus Scripture: 2 Timothy

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A Thistlebend Discipleship Study

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A Thistlebend Discipleship Study
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An Important Note:

Information about our lecture audios and videos,
including their online passwords, can be found on the
last page of this workbook.





Welcome to a Thistlebend Discipleship Study

*What is more important than our
relationship with the Lord?*

Thistlebend studies are designed for women who want to know Jesus more fully, love Him more deeply, and follow Him more closely. Dr. Thomas R. Schreiner commends, “*The whole aim of Thistlebend: to assist women to love Christ in the practical, nitty-gritty of everyday life.*” Therefore, the nature of the approach and the type of questions we ask may differ from other Bible studies on the same subject. Nevertheless, women participating in Thistlebend studies often share that they experience authentic growth and spiritual intimacy.

Real and lasting heart transformation takes place by God’s grace. We integrate biblical disciplines into every Thistlebend lesson where we ask women to “Take the Truth to Heart” and “Bring the Truth to Life.” These practices train women to *believe* God’s Word in their hearts, *apply it* in their thinking, and *live it out* in their lives. Our deepest desire is to see women cultivate hearts of righteousness, grow in their love for God and others, be equipped to overcome sin, walk by grace, live in the joy of the Lord, and glorify Him.

Many blessings in Christ,

Laurie and the Thistlebend Team

Are you ready for a fresh encounter with the Lord in His Word?

This workbook is your traveling companion on an exciting journey with the Lord! There is plenty of room to journal your thoughts and prayers and a spiral binding for ease of use. The appendix provides note pages for each week's teaching session. Each day, find a quiet, cozy corner to meet with God in His Word, pour yourself a cup of coffee, light a candle, and open your Bible.

The Workbook

- Weekly lessons each containing six days of homework.
- A Scripture Memory Passage for the study is located on the first page of the workbook for those who desire to practice this discipline. Prompts are given throughout each lesson as a reminder to practice the Memory Passage.

The Weekly Lessons

Day One

- Day One in each lesson begins with a devotional to provide direction for the week while preparing your heart and mind to receive the Lord's teaching throughout the remainder of the lesson.

Days Two-Five

- On Days Two through Five you will read Scripture and answer questions to help you think according to the Word of God and let the Lord search your heart.
- Throughout the study, you are often asked to copy Scripture word for word even when it is printed in your Bible or on the page. In our busy and task-oriented world, we tend to spend so little time really pondering or meditating on what God has to say in the Bible. Writing out Scripture helps you slow down and think about what you are reading so it will sink deep into your heart. This practice will increase your knowledge and shape your heart and mind to God's word.
- Each day you are prompted to work through the "Take the Truth to Heart" process (see Lesson One, end of Day Two).
- *Note:* While you are working through your daily homework you may have questions. There is an opportunity to discuss homework when your small group meets. However, Thistlebend encourages you to contact your small group leader any time during the week for help. If you are not in a group, feel free to ask questions at info@thistlebend.org.
- Online participants may communicate directly with their online group leader.

Day Six: “Bring the Truth to Life”

- This day provides a way for you to review, assimilate, and apply the truths God revealed to you during the week.
- The “Bring the Truth to Life” section (see the example of Day Six, page vii) is completed by reviewing the “Take the Truth to Heart” boxes from days Two through Five. This section needs to be completed before you come to class (even if you did not complete the homework from other days). Be prepared to share your answers with your “Bring the Truth to Life” group.
- The “Bring the Truth to Life” chart is on the last page of each week’s lesson (see an example of the chart on page vii). This chart is used during the small group time to write out what each person shares so you can be praying for one another. Leave the chart blank until class time.

Daily Homework Time Options

- Choose the amount of time appropriate for your walk with the Lord in your current season of life. We encourage you to seek Him and His guidance as you make this choice.

Option 1: 15-20 minutes

Option 2: 20-30 minutes

Option 3: 30-45 minutes

Option 4: Complete the lesson regardless of the time it takes.

Important Note: Keep in mind, you may not be able to complete the day’s homework in your allotted time choice. When you begin your homework the following day, begin with the next day’s homework. Do not try to finish the previous day’s work. Your goal is to set a pattern of consistent Bible study and to trust the Lord with what is left undone. Regardless of which option you choose, make sure you leave enough time to complete your “Take the Truth to Heart” section each day. At the end of each week, fill in the first two pages of the “Bring the Truth to Life” section on Day Six.

