

23 August 2026

Timothy, Leader with a Legacy

Lesson Text: 2nd Timothy 1:1-6 & 2nd Timothy 3:14-16



Key Text: *"I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."* (2nd Timothy 1:5 NIV)

Lesson Aims

After participating in this lesson, we will be able to:

1. Identify the parts of Timothy's upbringing that contributed to his identity as a faithful witness.
2. Explain the wisdom that comes from the study of God's Word.
3. List practices that might nurture children into becoming faithful witnesses.

Lesson Text
2nd Timothy 1:1-6; 3:14-16

¹ Paul, an apostle of Jesus Christ by the will of God, according to the promise of life which is in Christ Jesus,

² **To Timothy, my dearly beloved son: Grace, mercy, and peace from God the Father and Christ Jesus our Lord.**

³ I thank God, whom I serve from my forefathers with pure conscience, that I have thee in remembrance in my prayers night and day without ceasing.

⁴ **I greatly desire to see thee, being mindful of thy tears, that I may be filled with joy**

⁵ when I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother Eunice and, I am persuaded, is in thee also.

⁶ **Therefore I put thee in remembrance that thou stir up the gift of God which is in thee through the putting on of my hands.**

2nd Timothy 3:14-17

¹⁴ But continue thou in the things which thou hast learned and hast been assured of, knowing from whom thou hast learned them,

¹⁵ **and that from childhood thou hast known the Holy Scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.**

¹⁶ All Scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,

¹⁷ **that the man of God may be perfect, thoroughly equipped for all good works.**

Introduction

From the Aurthur: Modern culture shows individualism in many ways. Lately, I've seen this in how people approach fitness. We often eat healthy because we decide to or stick to a workout routine because we set it ourselves. But for me, real progress happened when I asked others to join me.

It took me three years, but I lost 60 pounds. I had to make real changes, like eating better, going to the gym every day, and running. Still, I don't think I could have done it alone. I needed support from the people closest to me, especially my wife. She made healthy meals for our family, went to the gym with me, and joined me on runs. She always seemed to know when I was struggling or about to give up. When I felt like quitting, her kindness and support helped me stick with the habits that kept me on track.

Lesson Context: Paul

Paul, who once persecuted Christians before becoming an apostle, wrote many of the New Testament letters. He sent these letters to both churches and individuals. In Paul's time, 'writing' meant more than just putting words on paper, since there was no mail service, few people could read or write, and paper was expensive. Some of his letters mention coauthors, such as *Sosthenes* (1 Corinthians 1:1), *Timothy* (2 Corinthians 1:1; Philippians 1:1; Colossians 1:1; Philemon 1:1), and *Silas* along with Timothy (1 Thessalonians 1:1; 2 Thessalonians 1:1). Paul often worked with scribes, especially when he was in Rome. These secretaries, known as [amanuenses](#), sometimes delivered the letters themselves and explained their meaning. For example, *Tychicus* is commended for this role in Ephesians 6:21 and Colossians 4:7.

Paul never married and did not have children, but he did have a sister and a nephew (Acts 23:16), making him an uncle. The Bible does not tell us much about his parents, but it does show that Paul received a strong religious education, learned tent-making, and was a Roman citizen. He studied in Jerusalem under the well-known [Rabbi Gamaliel](#) (Acts 22:3). This close relationship with Gamaliel may have led Paul to think of Timothy as a spiritual son (1 Timothy 1:2).

Because Timothy helped Paul with many of his letters and was like a son to him, it made sense for Paul to write to Timothy when they were apart. Even while Paul was in prison in Rome and knew his death was near (around AD 67), he kept writing letters. He sent two letters to Timothy while Timothy was serving as a pastor in Ephesus. In these letters, Paul gave advice, comfort, and encouragement. Later, Paul asked Timothy to come visit him in Rome and to bring 'the scrolls [and] especially the parchments' (2 Timothy 4:9, 13). In many ways, 2 Timothy feels like a final message from a spiritual father to his spiritual son (4:6; compare Philippians 2:22). Like any father, Paul wanted to see Timothy one last time before he died.

