

A Study of 2 Timothy for Teen Girls

# worthy vessel



AMY BYRD

LifeWay | Girls

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## ABOUT THE AUTHOR



**Amy Byrd** has a desire to make much of Jesus and loves all things student ministry. In addition to serving on the leadership team for LifeWay Girls Ministry, Amy is the co-author of *Dwell*, a study for teen girls about learning to dwell in Christ and rest in His sufficiency. Amy and her husband, William, reside in Birmingham, Alabama, where she currently serves in her dream role as the Director of Girls Ministry at Hunter Street Baptist Church.

### A NOTE FROM AMY

Sister,

The fact that the Lord has allowed me to connect with you via this study and walk together through the promises of His word blows my mind. I want you to know that I am cheering you on as you commit to walking through the Book of 2 Timothy in the coming weeks. My prayer is that the Lord will make Himself more real and alive to you than ever before. God has a plan and a purpose for your life. A plan greater than any plans you may have come up with on your own. Be brave enough to loosen your grip on your life and trust God to fulfill His promises to you. He surely will. You have a prayer warrior in me. And a sister that loves you big. Let's dive in now and find out what it means to live as a Worthy Vessel.

Big Group Hug!

*Amy*

## ABOUT THE STUDY

This six-session resource will lead girls through an in-depth study of 2 Timothy. They will examine biblical context and a multitude of spiritual truths in this letter from the apostle Paul to Timothy. As they explore the relationship between Paul and his young disciple, girls will be challenged to live as worthy vessels of the gospel of Jesus Christ, encouraging others to walk in faith as they deliver the message God has entrusted to them.

## HOW TO USE

In this book, you will find content for weekly group studies, daily personal studies, and leader guide notes. Each session consists of a group guide followed by five days of homework. As you begin your group time, watch the video to hear from the heart of the author. Included in the back of this study, there is also a leader guide with helpful tips to use during group time. As you close group time, encourage students to complete the homework days that follow the group sessions. Once students have completed this study, they will have journaled through the entire book of 2 Timothy.

## HOW TO JOURNAL

Making time each day for God's Word is an important part of your walk with Christ. As you read His words to you, your relationship will grow deeper than it has ever been. So how do you begin? Simply opening to a random page and reading whatever passage you land on will not help you develop a stronger relationship with Christ. Studying the Bible is more than checking an item off a list. You have to engage and respond to what God's Word says consistently and then apply it to your life.

Always begin by praying for guidance and asking God to speak to you through His Word. Use a concordance to research Scripture passages about topics you are currently dealing with. Or choose a person in the Bible you'd like to learn more about. There are so many wonderful stories to choose from!

As you walk through the chapters and verses God has placed on your heart, circle or underline the phrases or words that jump out to you. Or highlight an entire verse that you want to remember. Once you have marked up the passage, go back and examine the Scripture. Summarize the passage in your own words or jot down some simple questions. Take into consideration the author and the context of the verses in order to better understand God's Word. As you work through the verses, consider how you can apply what God is saying to your own life. Finally, reflect and respond to the passage. This can happen in many ways and may include a prayer, a change in your way of thinking, or an active step to complete. As you will come to see during this study, God does not want us to sit back and relax in our faith. We are to take action as worthy vessels of the gospel.

SESSION 1

Our  
Purpose  
&

## **GOD IS IN CONTROL / COLOSSIANS 1:16-17**

God's Word, the Bible, tells us that God is the creator of everything, including us, and He is in control of everything. He holds the whole world in His hands and plans out the most intimate details of our lives.

## **SIN SEPARATES US / ISAIAH 59:2-4**

We are born with a nature of sin and deserving of God's punishment. This sin, disobedience to God, separates us from God.

## **GOD HAD A PLAN / JOHN 3:16-18**

On our own, we cannot remedy our separation from God. We need a Savior who can save us from our sin and restore our broken relationship with God.

## **JESUS WAS THE ANSWER / EPHESIANS 2:8-9**

God sent Jesus, the answer to our sin, to earth to live a perfect, Holy life and die the most gruesome of deaths. Jesus took the wrath of our sins upon Himself so that we could have life. He died on the cross for you and for me and He rose to sit at the right hand of God.

## **EVERYTHING ABOUT US CHANGES / ROMANS 10:9-10**

Once we encounter God, everything about us changes. Because of Jesus, we are saved. Our response is to surrender ourselves to Him and turn from our sin. Our lives are no longer our own. The purpose of the rest of our days is to share the hope of Jesus with others!