Please listen or view the audio/video lectures that accompany each weekly lesson on the app (Thistlebend Discipleship app/Discipleship Studies/Study Specific Name) or on our website, ([www.thistlebend.org/Resources/Study Specific Companion Resources](http://www.thistlebend.org/Resources/Study%20Specific%20Companion%20Resources)).
Passwords to the lectures are found on the last page of this workbook.

Church and Neighborhood Small Group

Suggested Study Schedule

(Online study schedule is in the following section)

Weekly Gatherings:

Large Group Discipleship

Small Group Discipleship

Bring the Truth to Life Group

Large Group Discipleship Time

- Fellowship
- Gather for announcements, praise song, and opening prayer
- Teaching time by the group leader or Laurie's teaching video for the corresponding week
- Large group discusses how the Lord used the teaching time to speak to their hearts.

Small Group Discipleship Time

- Following the teaching time, participants move to small groups. The small group leader begins by reading the prayer at the beginning of the Discussion Questions.
- Next, the small group leader reads the lesson summary for the week from the Discussion Questions. Then, the group will discuss the lesson's main themes and review questions for each day.
- Finally, small group members are asked to fill out a Care Card (see the example of the Care Card on page vii) so the leader can pray for them and assist them as needed.
- The small group concludes by reciting in unison the Scripture memory verse(s) for that lesson.

Bring the Truth to Life Group Time

- After discussing the homework, group members divide into smaller groups (3-4 women). This may vary depending on the size of the initial group.
- Each group member will have an opportunity to share from their completed "Bring the Truth to Life" pages. To allow time for all women to share, the group should set a time limit of three minutes for each person. Holding to a strict time limit helps the focus remain on God and His Word. The purpose of this time is not for women to "fix" one another, but to learn to confess their sin to one another while fixing their eyes on Jesus, the Author and Perfecter of their faith.

Therefore, each group member simply reads what they have written in their workbook. The other group members record what each woman shares on their “Bring the Truth to Life” chart (see the example of the Bring the Truth to Life Chart, page vii). This allows group members to pray specifically for one another throughout the week.

- Group members are encouraged to remember God’s love through the gospel as they share transparently.
- If you have any questions about these steps, please contact your group leader as soon as possible. She will be happy to help you with any questions you may have.

What to Bring

- Bible
- Workbook
- Pen

Important Note:

The Week One Class is an introduction to the study which includes: fellowship and icebreaker, praise song and prayer, introductory teaching and discussion, and a workbook orientation. Participants begin working on Lesson One following the first day of class.

The Week Two Class includes fellowship, praise song and prayer, the teaching on Lesson One, small group discipleship, and the “Bring the Truth to Life” group time. The following day, participants begin the next lesson in their workbook. Continue to follow this pattern each week throughout the study.

May the Father pour out His love as you experience the grace of Jesus in fellowship with your sisters through the Spirit!

Online Participants

Suggested Study Schedule

Weekly Study:

Audio/Video Time

Daily Study in the Workbook

“Take the Truth to Heart”

“Bring the Truth to Life”

Begin with Teaching Video/Audio (available online or on the app)

- Each week, schedule a day and time to watch or listen to the teaching lecture.

Daily Study in the Workbook

- Begin your homework in the workbook with Lesson One the day after you watch or listen to the introductory lecture.
- There are six days of homework in each lesson.
- Days Two through Five include a “Take the Truth to Heart” box.

Bring the Truth to Life Pages

- At the end of each lesson, on Day Six, complete the “Bring the Truth to Life” pages (see Day Six, pg vii).
- Share an image of your “Bring the Truth to Life” pages with your online group leader via email or text. The purpose of this section is to enable women to identify their sin and confess it.
- Your online group leader will respond to you and pray for you specifically.
- If you have any questions about these steps, please contact your online group leader as soon as possible. She will be happy to help you.

Optional:


Review Discussion Questions (available online)

- Pray, reflect and note how the Lord spoke to you through the teaching.
- Read the main point of the lesson and answer the Discussion Questions.

Study Documents

These documents and more are available on the Thistlebend app (Begin Here) and website (Resources).