Lesson Context: Paul: Timothy

Many people think of Timothy as a young man, but he was about 40 years old when Paul wrote his second letter to him. Paul first met Timothy during a visit to Lystra (Acts 16:1–3). Acts 16:1 tells us that Timothy's mother was Jewish and his father was Greek. Among strict Jews, such mixed marriages were often seen as risky or even sinful (compare Nehemiah 13:23–27; Ezra 9:1–10:44). In Greek culture, the father was the head of the household and made decisions about religion. Because Timothy's father was Greek, Timothy had not been circumcised as Jewish boys usually were on the eighth day (Acts 16:3; Leviticus 12:3). Still, Timothy learned about the Jewish faith from his mother and grandmother (2 Timothy 1:5). Later, he received much of his ministry training from Paul as they traveled together as missionaries and started churches in Macedonia.

Sincere Legacy

Paul introduces himself as an apostle of Christ Jesus, chosen by God, and refers to the promise of life found in Christ. Like other ancient letters, 2nd Timothy starts by giving details that today would appear on an envelope. Paul makes it clear he is the sender and an apostle of Christ Jesus. This title matters to Paul because he was not with Jesus during his ministry on earth, but God called him to this role. Paul also reminds Timothy that life is found in Christ. As Jesus said, he came so that we "might have life, and ... to the full" (John 10:10). This is a promise.

Paul addresses Timothy as his dear son and wishes him grace, mercy, and peace from God the Father and Christ Jesus our Lord. He uses warm, family-like language to show how much Timothy means to him (see Titus 1:4). Paul sees Timothy not just as a son, but as someone he deeply values. While many of Paul's letters include greetings of grace and peace, these were different from the usual Greek wishes for good health. Instead, Paul asks for spiritual blessings: God's grace, a sense of peace from God's healing work, and mercy, which shows his hope for God's compassion. As a spiritual father, Paul wants Timothy to experience all these gifts.

Father in the Faith

Scripture says little about Timothy's biological father, but we know he had a strong spiritual father in Paul. Who are your mentors, guides, and spiritual parents in the faith?

Foundation of Faith

I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers. This verse starts a long sentence in Greek that goes through verse 5. In ancient letters, it was common to include a note of thanks. Paul expresses his gratitude to God and links this to the tradition of his Jewish and Israelite ancestors. In other letters, Paul explains that his faith continues the devotion of earlier Jewish believers: those who "have faith" are "children of Abraham" (Galatians 3:7–9). Here, he makes this connection more personal by saying he serves the same God as his Jewish ancestors. By repeating his spiritual heritage, Paul shows how important it is for faith to be passed down through generations.

Paul also talks about remembering Timothy in his regular prayers. He is looking back on their long and meaningful relationship. Paul thinks of Timothy, his spiritual son, both day and night. These frequent prayers show his deep and lasting love. They also show an important part of spiritual mentorship: praying for others.

When Paul remembers Timothy's tears, he says he longs to see him so he can be filled with joy. Paul wants to meet Timothy in person, showing how important face-to-face time is with those we care about. In other letters, Paul also shares his desire to see his ministry partners (Romans 1:11). Usually, Paul plans to travel himself (15:23; 1 Thessalonians 3:10–11), but this time, he needs Timothy to visit him (see Lesson Context: Paul).

The word recalling means to remember (see Matthew 5:23; 26:75; Luke 23:42; 24:8; Acts 11:16). Paul might be thinking of a past moment with Timothy, or a message Timothy sent him. He could also be recognizing the challenges Timothy faces from false teachers and friends who have turned away (1 Timothy 1:3–7, 18–19).

Paul suggests that seeing Timothy again will fulfill his wish and may also comfort Timothy if he is sad. Even though they are apart, Paul's words bring joy and encouragement during a difficult time.

I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

This verse finishes the long sentence that started in verse 3. Paul is now focusing on Timothy's sincere faith. The word "sincere" means genuine, not fake or for show. Paul trusts that Timothy's faith is real, which gives him confidence in Timothy. He also reminds Timothy of the faith passed down from his *grandmother Lois and his mother Eunice*.

The Bible does not tell us much about *Lois and Eunice*. There are a couple of ways to understand Paul's words. One idea is that Lois and Eunice were Jewish followers of Jesus, so Timothy would be a third-generation Christian. Acts 16:1 calls Timothy's mother "faithful" (meaning "a believer"), which might mean she accepted Jesus before Paul came to Lystra. Another idea is that Paul is comparing Timothy's faith journey to his own, connecting their faith to their Jewish roots. Paul may be saying that Timothy's faith comes from the teachings of his Jewish mother and grandmother, who taught him about God from the Old Testament. Teaching Timothy about God may have been hard for Lois and Eunice because Timothy's father was Greek (Acts 16:1). Timothy's mixed background, with a Jewish mother and a Greek father, shows how Christ brings Jews and Gentiles together as one people (see Ephesians 2:13–18).

