

## Leaning In and Living It Out

## Read 2 Timothy 1:1-13, Ephesians 6:12

In 2 Timothy, Paul is in prison and he was abandoned. He's faced with a choice - to give up or to not let his current situation stop him from bringing hope to the church. How do you hang on to your faith in difficult times? Discuss.

In the midst of his difficult situation, Paul pours himself into the well being of others because he has a hope in Jesus which extends beyond his circumstance.

Why is pouring into others a good idea - even when we're struggling? Discuss.

There are four things Paul focuses on to help him gain strength. The first is to fight against despair and find light. We need to focus on the promises of Jesus. How is the light of God's Word a remedy for despair? Discuss.

The next is to fight comparison to others and find joy. Rather than envying, we need to find joy in the successes of others.

How do you celebrate the victories of others? Discuss.

Then, we need to fight against fear and find truth. Fear is not from God - it's from the world. The love of Jesus is the perfect love which casts out fear.

Does fear play a significant role in your life? How do you release it? Discuss.

Finally, we need to fight isolation and find community. We need to have people in our lives who can step into our suffering and support us.

The bible tells us it is not good for us to be alone - why? Discuss.

## Dig Deeper (Optional)

In Acts 16:20-31 something extraordinary happened with Paul and Silas. Why is their behavior a model to us in difficult times? Discuss.