Care Card



Care Card

Name & Cell _____

Date & Lesson Title: _____

Thistlebend Homework

_____ I completed the homework I committed to do each day

_____ I only completed _____ days of homework

The reason I did not fully complete my homework is: _____

Personal Spiritual Prayer Request:


Prayer Requests for Family & Friends:

Questions or Concerns:

Feedback

1. What was most helpful to you personally about the lecture?
2. Was there anything that was confusing or that you did not understand?
3. What was most helpful to you about the homework?
4. Was there anything that was confusing or that you did not understand?

Affirmation and Commitment



Thistlebend Affirmation and Commitment

We love because God first loved us (1 Jn. 4:19). We want to follow God, trust His will for our lives, and no longer live for ourselves. *"And He died for all, that those who live might no longer live for themselves but for Him who for their sake died and was raised"* (2 Cor. 5:15).

We want to love the Lord and others as He commands in His Word. Jesus said, *"Hear, O Israel: The Lord our God, the Lord is one. 10 And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. 31 The second is this: 'You shall love your neighbor as yourself'"* (Mk. 12:29-31).

Having witnessed the destructive power of sin in our hearts and lives, we desire to learn how to repent of our sins and walk forward by grace through faith in the power of the Holy Spirit.

We desire to lay down our pride and humbly admit that we cannot do this on our own. We desire the support of fellow Christians and are willing to allow others to speak truth into our lives. James 5:16 clearly says, *"Confess your sins to one another and pray for one another, that you may be healed."* Our relationship with God is personal, but it is not private. Because as Christians we are a part of the body of Christ, what we do in our personal lives affects our brothers and sisters in Christ. Therefore, we speak the truth to one another in love (Eph. 4:25 Col. 3:9). Confessing our sin to another believer strips away the mask of hypocrisy. Confession humbles us, which uproots pride.

We want to continually seek divine aid to enable us to walk circumspectly and watchfully in the world, denying ungodliness and every worldly lust (Eph. 5:15-21; 1 Pt. 2:11-12; 1 Jn. 2:15-17).

As true disciples of Christ, we want to follow Jesus' commands to take up our cross and follow Him in obedience. *"Then Jesus told his disciples, 'If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it. 26 For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul? 27 For the Son of Man is going to come with his angels in the glory of his Father, and then he will repay each person according to what he has done'"* (Mt. 16:24-27).

Live our lives in the light of the gospel by grace through faith.

Daily "Take the Truth to Heart" and "Bring the Truth to Life."


We want to participate in each other's joys and endeavor with tenderness, sympathy, and prayerfulness to bear one another's burdens and sorrows.

We want to grow in the grace and knowledge of our Lord and Savior Jesus Christ.

We desire to offer ourselves as a living sacrifice, holy and acceptable to God as our spiritual form of service and worship (Rom. 12:1).

Forgive others as we have been forgiven. *"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you"* (Eph. 4:32).

Day Six



Day Six

Bring the Truth to Life

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.

2 Peter 3:18

PERSONAL REFLECTION: Looking Back

In what areas has the Lord given you wisdom, grace, repentance, or encouragement this week?

STEP ONE: Take the Truth to Heart

Review the 'Take the Truth to Heart' sections from each day. Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from the week that the Lord is using to renew your mind and transform your heart (Rom.12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tim. 3:16-17)?

Bring the Truth to Life Chart

Bring the Truth to Life Chart

This chart is to be filled out on class day.

1

Step One

Take the Truth To Heart

2

Step Two

Put the Flesh To Death

3

Step Three

Bring the Truth To Life

NAME	SCRIPTURE	SIN	ACTION



Day One

Fan into Flame

LESSON ONE: 2 TIMOTHY 1:1-7

Paul, an apostle of Christ Jesus by the will of God according to the promise of the life that is in Christ Jesus, 2 To Timothy, my beloved child: Grace, mercy, and peace from God the Father and Christ Jesus our Lord. 3 I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. 4 As I remember your tears, I long to see you, that I may be filled with joy. 5 I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. 6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, 7 for God gave us a spirit not of fear but of power and love and self-control.

A flame within? As believers in Christ, we receive the Holy Spirit at conversion. We become a part of the body of Christ, and in Him we receive new hearts, gifts (natural and spiritual), and the Holy Spirit for ministry. These spiritual gifts and power from the Lord are given to each member of the body according to God's plan and authority. Paul was encouraging Timothy to "fan into flame the gift of God"—the Holy Spirit. Timothy had received the Spirit at his conversion. Later, Timothy received the calling, authority, and power to be a preacher, teacher, and minister of the gospel which was affirmed through the laying on of Paul's hands.

