

## **Rekindle**

Leaning into Suffering and Shame. 2 Timothy 1:8-18

### **PREPARE**

**Read Psalm 22:19-24**

*<sup>19</sup> But you, O Lord, be not far off;  
O my Strength, come quickly to help me.  
<sup>20</sup> Deliver my life from the sword,  
my precious life from the power of the dogs.  
<sup>21</sup> Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.  
<sup>22</sup> I will declare your name to my brothers;  
in the congregation I will praise you.  
<sup>23</sup> You who fear the Lord, praise him!  
All you descendants of Jacob, honor him!  
Revere him, all you descendants of Israel!  
<sup>24</sup> For he has not despised or disdained  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.*

- How good it is to know that God does not hide his face from us and listens to our cry for help

### **REFLECT**

In your core group, briefly discuss one of these three questions. Break into triads if necessary.

1. How have you experienced the blessing of God in these past few weeks?
2. What burdens, worries, or anxieties have you been carrying and would appreciate prayer for?
3. What's a next step looking forward that you are excited about, fearful about, or uncertain about and want to step out in faith and need prayer support for?

### **STUDY**

**Read 2 Timothy 1:8-18**

- Describe the circumstances Paul finds himself in as he writes this letter to Timothy:

- There seem to be two extremes we can take when it comes to suffering – we can allow it to consume us, or we can ignore it. Paul seems to encourage Timothy to take a third way. How would you describe this third way (verses 8-10)?
- How has suffering opened up a way for greater understanding of the gospel?

**Read the following Scriptures to gain an understanding of the role of suffering in our lives:  
(For group study just look at 2 or 3)**

- Matthew 5:11-12
- Matthew 16:21-26
- Romans 5:1-5
- 2 Corinthians 4:16-18
- 2 Corinthians 11:21-33
- 2 Corinthians 12:7-10
- Philippians 3:7-11
- James 1:2-4

## **RESPONSE**

- What has been your usual response to suffering and shame? What might a “third way” look like for you so you experience grace, and that the gospel is made known?
- Take time to acknowledge the many blessings in your life. How does living a life of gratefulness allow us to experience suffering in a balanced way?
- Remember the assignments: (1) Read the book of 2 Timothy once a week. (2) Connect with one person from Baseline each week just to check in. (3) Take time each day to listen for the Holy Spirit asking you: “Who are you? And, what are you doing here?”

Close in Prayer: List prayer requests here.