## FIRST, PRESS PLAY

Use the space provided to note any Scripture references or comments from the video that you want to remember.

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## NOW, LET'S TALK

Sister, I hope you know how deeply loved you are by this girl—someone who has never laid eyes on you but adores you all the same. I praise God for bringing our lives together through His Word. We were made to live life together. Made to walk through our days with each other. Created for biblical community.

I believe with every inch of my heart that the Lord has much in store for us as we dig deep into the words of 2 Timothy. So let's get started!

Your life has a purpose. Did you know that? Everything about your life matters. The city where you were born. The color of your skin. The people you call family. The culture surrounding you. There is a reason for it all.

Let's pause here for a moment and think a little more about this. Ponder the questions below and write out your answers to each.

**What is the purpose of your life?**

**How often do you really think about the purpose of your life?**

**How does your purpose affect the way you live?**

Now, think about this. God knows what is to come for you in the days ahead. He has a perfect plan for you. Amazing, isn't it?

*For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. —Jeremiah 29:11*



Jesus gives us hope and a future. Jesus gives our lives purpose. Without Christ, we have nothing. Without Christ, our lives have no purpose.

So far we have learned that our lives have a purpose and that He has a perfect plan for us. He must really love us! And sister, He truly does.

On the first page of this session, you see the gospel clearly written out. Take a moment as a group to walk through the gospel. Make it personal. Talk about what God has done in your life.

God sent His only Son to die the most gruesome of deaths, so that we—me, you, and the girls sitting in your group—may have life. Forever with Jesus life.

God didn't give us the gospel to keep it to ourselves. When He gave us the gospel, He gave us our purpose. For the next six weeks, we are going to focus on the importance of sharing the gospel with others.

## GOD'S PLAN IS BEST

If you are anything like me, you like to have a plan. I am a list maker, a note taker, and am completely addicted to sticky notes. Why? Because I like to be in control and have a firm grip on my life. I like all things to be color-coded, and I have my calendar in my hand at all times.

**What about you? Are you a planner? Do you like to know what is ahead and have control?**

**Discuss as a group some things that you plan and like to be in control of.**

I have some interesting news for you, my fellow paranoid, perfectionist, sticky note-loving sisters. Our plans do not always line up with God's plans for us.

Whoa. Yikes. Wide-eyed emoji face.

When I was a freshman in high school, I felt certain the Lord was calling me to move to Africa, live in a hut with dirt floors, and never marry. Spoiler alert: I am not writing this study from a hut. In fact, I am sitting in the same church building I was when I was fourteen and am married to THE greatest husband on earth.

Am I disappointed? No way! God's plans for my life are better than I could have ever asked or imagined. This does not mean that my life is all roses and rainbows; struggle and suffering are a part of my life as well. The reason God's plans are better is because I am living my life with Christ.

*Q: What is the chief end of man?*

*A: Man's chief end is to glorify God and to enjoy Him forever!*

Before we dive further into our study, take a moment to consider these questions.

**Have you ever felt like God changed your plans? When?**

**What dreams and hopes for your life are you struggling to surrender to God?**

**In what ways are you hesitating to follow Christ fully because you are scared of where He may call you?**

### SAUL'S PLANS CHANGED

Let me introduce you to the author of 2 Timothy, Paul. In your homework this week you will dig deep into his story. Paul was a man whose plans were changed by God. In HUGE ways. Paul, once called Saul, was a terror to the faith. A man who despised the things of Jesus and wanted all who sought Him to be put in chains and tossed into jail. He was a man nobody ever believed could be used to bring glory to God, because he hated the things of God. But one day, in an encounter with God, Paul's entire world changed.

**3** As he traveled and was nearing Damascus, a light from heaven suddenly flashed around him. **4** Falling to the ground, he heard a voice saying to him, "Saul, Saul, why are you persecuting Me?"

**5** "Who are You, Lord?" he said.

"I am Jesus, the One you are persecuting," He replied. **6** "But get up and go into the city, and you will be told what you must do."

**20** "Immediately he began proclaiming Jesus in the synagogues: "He is the Son of God."

—Acts 9:3-6,20 (HCSB)

The same is true for you and me:

*{ When we encounter God, everything about us changes. }*

Our names may not change, but our hearts are transformed just like Paul's!

Paul is called an apostle. What does that mean? The word apostle is derived from the Greek word *apostolos*, one who is sent.<sup>2</sup>

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## TIMOTHY HAD A LEGACY OF FAITH

Paul wrote the letters of 1 and 2 Timothy to a young man named ... you guessed it ... Timothy! You guys are quick. I like you.

