**Connect Study Sow Stirred Up**

Read 2 Tim 1:5-8

2 Tim was written by Paul shortly before his execution. It was essentially his swan song, his valedictory and his farewell. He wrote it not to a church but to his spiritual son, Timothy. In this letter, he poured out what was weighing heavily on his heart before his journey on life comes to an end—the preaching of the Good News. That’s why one of the first thing he exhorted Timothy was “never to be ashamed to tell others about the Lord”

There are three things that are essential for us to do:

1. Pass On

Read 2 Tim 1:5

Timothy had a wonderful spiritual heritage. Paul was reminding Timothy to pass on what he had learned —the Good News of the Gospel

1. Stir up

2 Tim 1:6 “This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you”

To stir up is to rekindle or to keep the blaze white hot and alive. Each of us has received a gift and we need to stir up that gift to build up the body of Christ.

1. Lean in

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

God has given us the spirit of power. The Greek word used here for power is dunamis /dynamite. It means force, miraculous power, ability and might. It is the same word that is used in Eph 1:19.

God has also given us the power of love. 1 Thess 3:12 “May God our Father himself and our Master Jesus clear the road to you! And may the Master pour on the love so it fills your lives and splashes over on everyone around you, just as it does from us to you.”

Finally, he has given us the spirit of sound mind or self-control.

Discussion questions:

* Share your salvation testimony with someone in the connect group.
* Have you shared the Good News with someone since the beginning of this year? If not, what can you do to change that?
* What are some of the gifts that you or others have identified in your lives?
* What are some practical ways to stir up the gifts in our lives?
* Read the story of Jesus’ Transfiguration in Matt 17, or the story of Jehu in 2 Kings 9. Can you identify the key to activating the spirit of power?
* What practical ways can we manifest the spirit of love to those who need the Good News?