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Paul has been impressed with Timothy's faith since they first met (Acts 16:1–3). He knows Timothy has stayed true to God and has not turned away from what he learned as a child. Paul reminds Timothy that his faith and legacy come from God.

The Gift of God

For this reason, I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. Here, Paul shifts his focus and encourages Timothy to act. *He urges Timothy not to let his gift become stagnant*. The Greek verb for 'fan into flame' describes tending to a spark that is almost out or burning low. Some English translations use the phrase 'stir up' your gift. This image is like Newton's First Law of Motion: 'An object in motion stays in motion.' The opposite is also true—it takes effort to get something moving if it has stopped. Paul wants Timothy to keep his spiritual passion alive. The gospel needs ministers who are active, alert, and passionate about God's work in their lives.

Timothy's gift is not clearly defined, but it might refer to his abilities in leadership, teaching, or caring for others. Paul mentions this gift again later in the letter (1 Timothy 4:14), calling it "your gift, which was given you through prophecy when the body of elders laid their hands on you." In both passages, the act of laying on hands is important. This gesture could mean the transfer of a miraculous gift from the Holy Spirit, like those described in 1 Corinthians 12:7–10 (healing, miracles, prophecy, and so on). More certainly, it marks Timothy's official role as a minister. When the church leaders laid hands on Timothy, they gave him authority, entrusted him with leadership, and confirmed his calling.

Continued Legacy

Paul tells Timothy to keep following what he has learned and believes, because he knows and trusts his teachers. Learning something is one thing, but being sure of it is another. The word for 'become convinced of' comes from the same root as 'faith.' What Timothy knows gives him faith. By remembering and trusting what he has learned, he can stay confident and steady. Earlier, Paul pointed out that Timothy is full of endurance and determination (2 Timothy 3:10–13). Now, Paul reminds him that his teachers are reliable, and Timothy knows his mentor's integrity.

Know the Scripture

As a youngster, Timothy was familiar with the Holy Scriptures, which can help someone become wise for salvation through faith in Christ Jesus. Paul reminds Timothy that he learned about God and the Scriptures from his mother and grandmother (2 Timothy 1:5). When Paul mentions the Holy Scriptures, he does not mean the complete Bible as we know it today, since most of the New Testament had not been written during Timothy's childhood. Instead, Paul is talking about the Old Testament, especially the Greek translation known as the Septuagint, which he often quotes in his letters.

Paul explains that Scripture is the foundation for faith because it helps people become wise and leads them toward salvation. This salvation is fulfilled through the Messiah, Christ Jesus. Paul urges Timothy to remember that his deep knowledge of God's Word is a valuable resource for his ministry.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness. When Paul talks about all Scripture, he is still referring to the Old Testament. He often showed the truth of the gospel using passages like Habakkuk 2:4, which says, "The righteous person will live by his faithfulness" (quoted in Romans 1:17; Galatians 3:11). Today, we can apply these same ideas to the New Testament, including Paul's own letters. Second Peter 3:15–16 even says that Paul's letters contain wisdom, just like "other Scriptures."

Paul points out two key truths about Scripture: it is God-breathed and it is useful. First, the message comes from God. The word translated as God-breathed is a rare compound, and it may have been created by Paul himself. This creative use of language is like how writers like Shakespeare invented words to express new ideas. Paul uses this word to show that Scripture comes from God. Timothy can trust the Scriptures because God is their source. As 2 Peter 1:20–21 says, "No prophecy of Scripture came about by the prophet's own interpretation of things. For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit." God's Word is completely true because God cannot lie (Numbers 23:19; Titus 1:2; Hebrews 6:18). Still, God works through people, using human writers.

Second, Paul highlights how useful Scripture is. It helps teach sound beliefs about God and how we should respond to Him. Scripture also points out what is wrong (rebuking), corrects us, and shows us the right way to live. It guides us to live in holiness, following God's standards. By learning God's instructions, Paul believes Timothy will "understand what is right and just and fair—every good path" (Proverbs 2:9).

Conclusion

Paul acted as both a parent and mentor to Timothy. He set a strong example and always found time to encourage and support his spiritual son. Through Paul's letters, we learn a lot about Timothy and see that he was a loyal follower of Christ.