Timothy was a young man Paul referred to as his “true child in the faith” (1 Tim. 1:2). Timothy’s mother and grandmother had taught him the Scriptures since his childhood, serving as the foundation on which his faith in Christ would grow. Paul recognized this true and bold faith and invited Timothy to travel with him to spread the gospel across the region.<sup>3</sup>

As we dig deeper into our study, I’m going to ask you to think about your own legacy of faith. Who told you about Jesus? Who shared the gospel with you? Keep that person in mind as you study. Better yet, drop him or her a note to say thanks.

## TIMES WERE TOUGH

As I mentioned to you before, every detail of our lives has a purpose. We were born in our country, in the midst of our culture, because God wanted it that way. So, let’s take a moment to set the scene and figure out what the world was like when 2 Timothy was written.

The letter pictures Paul in a Roman prison, awaiting death. Most likely, it was written during his second imprisonment recorded in Acts 28. At this time, the Christian church was facing severe persecution. This persecution spread across the empire and included social ostracism, public torture, and murder. Paul wrote his letter around 67 A.D. to encourage Timothy to persevere in the face of such hardship.<sup>4</sup>

Thus, the tone of this letter is somber. Unlike Paul’s first imprisonment in Rome in a house where he continued to teach (Acts 28:16,23,30), this time he was probably confined to a cold dungeon, awaiting his death (4:6-8). As Paul awaited execution, he wrote this letter to his dear friend Timothy, a younger man who was like a son to him (1:2). How Timothy must have cherished this last letter from his beloved mentor and friend.

*If you had the opportunity to choose your “last words” to your friends, what would they be?*

## MAKE IT PERSONAL

As you end your first group session, I would like for you to think about this:

**How willing are you to persevere for the gospel?**

And here’s the deal girls. Be honest. Be honest in your own heart with the Lord. Be honest with your leader. Be honest with the girls sitting around you. Over the coming days and weeks, we are going to learn in more detail what it means to live life, both the fearful and triumphant days, together. Lead, love, and listen to each other well.

## DAY ONE

### Let the Journey Begin

Welcome to day one of your personal journey through the Book of 2 Timothy! My challenge to you is that you make time spent seeking Jesus a priority each day. To know Him, we must spend time with Him. You have already made it to day one—so count that as a win for this day! The fun part about this study and your personal time each day is that we are going to journal through these Scriptures and make them applicable to you, right where you are.

#### Read Acts 9:1-5,20.

*1 But Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest 2 and asked him for letters to the synagogues at Damascus, so that if he found any belonging to the Way, men or women, he might bring them bound to Jerusalem. 3 Now as he went on his way, he approached Damascus, and suddenly a light from heaven shone around him. 4 And falling to the ground he heard a voice saying to him, "Saul, Saul, why are you persecuting me?" 5 And he said, "Who are you, Lord?" And he said, "I am Jesus, whom you are persecuting..."*

*20 And immediately he proclaimed Jesus in the synagogues, saying, "He is the Son of God."*

#### EXAMINE THE SCRIPTURE

Let's work through this Scripture passage together. Follow the instructions below.

**In verses 1-2, circle what Saul's mission was.**

**Underline the portion of the passage where God got Saul's attention.**

**How did Saul respond to the Lord?**

## APPLY THE SCRIPTURE

Incredible. Saul was on a mission to put followers of Jesus in captivity yet ended up becoming a follower of Christ Himself. What an incredible picture of God's plans being greater and more impactful than our own.

Think about it for a moment. If you are a believer, there was a point in your life when God stopped you in your tracks. You may not have been blinded in the middle of a dirt road, but the Lord did open your eyes to your need for a Savior and the importance of surrendering your life.

As followers of Christ, we have the same purpose as God assigned to Paul in Acts 9:15: "Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel."

We are God's chosen instruments to share the gospel with the world!

## REFLECT AND RESPOND

If you are a believer, take a moment and write about your salvation experience.

**How has your encounter with God changed your life?**

**How has the message of your life changed since you began following Christ?**

If you are not a believer, take a moment to consider why you have not surrendered your life to Christ. Flip back to the page outlining the gospel at the start of this session. If you have questions, talk with a trusted adult about what you think the Lord is doing in your life.

## DAY TWO

### Where Do We Go for Wisdom?

Mentor: (noun)—someone who teaches or gives help and advice to a less experienced and often younger person

How many times in your life have you found yourself asking, “What should I do?” “What is my next step?” “Where do I go from here?” In those moments, where do you go?

