

Endurance That Lasts
Endurance – 2 Timothy
April 19, 2026

Questions for Personal Reflection and Group Discussion

1. Read 2 Timothy 2:1-2.

In these opening verses, Paul exhorts Timothy to ‘be strong’. If you want to build physical strength, what is required?

What is the source of Timothy’s strength and where did it come from? If Timothy (and we) are to ‘be strong’ spiritually, what is required?

Are you currently building spiritual strength, maintaining the status quo or letting your spiritual dumbbells collect dust?

What step of obedience might God be calling you to take in order to be strong?

2. Read 2 Timothy 2:2-14.

Paul instructs Timothy about what ‘being strong’ looks like for the Christ-follower. What specific things does he tell Timothy to do?

What does/could living out these instructions look like in your life? Which of them is most challenging for you?

3. Read 2 Timothy 2:15-19.

What does it mean to be a good worker in order to receive God’s approval?

Why is Paul emphatic about the way we talk? How is this connected to being a good worker? What is the potential cost if we are careless in conversation?

In what ways has the truth of God’s Word been a firm foundation in your life?

How are you both comforted and challenged by the ‘inscriptions’ on the foundation of God’s truth?

4. Read 2 Timothy 2:20-21.

What is the difference between the expensive and cheap utensils? Consider which kind of utensil you might be. Are you content in being so? What is required in order to be a utensil that is ready for every good work?

5. Read 2 Timothy 2:22-26.

What are we to run from and what does Paul say we are to pursue? How will you choose to build spiritual endurance this week?