



spiritual adult

DISCIPLE ME

TRACK 2: DEVELOPING OTHERS

MENTORING

ICEBREAKER: UNFORGETTABLE ADVICE

What is one piece of advice that someone once told you that you've never forgotten? It might have been from a parent, coach, teacher, pastor, or friend. Maybe it came at just the right moment. Maybe it corrected you. Maybe it encouraged you. Share the sentiment and how it shaped you.

STUDY: LIFE TO LIFE

There are many things that shape and impact our lives - experiences, books, sermons, podcasts, successes, failures. But most of us can trace our most meaningful growth back to a person. Not just information - but a relationship. Someone showed up and spoke. Someone chose to invest in us. And whether they realized it or not, they were mentoring you.

That's how God designed spiritual growth to work - not in isolation, not through content alone, but through intentional life to life transfer. In today's passage, Paul isn't just encouraging Timothy; he's giving him a blueprint for how maturity multiplies. Because the goal of spiritual growth isn't simply to be shaped - it's to become someone who shapes others. Let's read it together.

READ 2 Timothy 2:1-2

- What stands out to you about Paul's instruction to Timothy?
- How is multiplication different from just personal growth?
- Who has "entrusted" something spiritual to you? What did they give you?

In just one verse, Paul reveals four spiritual generations - Paul, Timothy, reliable people, and others. That's not accidental; it's multiplication. This isn't about one leader influencing one person. It's about truth being entrusted in a way that continues beyond a single relationship. Spiritual maturity doesn't stop at personal growth or private transformation. It moves outward. It reproduces. When faith is healthy, it spreads. When discipleship is working, it multiplies. That's the design.

READ 2 Timothy 3:10-15

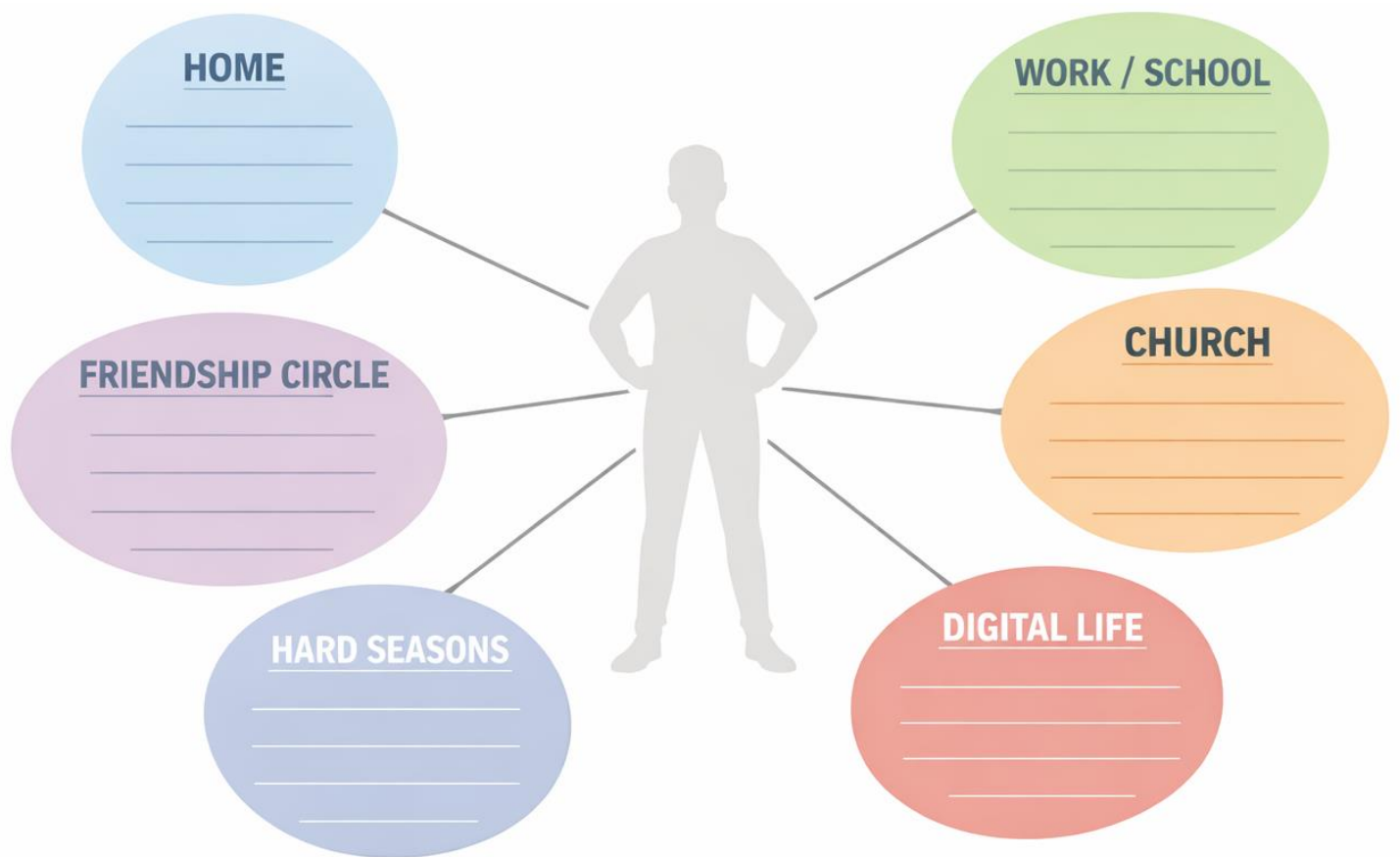
- What areas of Paul's life does Timothy "know well" (v.10-11)?
- What role did Timothy's upbringing play in his spiritual formation (v.14-15)?

- What does this passage reveal about how spiritual growth actually happens?
- Why is proximity to a mature believer so powerful?

ACTIVITY: SOMEBODY’S WATCHING ME

Most of the time, we think mentoring starts when we schedule a meeting or lead a Bible study. But according to 2 Timothy 3, Timothy learned by *watching* Paul’s life. Which means this is true: Before you ever choose to mentor someone, someone may already be learning from you.

Today, we’re going to identify who might already be watching your faith in action. Take a few minutes to think about each of the areas of your life listed in the circles below. Then write down the name of at least one person who might be watching how you live. Not who you want to influence. Who might already be observing you.



CHALLENGE: INTENTIONALLY ENCOURAGE

This week, refer back to your “Somebody’s Watching Me?” map and choose three names God brings to mind. Then send each of them a message affirming something spiritual you genuinely see in their life - their character, growth, perseverance, or faithfulness. Be specific and sincere. You’re not correcting or coaching; you’re simply naming what God is already doing. Spiritual multiplication often begins with simple, intentional encouragement.