

Outline – Fit follower of Jesus 2 Timothy 2

1. Let the _____ of Jesus make you strong.
2. Run with the _____ guys.
3. Be like a _____ focused on the main thing God has called you to do, living _____ under authority.
If you desire to be used by the Lord put yourself under authority.
4. Be like an _____ who obeys the rules.
5. Be like a _____ who works for a long time then enjoys the benefit of his labours. Vs6
6. Make your _____ with Jesus your number 1 priority. Vs8
7. Don't _____ with people who _____ over words and _____ in the church. Vs 14-21
8. Don't play games with _____, run. Vs 22-26
Run from _____ and to _____. Vs22

FOR FURTHER STUDY AT HOME OR IN SMALL GROUPS

Questions suitable for the family are in italics.

Mixer: Create a wacky family sporting competition. Who can hold a book (size appropriate) horizontal to your shoulders the longest. Frozen pea net ball (the basket is a glass) – best of 5 (taller = further out).

What do you do to keep physically fit?

NB: Paul's instructions are for spiritual fitness and go beyond reading the bible and praying every day.

1. Paul is giving Timothy his final instructions with the heart felt prayer that Timothy will do well.
Who do you really want to see become a great Christian?
Who do you know in our youth/ young adults in whom you discern real gifting that you want to encourage?
2. Paul gave Timothy a smorgasbord of hot tips. Which one did you find most helpful?
3. *Paul told Timothy to be like a soldier*
An athlete &
A farmer
How is a Christian like each of these?
4. How do we let the kindness of Jesus make us strong?
5. **2 Timothy 2:7 If you keep in mind what I have told you, the Lord will help you understand completely.** How is this instruction like Christian meditation?
6. Have you experienced reading the Word, not understanding it, praying and meditating on it *then* getting the revelation some time later?

Read Psalm 1 as a family. How does a Christian become like a strong, well watered, solid tree? Note vs 2 especially.

7. Why on earth would Paul even bother to say Vs8 to Timothy? After all Timothy loves the Lord and is a pastor. Why wouldn't he keep his mind on Christ?

8. Vs 14-21 warn Timothy not to hang out with proud people who argue over words and cause division in the church. Have you met people like that? What effect did they have on your faith and passion for fellowship? How should we handle such people?
NB mums and dads. Be very careful what is said/ discussed in front of the children in person or on the phone to others. Any criticism of the church or other Christians will weaken their faith.
9. Vs 22-26 read aloud. Do the temptations of our youth ever fully go away? How should we respond to temptation? If we don't respond to temptation this way the first time what is the second time we are tempted likely to be like?
10. Share with the group any area you recognise you need to be more spiritually fit in and pray for each other.