

## 1) Summary

- Paul - loving father figure that writes to Timothy in a time of need / adversity / trials
  - Paul is in a jail when writing these words – he knows GRACE by experience
  - Should Paul have said?
    - Pray like this to make the problem go away
    - I'm sending money / people to help you
    - Just compromise a little bit, lower your standards – prob will go away
    - **NO** – just the words: **Stand Strong in Grace & Mercy!**
- Paul want Timothy to success, overcome – **Stand Strong... in God's GRACE**

## 2) Paul experienced the Grace & Mercy of Jesus Christ

- Could it have been when **Saul** was converted on the road to Damascus?
- Saul experienced **God's amazing MERCY** – forgiveness of sin, healing
- Then God calls him to preach the good news – **God's amazing GRACE**
- **GRACE is His: Ability, Strength, Help, Mercy**

## 3) Paul instructs Timothy to Endure Hardship, How...

### 2 Tim 2:1, 3 -5

<sup>1</sup> You therefore, my son, **be strong** in the **grace** that is in Christ Jesus.

<sup>3</sup> You therefore must **endure hardship** as a good **soldier** of Jesus Christ.

<sup>5</sup> And also if anyone competes in **athletics**, he is not crowned unless he competes according to the rules...

- You can't tell someone: **be strong & endure, without God's GRACE & MERCY**

### a) Like a Soldier - Stand, be Strong

Eph 6:10, 13 & 14

- Told to stand firm and fight the good fight of faith

### b) Train like an Athlete

- Paul adds the picture of athletics, running a race / exercise spiritual disciplines.
  - (1) Train according to the rules
  - (2) Complete according to the rules

### c) Wrestle

- Paul add clarity to the picture when he add:  
“for we don’t **wrestle** against flesh & blood...” Eph 6:12
- Know your enemy, Pauls says: “We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age...” – not people!
- Our enemy is out to “**Kill, Steal & Destroy**” John 10:10
- There is an enemy out there wanting to kill us – this is not a game.
- The devil walks about like a lion seeking those he may devour 1 Pet 5:8

### d) Exercise

1 Tim 4:7

- His instructions are to exercise, not only the physical but also in Godliness
- Exercise both physical and emotional/mental, now Paul includes Spiritual
- Let’s be clear – God does not send hardship, adversity or sickness, but as our Father / trainer, He knows how to turn the fight around for our good.  
**To combat the fight He gives us His Grace, His Ability, His Strength.**
- Heb is written to the same group of people, defection to save their skins. They are losing their faith, moving away from Grace.
  - The writer talks about their early sufferings Heb 10:32-35  
The writer tells them to “**Hold fast to their confession of hope**”
  - Then continues to talk to them about their present sufferings Heb 13:3  
“**Jesus will never, never forsake you or leave you**”

#### Heb 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, **let us throw off everything (strip off, lay aside)** that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.

- What is the thing you need to strip off? What is hindering you?  
Social media, pornography, drugs or alcohol, specific friendship groups?
- Replace these with: Belt, Helmet, Breastplate, Sandals, Shield & Sword

#### 1 Cor 9:24-27

<sup>24</sup> Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

<sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

<sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

<sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

- There is a crown, a reward when you stand first & endure – **Stand in His Grace**