

## **Week of Monday, May 4, 2026**

### **2 Timothy 1:3-7**

**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.

### **HOPE Journaling**

H – Highlight what stands out to you

O – Observe what it teaches

P – Practice this in your life

E – Express this in your prayers

## **Weekly Devotional**

Paul begins this letter in a deeply personal way.

He reflects on his past, on those who have gone before him, and he gives thanks to God for a legacy of faith. This wasn't a new or passing belief. It was a faith rooted in the promises of God, a faith that looked forward to the coming Messiah, promises that Paul now sees fulfilled in Jesus.

Then he turns his attention to Timothy.

“I remember your sincere faith,” Paul writes, “which first lived in your grandmother Lois and your mother Eunice and now, I am convinced, is in you also.”

Timothy's faith had a story. It didn't begin with him. It was shaped, nurtured, and passed down through the lives of others who trusted God before him.

That's often how God works.

God is the one who opens hearts and brings people to life in Christ. We are completely dependent on Him for salvation. And yet, in His kindness, He uses people as the means, faithful voices, consistent examples, quiet conversations over time.

If you take a moment to reflect on your own life, you can probably see that same pattern.

There are people God placed in your life who helped you see Him more clearly. Maybe it was your mom. Maybe a grandmother. Maybe an aunt, a friend, or someone in the church who took the time to invest in you.

Their faith mattered, and it still does.

Paul doesn't just want Timothy to remember that legacy, he calls him to live in light of it. “Fan into flame the gift of God,” he says. The faith that has been passed down is not meant to sit idle. It's meant to grow, to be strengthened, and to shape how we live.

Because the life God calls us to isn't marked by fear, but by power, love, and self-control.

So today is a good day to pause and remember.

Remember the people God used in your story. Thank Him for them. And then consider this, just as others have influenced you, God may be using you in someone else's life right now.

*-Devotional written by Eric Foster*

**Also Read:**

2 Timothy 1

2 Timothy 3:14–15

Deuteronomy 6:6–7

Psalm 78:4–7

Proverbs 22:6

Romans 1:16–17

1 Corinthians 16:13–14

Romans 8:15

**Group Discussion Questions**

What do you think Paul means by “sincere faith,” and how is that different from surface-level or cultural faith?

Who are some people God has used to shape your faith, and what specifically about their example impacted you?

Why do you think God often uses relationships (family, mentors, friends) to bring people to faith?

What does it look like in a real, everyday sense to “fan into flame the gift of God”?

Where do you most often see fear show up in your life right now?

What would it look like for you to live more out of “power, love, and self-control” in those areas?

Who is one person you could intentionally invest in spiritually, and what might that look like this week?