The everlasting flame, the Holy Spirit, is our source of strength, peace, grace, mercy, wisdom, and much more. The Spirit dwells in our bodies, giving us life (Rom. 8:11). He, the One who raised Jesus from the dead, dwells in us! We must not neglect, take for granted, or ignore this precious, priceless treasure. We too must fan into flame the gift of God that we have been given. A person is far more than who he or she is through their DNA, upbringing, education, relationships, or training. At the moment of conversion, an everlasting flame is lit in the heart, a fire that will never go out. God calls each of us to a particular role in the body of Christ. Paul writes, "*Now there are varieties of gifts, but the same Spirit; 5 and there are varieties of service, but the same Lord; 6 and there are varieties of activities,*

but it is the same God who empowers them all in everyone . . . 11 [the Spirit] apports to each one individually as he wills” (1 Cor. 12:4-6, 11).

Why would Paul need to encourage Timothy to fan the flame? Why would we need the same encouragement? All those who have placed their trust in Christ have been given a new heart, the Holy Spirit, gifts for ministry, and freedom from sin’s power! However, our body of sin remains! Not only is sin still within, it also actively seeks to keep us from running the race of faith. Theologian John Owen warns, “Sin does not only still abide in us, but it is still acting, still laboring to bring forth the deeds of the flesh.”¹ The flesh is strong and wars against the Spirit: “*The desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do*” (Gal. 5:17). Paul tells Timothy to fan into flame the gift of God, and Jesus exhorts His disciples, “*Stay dressed for action and keep your lamps burning*” (Lk. 12:35). We need to stop, take heed, and be encouraged by these words so that by faith we can do the work the Lord has called us to do.

One summer, my husband and I visited Colonial Williamsburg with our daughter and grandson. In the stifling heat of the noonday, midsummer sun, we entered the blacksmith’s shop. The fire in the furnace was burning hot, but not hot enough. Before the blacksmith could insert the iron into the furnace, he needed to increase the heat by enlivening the flame with a bellows. The bellows is a device made from wood and leather that acts like a giant lung. As the bellows is pumped, it pushes air into the fire of the furnace raising the temperature enough to melt iron and fortify it with the addition of carbon. Just as the blacksmith kindles and rekindles the fire with the bellows, we are called to do the same. God has preserved Paul’s letter to Timothy so that we might learn from Paul’s instruction as well. “*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work*” (2 Tm. 3:16-17). By grace through faith, we fan into flame the gift of God by fervently fixing our eyes on Christ, ardently studying the Word of God, and obediently following the Lord’s will and not our own. We continually confess our sins and walk forward in repentance while unceasingly praying to the Lord, boldly proclaiming the gospel, and faithfully exercising the gifts we have been given to serve in the body of Christ. In the flesh we can never be ambassadors of Christ, advocates of God’s Word, or bearers of the gospel. However, Christ now lives in us, and He has given us a spirit of power, and love, and self-control—not of fear. God knows our weakness and our frame. He knows that we are but dust. Even the greatest saints were made of the same flesh as us. The measure of our usefulness and effectiveness for the gospel is not found in our strength, ability, or intellect but in the power of Christ.

Where do you find your identity? Pause for a moment and consider this. Now, by faith, will you choose to find your identity in Christ? Remember that He is in you, for you have died and your life is hidden with Christ in God (Col. 3:3). Paul identifies himself as an apostle of Christ Jesus by the will of God. He sees Timothy as his beloved child in the faith.

If you are a child of God, you are a recipient of Paul's letter. Listen to Paul throughout this study as he urges Timothy to fan into flame the gift he has been given. All of us receive the gift of the Holy Spirit at salvation. We are given the gift of the Spirit of the living God to dwell within us and gifts to serve God and His people. Timothy received a special calling to be a pastor and specific spiritual gifts to equip him to be a preacher and shepherd of God's people. Paul had imparted these gifts at Timothy's ordination in the laying on of his hands (1 Tm. 4:14). Timothy must stoke the fire of the Spirit so that it burns hot, while also understanding that it is God who strengthens and transforms the heart. The cold, wintery blast of the spirit of the age blows upon us with a ferocity. If we are in Christ, no man, beast, power, force, culture, king, or enemy can extinguish the fire that burns within us. Let us not shrink back. Fan the flame of Christ within—the Holy Spirit. Do not set your mind and heart on yourself, feelings, thoughts, circumstances, or your own strength, but rather, focus fully on the biblical truth that Christ is in you. Christ is your strength. Christ is your grace. Stoke the fire with the truth of God's Word, and be strengthened by the grace that is in Christ Jesus (2 Tm. 2:1). Close your time today by quietly meditating through the hymn below. Make it your own personal prayer to the Lord.

