

Defeating Discouragement

I. Focus your memory!

2 Timothy 1:1-5

¹Paul, an apostle of Christ Jesus by the will of God, according to the promise of life that is in Christ Jesus,

²To Timothy, my dear son: Grace, mercy and peace from God the Father and Christ Jesus our Lord.

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

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

⁵I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

II. Fan the flame!

2 Timothy 1:6-7-

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

⁷For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

III. Face your fear!

2 Timothy 1:8-12-

⁸So do not be ashamed to testify about our Lord, or ashamed of me his prisoner. But join with me in suffering for the gospel, by the power of God, ⁹who has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time,

¹⁰but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel.

¹¹And of this gospel I was appointed a herald and an apostle and a teacher.

¹²That is why I am suffering as I am. Yet I am not ashamed, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him for that day.

IV. Fortify your faith!

2 Timothy 1:13-14

¹³What you heard from me, keep as the pattern of sound teaching, with faith and love in Christ Jesus.

¹⁴Guard the good deposit that was entrusted to you—guard it with the help of the Holy Spirit who lives in us.

V. Find faithful friends!

2 Timothy 1:15-18

¹⁵You know that everyone in the province of Asia has deserted me, including Phygelus and Hermogenes.

¹⁶May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains.

¹⁷On the contrary, when he was in Rome, he searched hard for me until he found me.

¹⁸May the Lord grant that he will find mercy from the Lord on that day! You know very well in how many ways he helped me in Ephesus.