When I was in middle and high school, I would often reach out immediately to older girls in my youth group or to my discipleship leaders. Why? Because they were older, wiser, and I knew they would know exactly what to do. (No pressure.)

#### Read Titus 2:1-5.

*1 But as for you, teach what accords with sound doctrine. 2 Older men are to be sober-minded, dignified, self-controlled, sound in faith, in love, and in steadfastness. 3 Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, 4 and so train the young women to love their husbands and children, 5 to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.*

#### EXAMINE THE SCRIPTURE

It seems that my model for going to women older than me for wisdom wasn't too far off.

In the area below, fill in the flow chart of leadership set up in Titus 2.

\_\_\_\_\_ men are to pour into  
\_\_\_\_\_ men and teach them to be  
\_\_\_\_\_,  
\_\_\_\_\_,  
\_\_\_\_\_,  
sound in \_\_\_\_\_, in \_\_\_\_\_, and  
in \_\_\_\_\_.

\_\_\_\_\_ women are to pour into  
\_\_\_\_\_ women and teach them to be

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## APPLY THE SCRIPTURE

This is exactly the relationship we see between Paul and Timothy. Paul, older in years, pours the things of Jesus into the life of Timothy. He teaches him what it means to endure for the sake of Christ and to love Jesus fully.

Paul is mentoring Timothy just as God intended. As we see in Scripture, this same scenario should be true in our lives.

**Who are the older women in your life who are pouring into you?**

**Are they pointing you to Jesus?**

## REFLECT AND RESPOND

**Who is your Paul?**

**What are the traits of Titus 2 that you see in your mentor?**

## DAY THREE

### Why Timothy?

The words of Paul's letters to Timothy are written with urgency and passion. Paul wrote 2 Timothy near the end of his time on earth, and he longed for Timothy to know what power he had in being a vessel of the gospel into our dark world. Timothy had a great responsibility.

#### Read Philippians 2:19-23.

*19 I hope in the Lord Jesus to send Timothy to you soon, so that I too may be cheered by news of you. 20 For I have no one like him, who will be genuinely concerned for your welfare. 21 For they all seek their own interests, not those of Jesus Christ. 22 But you know Timothy's proven worth, how as a son with a father he has served with me in the gospel. 23 I hope therefore to send him just as soon as I see how it will go with me,*

#### Read 1 Timothy 6:11.

*But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness.*

### EXAMINE THE SCRIPTURE

How incredible! In this passage we see that Paul is longing to send this young believer, Timothy, to take the good news of the gospel to the people. But why?

Is this because Timothy is a superhero? Is this because Timothy has some extra special gift that no others have? What is it about Timothy that makes him the one Paul hopes to send?

### APPLY THE SCRIPTURE

Let's keep digging.

**Verse 22 tells us what?**



Timothy has proven to be true to the gospel of Jesus and has served faithfully under Paul's teachings. For his commitment to the gospel, Paul chose to send Timothy in his place. As his mentor, Paul was never hesitant in warning Timothy of the things that could distract him from his mission. Even while instructing Timothy to take care against the evils in this world, he was acknowledging Timothy as a man of God.

In 1 Timothy 6:11, Paul instructed Timothy to pursue certain actions in order to further imitate Christ.

**List these qualities, then identify ways you are currently pursuing each.**

## REFLECT AND RESPOND

Girls, the Lord wants to use each and every one of you to further the gospel and spread His message, just as Paul and Timothy did. Some of you may be thinking there's no way that God would ever use me. But you will see over the course of this study that God desires to use you as a vessel of the gospel. Timothy was a young man who had Christ at the center of his heart. Through his relationship with Paul, he grew stronger in his faith and told countless people of the grace found in Jesus.

**Is Jesus at the center of your heart? If not, take a few minutes to identify who or what is.**

In order to spread the gospel, we must have Christ as the center of our lives. Paul and Timothy each placed Christ at the center of their lives in order to better serve and imitate Christ.

## DAY FOUR

### Timothy Has a Mission

Next week we will really begin to dig into the text of 2 Timothy. I can't wait for you to join me there! You may have started to notice that the name Timothy has come up a lot already in our study, and this is not going to go away. Yesterday we talked about Timothy's character and faithful commitment to God. Today, let's look closer at Timothy's purpose.