Timothy's faith was shaped by his mother, grandmother, and his spiritual father. Having strong role models in faith is a true blessing. We should seek out mentors who help us grow and try to be good mentors for others. Timothy's story shows that spiritual roots can come from different

places. If your family isn't a source of spiritual support, church relationships can be just as meaningful.

God gave Timothy special gifts, a leadership role in the church, and close friendships. He stayed passionate about serving. Timothy showed endurance, trusted God, and had friends who supported him. Even when things were tough, he didn't give up. His success wasn't just because of his own efforts; he depended on others for support during hard times.

Take Aways

Closing Prayer

Daily Bible Readings*



*(*Liturgical Color: Green (Life, growth, and hope))*

Daily Scripture Reading

Monday (2 Timothy 1:1): Paul's introduction as an apostle of Christ Jesus by God's will.

Tuesday (2 Timothy 1:2): Paul's greeting of grace, mercy, and peace to his dear son Timothy.

Wednesday (2 Timothy 1:3–4): Paul's constant prayers and his joyful desire to see Timothy again.

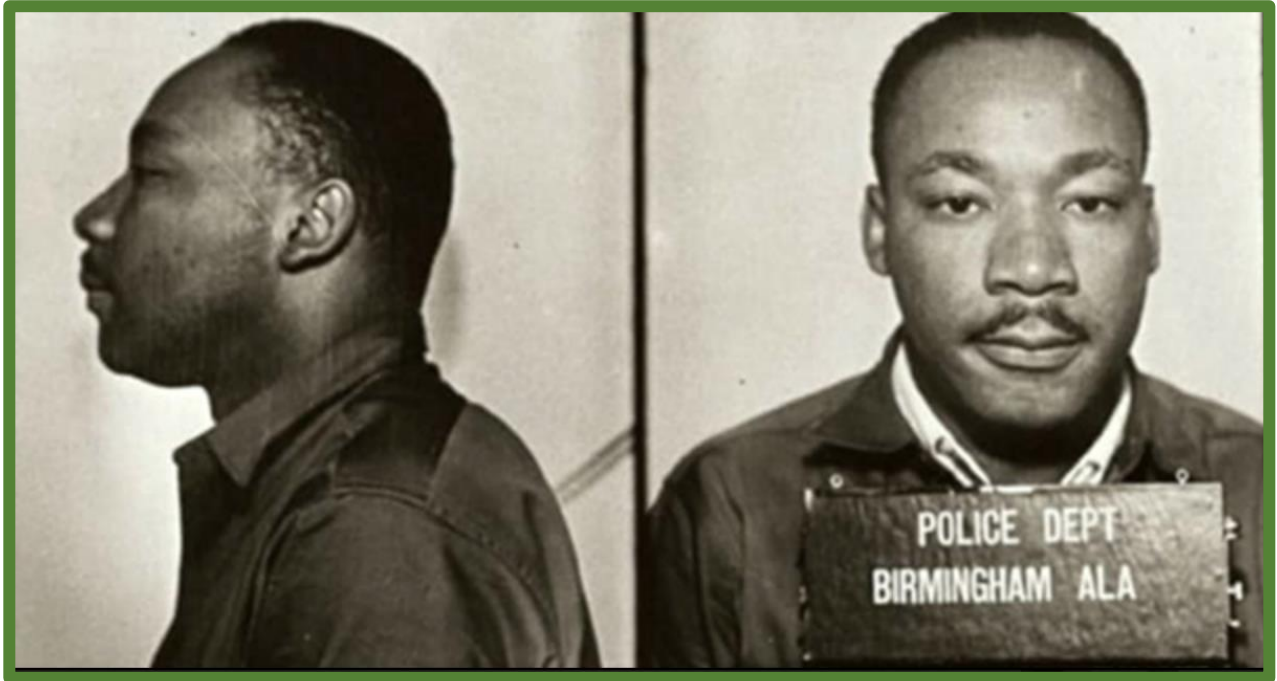
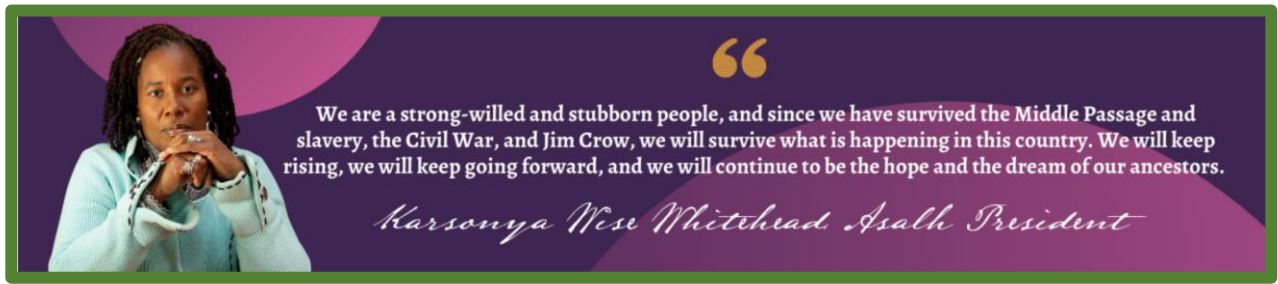
Thursday (2 Timothy 1:5): The sincere faith passed down from Lois and Eunice to Timothy.

