

<sup>14</sup> But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it,<sup>15</sup> and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.<sup>16</sup> All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,<sup>17</sup> so that the servant of God may be thoroughly equipped for every good work.

<sup>4</sup> In the presence of God and of Christ Jesus, who will judge the living and the dead, and in view of his appearing and his kingdom, I give you this charge:<sup>2</sup> preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction. For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths.<sup>5</sup> But you, keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry.



In 1967, a 20 year-old athlete by the name of Kathrine Switzer made history by becoming the first woman to run the Boston Marathon wearing an official race number. Despite there being no specific reference made to gender in the marathon rule book, it was widely understood that only men were allowed to participate. Consequently, Kathrine registered for the



- Collectively, 1 and 2 Timothy and Titus are known as 'The Pastoral Epistles'
- The Apostle Paul, the author of 2 Timothy, was in prison in Rome, awaiting trial and probable execution
- Paul had a close relationship with Timothy, whom he described as 'his true son in the faith'; (1 Timothy 1.2) and his 'dear son' (2 Timothy 1.2)
- In 2 Timothy, Paul passes on his parting instructions to Timothy regarding what he believed should be the life and work of believers



- Paul exhorts Timothy: 'What you heard from me, keep as the pattern of sound teaching' that Paul had taught him, (2 Timothy 1.13) and tells him to 'Guard the good deposit that was entrusted to you.' (verse 14)
- In 2 Timothy 2, Timothy is encouraged to be strong in the grace that is in Christ Jesus (verse 1) and pass on Paul's teachings 'to reliable people who will also be qualified to teach others' (verse 2). Paul warns Timothy to avoid false teachings (verses 16–18) and







Later in 2 Timothy 4, Paul talks about having 'finished the race, and kept the faith.' (verse 7). Marathon runner Kathrine Switzer would be fully aware that running a race requires discipline, training and perseverance. Reading the Bible also takes all three!

It takes discipline to set aside time every day to read an