

# 2 Timothy: A Life Well Lived



A knight in full plate armor, including a helmet with a visor, is shown in a dynamic pose. He has his mouth wide open as if shouting or calling out, and his right fist is clenched and raised. The armor is dark and metallic, with visible rivets and plates. The background is dark and out of focus, suggesting an outdoor setting with some structural elements.

**2 Timothy 1:8-18**

**No Shame**

**[8] Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God, [9] who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, [10] and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel, [11] for which I was appointed a preacher and apostle and teacher, [12] which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that day what has been entrusted to me. [13] Follow the pattern of the sound words that you have heard from me, in the faith and love that are in Christ Jesus. [14] By the Holy Spirit who dwells within us, guard the good deposit entrusted to you.**

**[15] You are aware that all who are in Asia turned away from me, among whom are Phygelus and Hermogenes. [16] May the Lord grant mercy to the household of Onesiphorus, for he often refreshed me and was not ashamed of my chains, [17] but when he arrived in Rome he searched for me earnestly and found me— [18] may the Lord grant him to find mercy from the Lord on that day!—and you well know all the service he rendered at Ephesus.**

**Shame: A painful emotion caused by the awareness of having done something wrong or stupid.**

***2 Timothy 1:7***

***[7] for God gave us a spirit not of fear but of power  
and love and self-control.***

# Shameless in Action

- *“Therefore, do not be ashamed”* - Because we have God living with us, we should resist the shame the world wants us to feel because we aren't like them.
- *“ But share in suffering... by the power of God, who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace”* - Because God has called us to follow Jesus with our words and actions, we shall not act like everyone else. This will cause us suffering, because the world doesn't like things that are “different”
- *“and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel”* - Even if we suffer, we can find comfort that Jesus has secured eternal life for all of us!
- *“For which I was appointed”* - We are appointed by God to be people who live like Jesus, without shame, knowing that he is coming back soon.


# Aidan of Lindisfarne





# Shameless in Belief

- *“But I am not ashamed, for I know whom I have believed”* - We can only live shameless if we choose to base what we consider “shameful” on who God is.
- *“Follow the pattern of the sound words that you have heard from me”* - We can only know who God is if we read The Bible.
- *“By the Holy Spirit, who dwells within us, guard the good deposit entrusted to you.”* - Even when we don't feel like we're learning or growing, The Bible promises that the Holy Spirit is working in us, drawing us closer to God!

A man in a pink shirt and tie is holding a tablet computer in a meeting. He is looking at the screen. To his left, another man in a pink shirt is looking down. To his right, a man in a blue shirt is partially visible. The background is dark and out of focus.

**This is what we needed the most.**

# How Shall We Live?

- We live shamelessly by following the example of Jesus and other Christians who live like Jesus.
- We believe shamelessly by studying the Bible to learn more about who God is, who we are, and how God has chosen to love us.

**Jesus suffered greatly so that you and I have a chance to live a life free of shame and full of purpose.**