

lifegroups

DISCIPLESHIP TRAINING

Session #1— October 4, 2026

Title: Rise and Radiate

Theme: Killing What's Killing Me

Scripture: 2 Timothy 1:3-7 (NIV)

Objective: During this session the learner will be inspired to replace fear and timidity with God-given courage and honor their faith through power, love and self-discipline.

Outreach from Previous Week:

Why is it difficult to live in the reality of peace with God on a daily basis, especially today?

Training Text: 2 Timothy 1:3-7 (NIV)

³ I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers. ⁴ Recalling your tears, I long to see you, so that I may be filled with joy. ⁵ I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

⁶ 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. ⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Scripture Discussion | 2 Timothy 1:3-4

- What does it show us about Paul that, while facing possible execution in a dark Roman cell, his primary focus is on thanking God and praying for someone else?
- How does Paul model healthy emotional expression as a spiritual mentor by admitting he misses Timothy and remembers his tears?

over, please

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Scripture Discussion | 2 Timothy 1:5-6

- How did the faith of Lois and Eunice impact Timothy and what does this teach us about the power of godly examples within a family or close community?
 - In what ways can a family or community pass down a healthy, authentic faith, rather than just a set of rules?
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Scripture Discussion | 2 Timothy 1:7

- In what ways does a spirit of love act as an antidote or counterweight to a spirit of fear?
 - How does self-discipline help you make wise choices when life feels chaotic or overwhelming?
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Discussion Questions:

- What are practical, daily ways you can "re-ignite" or actively use the gifts God has given you, rather than letting them sit idle?

- Where in your life do you need to transition from acting out of anxiety to operating out of power, love and self-control?

- How does reflecting on your own spiritual heritage—or lack thereof—influence the way you live out your faith today?

- How can you help encourage or mentor someone else who is currently struggling with fear or doubt?

- What is one specific area of your life right now where you need to exchange fear for God's power, love or self-control?

Next Week's Scripture: Acts 27:9-12, 18-25 (NIV)

Outreach:

Ask two people the following question: What are practical, daily ways you can "re-ignite" or actively use the gifts God has given you, rather than letting them sit idle?

Report your results in the group next week.