3 I thank God, whom I serve with a clear conscience as my ancestors did, when I constantly remember you in my prayers night and day.

4 Remembering your tears, I long to see you so that I may be filled with joy.

5 I recall your sincere faith that first lived in your grandmother Lois and in your mother Eunice and now, I am convinced, is in you also.

6 Therefore, I remind you to rekindle the gift of God that is in you through the laying on of my hands.

7 For God has not given us a spirit of fear, but one of power, love, and sound judgment. So don't be ashamed of the testimony about our Lord, or of me his prisoner. Instead, share in suffering for the gospel, relying on the power of God.

8 He has saved us and called us with a holy calling, not according to our works, but according to his own purpose and grace, which was given to us in Christ Jesus before time began.

9 For this gospel I was appointed a herald, apostle, and teacher, and that is why I suffer these things. But I am not ashamed, because I know whom I have believed and am persuaded that he is able to guard what has been entrusted to me until that day.

10 This has now been made evident through the appearing of our Savior Christ Jesus, who has abolished death and has brought life and immortality to light through the gospel.

11 For this gospel I was appointed a herald, apostle, and teacher, and that is why I suffer these things. But I am not ashamed, because I know whom I have believed and am persuaded that he is able to guard what has been entrusted to me until that day.

12 Hold on to the pattern of sound teaching that you have heard from me, in the faith and love that are in Christ Jesus.

13 Guard the good deposit through the Holy Spirit who lives in us.
1. HERITAGE (2 Tim. 1:3-5)
   • Paul pointed to Timothy’s religious heritage to encourage Timothy to remain faithful.

2. GIFTED (2 Tim. 1:6-7)
   • Paul reminded Timothy of his giftedness by the Holy Spirit.
   • He challenged Timothy to remain active, being bold in his giftedness.
   • Emphasize that all believers receive the Holy Spirit at conversion and are gifted for service.

3. UNASHAMED (2 Tim. 1:8-12)
   • Paul declared his assurance despite being persecuted for his faith in Christ.
   • His confidence wasn’t based on his own abilities but on his belief in Christ and the power of the resurrection.

4. LOYAL (2 Tim. 1:13-14)
   • Paul charged Timothy with following his example, carrying the gospel to others, and standing for the truth.

SUMMARY STATEMENTS
Believers can have confidence in Christ in all circumstances.
• Believers can find strength from those who invest in them spiritually.
• Believers can act boldly with the power of the Holy Spirit working through them.
• Believers can live with confidence knowing that Christ demonstrated His power through the resurrection.
• Believers are charged with delivering the gospel to the next generation.
FOCUS ATTENTION
When you think about how to raise children to be competent and confident adults, what would you say they most need?
• A stable home life supported by caring parents makes most children feel secure.
• Friends who accept and encourage us help us develop a healthy sense of self-esteem.
• Discovering what we’re good at also allows us to know where to focus our energies and understand God’s design and purpose for our lives.

EXPLORE THE BIBLE
2 TIMOTHY 1:3-5
How can we leverage our spiritual heritage to encourage current growth as believers?
• Remembering and praying for those who passed along the legacy of their faith reminds us of lessons we learned and makes those dear ones seem alive again.
• Being grateful for early teachings means we can move seamlessly into early spiritual maturity because we had the benefit of role models.
• We can emulate their examples and share our faith with our own children, or we can mentor others in the next generation.

2 TIMOTHY 1:6-7
How does the assurance of being blessed with spiritual gifts empower our witness?
• While the indwelling of these gifts isn’t formally observed through a laying on of hands for most of us, nonetheless the Scriptures assure us we possess them.
• Just as parents regularly assure their children that they have gifts and talents, we can be confident that the Holy Spirit has anointed us with gifts for sharing the gospel.
• With Christ we can step out in faith to attempt things for Christ we couldn’t do in our own strength.
• Trusting that God has given us power, love, and sound judgment means we can trust Him to work in our lives and strengthen our abilities to represent Christ well without endlessly second-guessing ourselves.

2 TIMOTHY 1:8-12
Why do Christians need reminders that we shouldn’t be ashamed of the gospel of Jesus Christ?
• As Christians, we’re at odds with the secular culture, which tries to belittle, bully, and stigmatize our choices in order to minimize our impact and influence.
• Too often we ignore the persecution of other Christians when we aren’t directly affected; however, sharing in Christ’s sufferings also means supporting fellow believers through trials.
• The world dictated a shameful death for Christ. Unless we choose to see the glory of Christ through the eyes of faith, our natural tendency is to be ashamed.

How do our attitudes toward suffering dictate our abilities to withstand it?
• Although we glory in the cross, when we’re in the midst of suffering it doesn’t feel or look particularly glorious. Embracing the big picture of suffering helps us to bear up under it.
• Understanding that God is the ultimate guardian of our faith empowers us to do our parts. We stand up under pressure as people protecting a sacred trust.

