

RETHINK, RESET, REFOCUS

— A SERMON SERIES IN 2 TIMOTHY —

GOD CALLS US TO
RETHINK THE LIES,
THE DISTRACTIONS,
AND THE HABITS
THAT DULL OUR FAITH.



GOD CALLS US TO
RESET OUR HEARTS,
OUR PRIORITIES,
AND OUR DIRECTION.

GOD CALLS US TO
REFOCUS ON HIS PURPOSE,
HIS POWER, AND HIS PRESENCE.



Rekindling Your Faith (2 Timothy 1:1-14), August 16, 2026

Shalom Ministries International Worship Service

Worship (led by Paul Musembi, Worship pastor)

Even so come
Lord Jesus come
Even so
Take your bride away
How my soul
Longs to be with you my Lord
Even so
Even so come
Lord Jesus come



Prayer Time

- Led by Marc Musimbi (Prayer pastor)



Paul & Timothy: Spiritual Father & Son

- 2nd mission journey (AD 50-52)
 - Paul returned to Lystra and added Timothy to his missionary team (Acts 16:1-3; 10).
 - Traveled Philippi, Thessalonica, Berea, Athens -> Separated and rejoined in Corinth.
- 3rd mission journeys (AD 53-58)
 - During the Ephesian ministry, Paul sent Timothy and Erastus ahead into Macedonia (Acts 19:22).
 - Timothy rejoined Paul in Macedonia and later waited for him in Troas on the return trip to Jerusalem (Acts 20:4-5).
- Roman imprisonment support (AD 60-62)
 - When Paul is arrested, sent to Rome for trial before Caesar, Timothy remained by his side as a faithful co-laborer.
 - Co-sender of epistles (Philippians, Colossians, Philemon).
- Post-imprisonment ministry (AD 62-66)
 - Paul and Timothy traveled Ephesus, where Paul left Timothy behind to oversee the church and protect it from false teachers while Paul departed for Macedonia (1 Timothy 1:3).
- The final imprisonment (AD 66-68)
 - Writing from a Roman dungeon while facing imminent execution, a lonely Paul pens his final letter, 2 Timothy, urging Timothy to come to him before winter (2 Timothy 4:9, 21).
- Timothy's own imprisonment
 - I want you to know that our brother Timothy has been released (Hebrews 13:23).

Rekindling Your Faith When Exhaustion Sets In

- Paul's context
 - Paul was in a dark, cold Roman dungeon (Mamertine Prison), knowing his execution was imminent. He was abandoned by many friends and facing severe hardship.
- Timothy's Context
 - **Hostile opposition from false teachers:** Avoid godless chatter, because those who indulge in it will become more and more ungodly. Their teaching will spread like gangrene. Among them are Hymenaeus and Philetus, who have departed from the truth (2 Timothy 2:16-18).
 - **Emotional exhaustion, isolation and fear:** Recalling your tears (2 Tim. 1:4); For the Spirit God gave us does not make us timid (2 Tim 1:7).
 - **Temptation to shrink back:** The heavy emotional weight of Paul's impending execution; Do not be ashamed of the testimony about our Lord or of me his prisoner (2 Tim 1:8).
- The positive impact of the letter on Timothy
 - When exhaustion sets in, believers naturally do two things: they yield to fear and they feel ashamed or hesitant to stand out. Paul's letter is a loving, fatherly call to **Rethink, Reset, and Refocus.**

Paul's Encouragement (2 Tim 1:3-5)

- Spiritual grounding through unceasing prayer
 - As night and day I constantly remember you in my prayers (2 Tim 1:3).
 - Paul demonstrates that Timothy is continuously held up before God in prayer -> Timothy is not fighting Ephesus alone; Paul is continually interceding for Timothy.
- Relational affection
 - To Timothy, my dear son (2 Tim 1:2): A deeply affectionate, spiritual father-son bond
 - Recalling your tears, I long to see you, so that I may be filled with joy (2 Tim 1:4).
 - Relationships: spiritual father and son; trusted partners and co-laborers; mentor and successor (passing the torch).
 - I have no one else like him, who will show genuine concern for your welfare (Philippians 2:20).
- Generational legacy validation
 - I am reminded of your sincere (unfeigned, unhypocritical) faith, which first lived in your grandmother Lois and in your mother Eunice and, now lives in you also (2 Tim 1:5).
 - Paul counters Timothy's self-doubt. Timothy might feel weak, but Paul assures him that the faith inside him is genuine and deeply rooted.