“O Thou Who Camest from Above”

WORDS BY CHARLES WESLEY, 1762

O thou who camest from above
The pure celestial fire to impart,
Kindle a flame of sacred love
On the mean altar of my heart.

There let it for thy glory burn
With inextinguishable blaze,
And trembling to its source return
In humble prayer and fervent praise.

Jesus, confirm my heart's desire
To work and speak and think for thee;
Still let me guard the holy fire
And still stir up the gift in me.

Ready for all thy perfect will,
My acts of faith and love repeat,
Till death thy endless mercies seal,
And make the sacrifice complete.



Day Two

PAUL TO TIMOTHY

2 Timothy 1:1-2

Paul, an apostle of Christ Jesus by the will of God according to the promise of the life that is in Christ Jesus, 2 To Timothy, my beloved child: Grace, mercy, and peace from God the Father and Christ Jesus our Lord.

1. It is between 65 and 67 AD, and Paul is writing from prison. This is not house arrest. Paul is in a dungeon—a cold, damp, dark, filthy underground pit. The only light filters through a small grate in the floor, tread upon by the feet of passing prison guards. Nero is in power, and Christian persecution is intense. Almost everyone has abandoned Paul: his followers are fading into the shadows attempting to escape persecution. Paul has been in prison and abandoned before, but in the past Paul anticipated release. This time he sees the unavoidable end, death. This is a man who is accustomed to preaching the gospel and caring for churches around the clock. This is a loneliness few of us will ever know. Keep Paul's circumstances in mind as you study this letter. Take a moment to reflect upon Paul's conditions as compared to your current circumstances. Write your thoughts below.

2. Paul is a great example to us here! We find him literally fettered in chains, but his mind and heart are free because his eyes are fixed on Christ. Paul could have given in to defeat and focused upon himself and his dire circumstances, but he took his eyes off himself, looked to Christ, and turned his gaze toward Timothy. Paul is enduring his imprisonment by faith and for the gospel. Even in these conditions, Paul is living and dying for the gospel. Read the following passages. How did Paul, by God's grace, prepare for this?

1 Corinthians 9:19-27

1 Corinthians 15:10

3. Paul opens his letter to Timothy by identifying himself as an apostle. Paul is not claiming his apostleship to boast in his status but to explain the call and authority. He has been given this authority by God and the subsequent responsibility to proclaim and protect the gospel. The official title of apostle was given to a select few chosen by God and appointed by Christ Jesus. Read the following Scriptures to learn about Paul's appointment as an apostle. Make notes below.

Acts 9:1-15**Acts 26:13-18**

4. Paul's love for Christ, his call, and his commissioning all define his relationship with Timothy. Timothy was the son of a Greek father and Jewish mother. When he was very young, maybe late teens or early twenties, Scholars suggest that Timothy heard the gospel and came to Christ when Paul came through Derbe and Lystra on Paul's first missionary journey. Timothy joined Paul during one of Paul's later missionary journeys. The young man eventually became a pastor and received two of the three pastoral epistles in the New Testament. Both epistles bear his name. This first one is an intensely personal and intimate letter. Note how Paul addresses Timothy as his beloved child. This letter is written to someone near and dear to his heart, a faithful partner in the gospel, and a cherished disciple. What do you learn about Timothy from the following verses?

1 Corinthians 4:14-17**1 Thessalonians 3:2****1 Timothy 1:2**

5. Paul ends his salutation to Timothy with “*Grace, mercy, and peace from God the Father and Christ Jesus our Lord*” (2 Tm. 1:2). These words written by Paul are bestowed upon Timothy from God the Father and the Lord Jesus Christ. These words speak of Christ’s deliverance from our desperation before God and the glorious hope we have in Christ. Consider these great gifts of the gospel given to you, and be encouraged.

Grace: *charis*. Referring to the merciful kindness by which God, exerting his holy influence upon souls, turns them to Christ, keeps, strengthens, increases them in Christian faith, knowledge, affection, and kindles them to the exercise of the Christian virtue.