#### Read 1 Corinthians 11:1.

*Be imitators of me, as I am of Christ.*

#### Read Philippians 2:19-23.

*19 I hope in the Lord Jesus to send Timothy to you soon, so that I too may be cheered by news of you. 20 For I have no one like him, who will be genuinely concerned for your welfare. 21 For they all seek their own interests, not those of Jesus Christ. 22 But you know Timothy's proven worth, how as a son with a father he has served with me in the gospel. 23 I hope therefore to send him just as soon as I see how it will go with me,*

#### EXAMINE THE SCRIPTURE

What is the connection between these two passages?

**Circle the word "imitators" in 1 Corinthians 11:1. How do you see this played out in Philippians 2:19-23?**

#### Underline the words used to describe Timothy.

Paul has spent his life mentoring Timothy, and no one else has served with him as Timothy has. In turn, both Paul and Timothy serve Christ and seek to imitate Him.

## APPLY THE SCRIPTURE

The ultimate goal of Paul's life after he met Jesus was clear. He was to bring others to Christ. Paul allowed nothing to stop him from living out this mission. As Christians, we should be as focused as Paul on the mission of creating disciples and bringing others to the saving grace of Jesus.

As we will continue to see throughout this study, Timothy imitated the example set by Paul and spent his life bringing others to Christ.

Timothy was with Paul as he was establishing the church in Philippi. So the people there were familiar with Timothy and would be glad to receive news of Paul from him. Likewise, Timothy had interest in the well-being of the church, as he was there with Paul to establish it. With the words "no one like him," we see Paul praising Timothy as a dependable worker and friend. In his willingness to take a long and tiring journey to Philippi, we see Timothy acting out of selfless service by putting the needs of others ahead of his own.<sup>6</sup>

## REFLECT AND RESPOND

Here we are, girls, in the first days of our study time, and already we are beginning to better understand the relationship between Paul and Timothy. You can just hear the pride that Paul has in Timothy. Paul has invested in Timothy as his own son, and both have served Christ by spreading the gospel.

**Who in your life is modeling service to Christ?**

**How do their actions help you understand your own purpose in serving Christ?**

## DAY FIVE

# Community Matters

We all have community. Some of us find our community at church, while others find it on the ball field, in the dance studio, or around the hallways of our schools. No matter where our community comes from, we are influenced by it. How often have people told you that you talk just like your friends? Or how many days have you shown up for school wearing the same outfit as your best friend? It's happened to all of us—because our community influences us!

### Read Proverbs 27:17.

*Iron sharpens iron,  
and one man sharpens another.*

## EXAMINE THE SCRIPTURE

Makes perfect sense, right? Okay, so maybe it doesn't come to me right away, but let's look at this verse together for a minute. Iron sharpens iron. What does that even mean? Seems to me like a perfectly ridiculous statement meant to confuse us.

Actually there is a lot being said in these two small lines. When two blades are rubbed together, they become sharper and better able to fulfill their purpose.

When we put the last part of this verse together with the first, we really get to the point. (Sorry, I couldn't stop myself.) Just as iron can sharpen another iron, believers can also make each other stronger through interaction with each other and with God's Word. Who you pair yourself with is incredibly important. If the people in your life are not sharpening you with the things of God and His Word, then you are not growing stronger in your relationship with Him.

### Underline this passage in your Bible.

Write it on a note card and put it on your mirror. Write it inside your locker so you can see it every day.

## APPLY THE SCRIPTURE

Let's get real for a moment. Your friends are either pointing you to Jesus or they aren't. You are either pointing your friends to Jesus or you aren't. Paul pointed Timothy to Christ and in turn Timothy pointed others to Christ.

The people we spend time with matter. The things we spend our time doing together matter. The traditions and themes of our friendships with people matter.

Spend some time thinking about who your people really are. How do they influence you? How do you influence them?

For some, this may be easy because your friends are precious and good and gifts to your heart from the Lord. For others, this may be a page you want to turn without finishing because you aren't quite ready to admit that your community is a dark place.

Please. do. not. turn. the. page.

This is another one of those moments where I'm going to ask ... no, implore ... you to be honest. With yourself. With the Lord. If you can do that, you'll soon find that you can be honest with your friends, too. Even those friends who need to hear the truth more than anyone else.

## REFLECT AND RESPOND

**Are your relationships based on a love of Christ and how you can better live for Him?  
Or are you living for yourself and your own desires? Explain.**

**Who is sharpening you?**

**Who are you sharpening?**

Girls, I want you to really dig deep now. Consider your friends and the people that you have surrounded yourself with. Are those relationships good? Are those relationships strengthening you in your walk with Christ? If not, please take the time right now to pray. Pray that God will highlight those bad relationships in your life and lead you to relationships that make you stronger in Christ.