Rethink Your Spark



- Remember your root
 - **For this reason** I remind you to **fan into flame** the gift of God, which is **in you** through the laying on of my hands (2 Timothy 1:6).
 - For this reason: because God is faithful, Paul is praying, and his faith heritage is genuine.
 - Fan into flame: For this reason, Timothy must act. Paul calls him to **fan into flame** (*anazōpyrein*) the spiritual gift given at his ordination.
- Dynamics
 - The source: **The gift of God**: Divine origin (not self-generated energy);
 - The process: **Fan into flame** (awakening a sleeping catalyst, revitalizing a quiet force);
 - **I remind you**: Paul acts as an external voice to call Timothy back to objective spiritual reality.
- Application
 - Pastors must realize that feeling numb does not mean God has abandoned them or revoked their calling.
 - Fanning a fire does not create new fuel; it simply allows air to reach the ember that is already present. Small, deliberate actions create space for the Holy Spirit to work.

Reset Your Spirit

- The contrast of Spirit
 - Do not let fear or shame shrink your ministry, because your calling rests on God's invincible power and Christ's victory over death.
 - For the Spirit God gave us does not make us timid (fear), but gives us power, love and self-discipline (sound mind) (2 Timothy 1:7).
 - God has not given believers a spirit of timidity or cowardice. Instead, God equips them with a threefold spiritual DNA: 1) Power (dynamis): Divine strength to endure opposition; 2) Love (agape): Selfless orientation toward others that casts out fear; 3) Self-discipline: Mental clarity, emotional stability under pressure.
- Dual command
 - So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God (2 Tim 1:8).
 - Paul commands him two things: 1) Do not be ashamed of the gospel or of Paul's prison chains; 2) Join in suffering for the gospel according to God's power.
 - When you realize that conflict and trial are part of the calling, you stop viewing hardship as a sign that God has abandoned you but identifying it a badge of honor.

Refocus on Jesus

- The Gospel foundation
 - He has saved us and called us to a holy life—not because of anything we have done but because of **his own purpose and grace** (2 Tim 1:9).
 - Paul shifts Timothy's focus away from his immediate Ephesian troubles to the grand cosmic reality of God's plan.
- Shifting focus from performance to grace
 - Pastoral depression often stems from performance-driven expectations. However, the spiritual success, growth, and salvation of the church do not depend on human effort. As humble servants, we step back so God can lead His church the way He desires.
- Unshakable trust in Jesus
 - That is why I am suffering as I am. Yet this is no cause for shame, because **I know whom I have believed**, and am convinced that he is able to guard what I have entrusted to him until that day (2 Tim 1:12).
 - The ultimate security of the Church and the pastor's legacy rests in Jesus' hands, not in human systems or metrics. God is faithful to guard what has been committed to Him.
 - Refocus your foundation: Anchor confidence in the character of Jesus, not in immediate ministry success.

Guard the Good Deposit

- The pattern of sound words
 - What you heard from me, keep as **the pattern (the blueprint) of sound (healthy) teaching,** with faith and love in Christ Jesus (2 Tim 1:13).
 - In an era of theological drift and cultural compromise, there is constant temptation to dilute biblical doctrine to make it more palatable.
- Guard the deposit through the Holy Spirit
 - **Guard the good deposit** that was entrusted to you—guard it with the help of the Holy Spirit who lives in us (2 Tim 1:14).
 - Carefully guard the precious truth that has been entrusted to you (NLT).
 - Timothy was receiving a baton passed from Paul. If Timothy failed to guard it, the next generation would lose the foundation of their faith.
- Application
 - Measure all ideas against the pattern of sound words in Scripture.
 - Rely on the Holy Spirit through prayer rather than human effort.
 - Invest the gospel deposit deeply into faithful, disciple-making leaders.

Rekindling Your faith When Exhaustion Sets In

Paul writes to Timothy, who is paralyzed by fear, grief, and emotional exhaustion in Ephesus. Paul calls Timothy to step back, clear away the clutter of fear, and re-center his life and ministry.

Rethink
who you
are

- A leader held in constant prayer, backed by an authentic heritage of faith, and deeply loved
- What fear-driven lies are keeping you from stepping into God's power and peace today?

Reset the
spiritual fire

- It enabling him to stand without shame and join in suffering for the gospel.
- What area of your spiritual life has grown cold, and how will you rekindle it today?

Refocus on
Jesus

- Paul charges him to guard the sacred deposit of the gospel with unshakeable trust in Jesus.
- Is your trust anchored in your changing circumstances or in the unchanging character of Jesus?