

2 Timothy 4:6-8,16-18

God stood by me

In prison awaiting trial and reflecting on his life and ministry, Paul has confidence that his suffering and desertion by supporters has not been in vain. He has fought the good fight and a crown of righteousness awaits him. In his lowest moments, people failed him but God stood by him.

Read this week's passage:



Living Scripture

'I have fought the good fight, I have finished the race, I have kept the faith.' 2 Timothy 4:7

At the end of your life, what would you like written in your obituary or on your tombstone? Paul is saying his goodbyes, knowing he will likely die, but he has confidence to say that he has served Christ well, and stuck with his faith. Paul's friends may have let him down, but to him this only emphasised how much more God was still on his side. As Paul said in verse 17: 'The Lord stood by me and gave me strength.' He wanted to encourage Timothy to be confident in the Lord in tough times. And these words are for us too: if the Lord stood by Paul and rescued him from every evil attack, he will also do so for us. This doesn't mean that our lives will be trouble-free. But, as Paul writes to Timothy, even when the life of faith is hard, it's still worth following. Perseverance wins God's approval. We have not been abandoned by God. We can picture God standing on the sidelines and cheering us on.

First impressions

- What do you think this image is about?
- Have there been times when God has stood by you?
- What encouragement could you give to someone who is suffering right now?



Pray

When life gets tough:
God, stand by me and hold me close.
When I go my own way and forget to follow:
God, stand by me and bring me back to you.
When life is good and all is well:
God, stand by me and help me rejoice.
When life is just normal:
God, stand by me and help me keep my eyes on you.
Amen.



LISTEN

Listen to the song 'Goodness of God'
<https://www.youtube.com/watch?v=f4MUUMWMV4>



FIND

Research the Ignatian spiritual practice of 'The Examen'. This practice of prayer is a great way to learn how to be aware of God's presence and help in our everyday lives.

Find more free Roots resources to reflect on this week's theme:



WATCH

Prayer is at the centre of knowing God. Watch "Why Pray?" produced by the 24-7 prayer movement.
https://www.youtube.com/watch?v=QVHUx_EJnUs



Read

Read the poem
'Footprints'