Friday (2 Timothy 1:6): Paul's reminder to fan into flame the gift of God.

Saturday (2 Timothy 3:14–15): The call to continue in what you have learned and the sacred writings that give wisdom.

Sunday (2 Timothy 3:16): All Scripture is breathed out by God and useful for teaching.

BLACK HISTORY



Martin Luther King, Jr. Was Arrested 29 Times For These So-Called Crimes

Few people know that MLK was arrested almost 30 times fighting for what he believed in. His so-called "crimes" varied, and his arrests took place in various cities in the south.

Here are just a few occasions when he was arrested and why:

January 26, 1956 -- He was arrested in Montgomery, Alabama as part of a "Get Tough" campaign to intimidate the bus boycotters. Four days later, on January 30, his home was bombed.

March 22, 1956 -- King, Rosa Parks and more than 100 others were arrested on charges of organizing the Montgomery Bus Boycott in protest of Parks' treatment.

September 3, 1958 -- While attempting to attend the arraignment of a man accused of assaulting Abernathy, King is arrested outside Montgomery's Recorder's Court and charged with loitering. He is released a short time later \$100 bond.

September 5, 1958 -- King was convicted of disobeying a police order and fined \$14. He chooses to spend 14 days in jail but is soon released when Police Commissioner Clyde Sellers pays his fine.

October 19, 1960 -- He was arrested in Atlanta, Georgia during a sit-in while waiting to be served at a restaurant. He was sentenced to four months in jail, but after intervention by then presidential candidate John Kennedy and his brother Robert Kennedy, he was released.

May 4, 1961 -- He was arrested in Albany, Georgia for obstructing the sidewalk and parading without a permit.

July 27, 1962 -- He was arrested again and jailed for holding a prayer vigil in Albany, Georgia.

April 12, 1963 -- He and Ralph Abernathy were arrested in Birmingham, Alabama for demonstrating without a permit. During his time in jail, he wrote what is now known as his historic "Letter from Birmingham Jail."

June 11, 1964 -- He was arrested for protesting for the integration of public accommodations in St. Augustine, Florida.

February 2, 1965 -- He was arrested in Selma, Alabama during a voting rights demonstration, but the demonstrations continued leading to demonstrators being beaten at the Pettus Bridge by state highway patrolmen and sheriff's deputies.

Sadly, King was assassinated in Memphis, Tennessee on April 4, 1968 while visiting the city to fight for economic justice for the city's sanitation workers who wanted better working conditions and higher pay. His legend, however, continues to live on.

Association for the Study of African American Life and History

The mission of the ASALH® is to promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community. Established on September 9, 1915, by Dr. Carter G. Woodson, we are the Founders of Black History Month and carry forth the work of our founder, the Father of Black History. We continue his legacy of speaking a fundamental truth to the world—that Africans and peoples of African descent are makers of history and co-workers in what W. E. B. Du Bois called, “The Kingdom of Culture.” ASALH is in short, the nexus between the Ivory Tower and the global public.



The Negro Historical Association with Carter Woodson (with bow tie) seated next to Mary Church Terrell (in white) in front row, center, of this portrait (1925). Source: Courtesy of the Moorland-Spingarn Research Center, Howard University Archives, Howard University, Washington DC

We are in the final stages of organizing the Northern Virginia Branch. Interested, contact: *Deac Joe Boutte, Bro Harvey Woodson, or Rev Gillis M. Taylor.*

Join The ASALH NOVA Branch!!