Mercy: *eleos*. Referring to the mercy of God. God’s kindness or good will towards the miserable and the afflicted, joined with a desire to help: in general providence; the mercy and clemency of God in providing and offering to men salvation by Christ.

Peace: *eirene*. Referring to the peace of Christ. Christ is the way that leads to peace (salvation). Also referring to the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is.²

Ponder these truths. Write a brief prayer asking the Lord to help you live in light of these blessings.

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Meditate upon this Scripture today. Take God’s Word to heart. Submit to it and humbly live it out. Remember God’s love in the gospel, your death with Christ, and His life in you.

Take a moment to work on your weekly memory verse.



Day Three

NIGHT AND DAY

2 Timothy 1:3-4

I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. 4 As I remember your tears, I long to see you, that I may be filled with joy.

1. Isolated in a dungeon, Paul is not focusing on himself and the *what-ifs*, calling himself a failure, or dwelling on the end that seems near. Day and night, Paul is praying specifically for Timothy. In his aloneness, Paul fellowships with the Lord through prayer and through writing to Timothy and other saints. He is practicing what he knows to be true and what he has preached. Read the following passages below and note what you observe.

Matthew 28:20**Philippians 4:4-9**

2. As Paul thanks God, he earnestly connects with his covenant God and with his beloved son in the faith, Timothy. This is true Christian fellowship and discipleship in the body of Christ. Our current culture exalts self by promoting self-focus, and self-protection. Even believers are often caught up in the selfishness of the age. How much effort do we put into praying for the pastors, elders, and members of our church? Take a moment to write a brief prayer to ask the Lord to help you make an earnest commitment to pray for those in your local church, and ask Him how you can serve as an active member in the body of Christ.

3. Paul's prayer for Timothy was fervent, sincere, and unceasing. Paul wrote, "*As I remember your tears . . .*" (2 Tim. 1:4). Paul may have remembered Timothy's tears as they parted the last time, not knowing when they would be together again. Do you ever feel weak, lame, or unable to lift your head? Explain when and why.

Timothy obviously did. His tears remind us amidst our sorrow and grief that we are not alone. Even when it feels impossible and the weight of the world seems to be on our shoulders, we can follow Paul's example, sing praises, and give thanks. He encouraged the Philippians to "*rejoice in the Lord always; again I will say, rejoice*" (Phil. 4:4). Paul also exhorted the Thessalonians to "*Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you*" (1 Thes. 5:16-18).

Romans 12:9-12

How can you develop a habit of being constant in prayer?

2 Corinthians 1:8-11

Ask the Lord who you should support today through prayer. Then pray for those He brings to mind.

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Meditate upon this Scripture today. Take God's Word to heart. Submit to it and humbly live it out. Remember God's love in the gospel, your death with Christ, and His life in you.

Take a moment to work on your weekly memory verse.



DAY FOUR

SINCERE FAITH

2 Timothy 1:5-6

I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. 6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands.

1. Paul faced many difficulties, hardships, and persecutions. He knew the mighty force of the enemy and the battle against the soul. He also knew the omnipotent, omnipresent, and overcoming power of God's grace. In the suffering and solitude of his cold, dark prison cell, the memory of Timothy's sincere walk of faith comforted him. The apostle John expressed this joy as well: *"For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. 4 I have no greater joy than to hear that my children are walking in the truth"* (3 Jn. 1:3-4). Paul reminds Timothy about the faith of his mother, and his grandmother. Eunice and Lois gave Timothy a godly heritage, teaching him the truth of Scripture, but God gave Timothy his faith, a sincere faith. When did the Lord grant you faith in Christ? How did your faith impact your affections, priorities, words, and deeds?

2. Paul goes on to say, *"For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands"* (2 Tm. 1:6). For what reason is Paul reminding Timothy to fan into flame the gift of God?

3. Sincere faith is marked by distinct attributes. Read the following and record what you learn.

Romans 12:9-21

1 Timothy 1:5

James 2:18-22

James 3:13-18

4. All of us receive the gift of the Holy Spirit at salvation and throughout our lifetime we are given gifts to serve the Lord. For what reason do we need to fan into flame the gift of God?

PAUL'S FOCUS IS THE GOSPEL. Paul is an apostle by God's will to proclaim the gospel. Listen to Paul's commitment to the gospel in Galatians 1. What does he say about the gospel?