2 TIMOTHY 1:13-14
How does loyalty to our leaders and spiritual mentors impact us when our faith is under fire?
• We can stay committed, knowing the teachings of our ancestors in the faith were solid and trustworthy.
• We can let the same faith and love they showed be our guide.

SUMMARIZE & CHALLENGE
How does confidence in Christ drive the way you live and make you stand out in the world?
• No matter the circumstances, we can be confident that God is with us and empowering us to rise to the occasion.
• The blessing of a Christian heritage is one we can leverage for our personal growth and that of others.
• Knowing we’re supernaturally gifted to share the gospel should empower us to step out in faith.
• Understanding we must not give in to shame but be bold witnesses will help us suffer through external challenges to our faith.
• Remaining loyal to other believers will empower them—and us—to give us all fresh strength for the good fight.

Personal Challenge: Confidence in Christ grows as we embrace our spiritual heritage, suffer persecution, remain unashamed in the process, and stay loyal to our fellow believers, who may be suffering as well. To grow your confidence in Christ, make a list of some of the ways He has seen you through trials. Gauge how you felt before the list with after. If your faith isn’t emboldened, list the victories of others. We serve a powerful God.
**A MIRROR**

Pass around a mirror, inviting each person to spend a few seconds looking at their reflections. After everyone has a turn, say: *Was that an uncomfortable experience?* Point to other scenarios where mirror gazing may be particularly uncomfortable, such as at the gym or in a dressing room. Suggest that what we see in the mirror may make us feel insecure because our reflections remind us of our flaws.

Remind the group that Paul wrote Timothy letters to help him take stock of his spiritual self. It was like looking in a mirror with Timothy to point out his spiritual assets and build his confidence. Paul assured Timothy, just as we sometimes need to be reassured, that he had been blessed with the background, experience, skills, and talent he needed to fulfill God’s purposes for him. Paul took pains, however, to reassure Timothy that it wasn’t simple self-confidence that would get him through. Say: *Self-confidence can be misplaced; confidence in Jesus Christ and trust in His power will carry the day.*

Remind the group that the Bible has been given to us to be a mirror into our souls. Through Scripture, we discover our shortcomings, but we’re also encouraged. As Paul assured Timothy, all believers have been equipped with everything needed to accomplish the purposes assigned to them by God. As our memory verse reminds us, “I know whom I have believed and am persuaded that he is able to guard what has been entrusted to me until that day” (2 Tim. 1:12).

**TIMOTHY, PAUL’S SON IN THE FAITH**

An ounce of affirmation is worth a pound of criticism and ten pounds of indifference. That’s an old saying filled with timeless wisdom. It’s especially true for believers who share the ups and downs of life together in Christian fellowship.

Paul certainly put the wisdom of affirmation to work as he tried to help Timothy. He and Timothy enjoyed a unique bond. Paul described his love for Timothy in his letters to the churches. He referred to Timothy as “God’s coworker” (1 Thess. 3:2) and his brother in the Lord (2 Cor. 1:1; Col. 1:1). He wrote that Timothy was his spiritual child (1 Cor. 4:17). In Paul’s letters to Timothy, however, he compared his relationship with Timothy to the affection a father would have for a son (1 Tim. 1:2; 2 Tim. 1:2; 2:1).

Timothy had been given a tough assignment. Carrying it out took an obvious toll on him. The difficulty of his work, his separation from Paul, the news about Paul being arrested and imprisoned, as well as his obvious insecurity about his own abilities must have left him physically, emotionally, and spiritually weary. He needed the kind of affirmation only a spiritual father could give him.

Paul wanted Timothy to succeed in his work, and he used the powerful tool of affirmation to help him along the way. Notice the ways he affirmed Timothy and his ministry. First, he affirmed Timothy’s faith by connecting his trust in the Lord with the examples his grandmother Lois and mother Eunice set for him (2 Tim. 1:5). Apparently Timothy’s father wasn’t a Christian (Acts 16:1). However, Paul affirmed that Timothy’s walk of faith in the Lord bore a remarkable resemblance with the faith of Lois and Eunice.

Second, Paul affirmed Timothy’s gifts for effective ministry. He reminded his son in the ministry about his official affirmation of Timothy’s ministry gifts through the laying on of his hands. Along with the affirmation, Paul encouraged Timothy to use his gifts well (2 Tim. 1:6).

Third, Paul affirmed Christ’s work in Timothy. Because of Christ in his life, Timothy could rest assured that his work would make an eternal difference. Timothy had every reason to be bold as he served the Lord (2 Tim. 1:8). The timeless wisdom of affirmation then continues to pay huge dividends in the lives of believers now.