Galatians 1:1-9

IS YOUR FOCUS THE GOSPEL? How committed are you to the gospel? In what way does the gospel define you, your decisions, or your priorities? (If the details of the gospel are unclear to you, read "The Gospel of Our Salvation" in the Appendix.)

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Meditate upon this Scripture today. Take God's Word to heart. Submit to it and humbly live it out. Remember God's love in the gospel, your death with Christ, and His life in you.

Take a moment to work on your weekly memory verse.



DAY FIVE

POWER, LOVE, AND SELF-CONTROL

2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self-control.

1. What is Paul addressing gently but directly in 2 Timothy 1:7?
2. The Greek word, *deilia*, translated “fear” in the English Standard Version (ESV) is the word for “timidity, fearfulness, and cowardice.” In this instance the better translation might actually be “cowardice.” Maybe Timothy gave Paul’s exhortation a little push back, saying something like, “I am just made this way” or “This is too much for me—what you are asking is beyond me,” or “I’m too young and inexperienced—I’m doing the best I can and I can’t do any better.” What is going through your mind?
3. Paul’s words to Timothy encourage us, “*For God gave us a spirit not of fear but of power and love and self-control*” (2 Tm. 1:7). Paul is telling Timothy that although he might feel like a coward and even be overwhelmed by the enormity of what the Lord is asking him to do, he does not need to go forth in his own strength. God is His strength, His power, and His love. God loves Timothy and has given him everything he needs in Christ, including power over his emotions. By grace through faith, we are to access God’s power, and go make use of it. When we are weak, we are not to get overwhelmed, give up, or say, “This isn’t for me!” We must look to our Lord and put our faith and trust in *His* power. Give a recent example of when you felt frightened, timid, or overwhelmed.

Write out how you can apply 2 Timothy 1:7 in the situation you just described.

4. Read and listen to God speak to Joshua before He sent him into the land of Canaan. Moses was gone, and now Joshua was on his own. He was left holding the baton!

Joshua 1:6-9

5. God commanded Joshua to not be frightened, and by faith the Israelites saw victory in the promised land. Read the passage in Hebrews and write what you learn.

Hebrews 11: 1-6 (read more if you have time)

6. God knows what we are made of more than we do. Read the 1 Peter passage below. What are the first two words Peter says in this passage? How can this instruction encourage you in the midst of a great challenge or battle?

1 Peter 5:6-10

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Meditate upon this Scripture today. Take God's Word to heart. Submit to it and humbly live it out. Remember God's love in the gospel, your death with Christ, and His life in you.

Take a moment to work on your weekly memory verse.



DAY SIX

Bring the Truth to Life

*But grow in the grace and knowledge of our Lord and Savior Jesus Christ.
To him be the glory both now and to the day of eternity. Amen.*

2 Peter 3:18

PERSONAL REFLECTION: Looking Back

In what areas has the Lord given you wisdom, grace, repentance, or encouragement this week?

STEP ONE: Take the Truth to Heart

Review the Take the Truth to Heart sections from each day. Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from the week that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, or train you (2 Tm. 3:16-17)?

STEP TWO: Put the Flesh to Death

What sin (wrong thinking or ungodly thought, belief, attitude, action, or inaction) are you convicted of due to the Scripture you chose? Confess this in writing, including an example of where you recognized this sin in your life this week. Ask for the Lord's forgiveness and receive His mercy and grace (1 Jn. 1:9-10).

What do you now need to "put off"? From what old thinking, belief, attitude, or behavior do you need to repent in order to submit to God and apply His truth to your mind and heart (Eph. 4:22; Col. 3:5-9)?

STEP THREE: Bring the Truth to Life

Walking forward in repentance and faith by God's grace, what will you "put on" (Eph. 4:23-24; Col. 3:10, 12, 14)? How are you going to do this? Be specific in your plan of action and be encouraged by what the Lord is going to do.

Meditate upon this Scripture today. Take God's Word to heart. Submit to it and humbly live it out. Remember God's love in the gospel, your death with Christ, and His life in you.

Take a moment to practice your weekly memory verse. Write it below.

Bring the Truth to Life Chart

This chart is to be filled out on class day.

1

Step One
*Take the Truth
To Heart*

>

2

Step Two
*Put the Flesh
To Death*

>

3

Step Three
*Bring the Truth
To Life*

NAME	SCRIPTURE	SIN	ACTION

