

1. 00:03-01:10 Picture 1. Paul's second letter to Timothy. This is Paul's final and most personal letter. He wrote it from yet another time in prison. It is addressed to Paul's dear co-worker, the young Timothy. We do not know how much time exactly has passed since he wrote 1 Timothy but we can see that Paul's situation has changed and for the worse. (A) Use picture 1 to explain Paul's situation while writing this last letter. Use keywords as court trial, survive, dark situation. (B) What did Paul want to pass on to Timothy?

2. 01:13-02:09 Picture 2. Paul begins by thanking God for Timothy and his family, specifically for his grandmother, Lois, and his mother, Eunice. They immersed the young Timothy in the story of the Old Testament Scriptures. They fostered in him a deep faith in the Messiah Jesus. Because of that firm faith, Paul offers his first \_\_\_\_\_ to Timothy. He calls him to \_\_\_\_\_ any \_\_\_\_\_ to be ashamed of the good news about Jesus or of Paul, who is \_\_\_\_\_ in \_\_\_\_\_ for announcing that good news. The reason Paul needs to emphasize this is the shame that he gained by his frequent times in prison. It made many of Paul's coworkers, in fact, doubt his calling as an \_\_\_\_\_. He mentions two guys: Phygelus and Hermogenes. They deserted Paul because they were \_\_\_\_\_ of being \_\_\_\_\_ with Paul, who was an accused \_\_\_\_\_ now. So Paul asked Timothy to \_\_\_\_\_ any fear of shame and to come see him. Paul knows that this is a costly request. It could put Timothy at \_\_\_\_\_.

3. 02:11-03:48 Picture 3. Paul reminds Timothy that Jesus' grace is a source of power, which is really important. You are going to need it because following Jesus is not easy. It requires everything that you have. (A) Paul gives five (5) examples on what it is like to follow Jesus. Use picture 3 to mention these examples. (B) Fill in the blanks: \_\_\_\_\_ and \_\_\_\_\_ are inherent to the Christian life. This is why Jesus' \_\_\_\_\_ is the \_\_\_\_\_ of Christian hope. Or, as Paul puts it in a short and very powerful poem, if we died with him then we will \_\_\_\_\_ with

圖片 1。提摩太後書是保羅寫的最後和最飽含個人情感的一封信。写信时，他再次被抓坐牢。这封信是写给他亲爱的同工和徒弟——年轻的提摩太。不知道保罗这封信的写作时间和《提摩太前书》间隔多久，但可以看出，保罗当时所处的环境变得更糟糕了。保羅在寫這封信時的情況如何？使用關鍵字庭審，進展不利，時日無多。(B) 保羅想將什麼交給提摩太？

圖片 2。保罗一开始就为提摩太及其家人感谢神，特别为提摩太的外祖母罗以和母亲友尼基感谢神。提摩太还年幼时，她们就让提摩太熟悉《旧约》经文中的故事，教导他相信耶稣就是弥赛亚的坚定信仰。因此，出于这种坚固的信心，保罗向提摩太提出了第一个\_\_\_\_\_：他激励提摩太不要以耶稣的\_\_\_\_\_或\_\_\_\_\_的保罗为羞耻。保罗特别强调这一点，是因为他多次被抓入狱，饱受骂名。事实上，这让很多同工怀疑保罗做\_\_\_\_\_的呼召。他提到了两个人腓吉路和黑摩其尼，因为保罗被当局指控犯罪，他们耻于和保罗有\_\_\_\_\_，离他而去。保罗让提摩太\_\_\_\_\_所有对羞耻的恐惧，前来看望他。保罗明白，这个请求会付出代价，有可能给提摩太带来\_\_\_\_\_。

圖片 3。保羅提醒提摩太，耶穌的恩典是力量的源泉，這一點很重要。我們都需要這樣的力量，因為跟隨耶穌不是容易的事，需要付上自己擁有的一切。(A) 保羅列舉了五個跟隨耶穌的感受的例子。(B) 填空：\_\_\_\_\_和\_\_\_\_\_是基督徒生活的一種表現。正如保羅用一首簡潔、有力的詩歌來表達：我們若與基督同死，就必與他\_\_\_\_\_；我們若能堅

him. If we endure then we will \_\_\_\_\_ with him. If we deny him then he will \_\_\_\_\_ us. If we are unfaithful, he will remain \_\_\_\_\_, for he is unable to deny his own nature.

4. 03:53-05:11 Picture 4. Paul moves into the second half of the letter, calling Timothy to confront the \_\_\_\_\_ teachers in Ephesus before he comes to Rome. Their teaching is spreading in the ephesian church like a \_\_\_\_\_. They have targeted and corrupted a number of influential women in the church. It is not clear if their teaching was influenced by Greek philosophy or if they just distorted Paul's teaching. In any case, the main problem is that they have abandoned the future hope of \_\_\_\_\_ and of new \_\_\_\_\_. They have embraced instead a private, hyper spiritualized Christianity that is \_\_\_\_\_ from day-to-day life. So Paul calls Timothy to raise up \_\_\_\_\_ leaders who are going to teach the real good news about \_\_\_\_\_. They should avoid senseless \_\_\_\_\_ that result from debating the teachers. In contrast, Timothy and his leadership team are to keep the \_\_\_\_\_ thing the \_\_\_\_\_ thing. They should focus on the \_\_\_\_\_ storyline and message of the \_\_\_\_\_.

5. 05:15-06:14 Picture 5. The scriptures, Paul says, are able to give you \_\_\_\_\_ that leads to \_\_\_\_\_ through faith in the Messiah, Jesus. He is saying the whole point of the scriptures is to tell you a \_\_\_\_\_ story that leads to \_\_\_\_\_ and that has \_\_\_\_\_ to offer the whole \_\_\_\_\_. In this part of the letter Paul also explains the nature of Scripture and the purpose of Scripture. **Scripture's nature:** Paul says all Scripture is divinely \_\_\_\_\_ literally, "God's Spirited". It is a reference to the Spirit's role in \_\_\_\_\_ the biblical \_\_\_\_\_ so that what they wrote is what \_\_\_\_\_ wanted his people to hear. **Scripture's purpose:** God speaks to his people in the scriptures for a very practical purpose. Use picture 5 to explain the four (4) practical purposes of Scripture.

6. 06:19-06:56 Picture 6. Paul closes the letter by reminding Timothy that he is probably not going to make it out of prison \_\_\_\_\_. So he asks Timothy to come as soon as possible before \_\_\_\_\_. He does not want to \_\_\_\_\_ in his cell. So he is going to need his heavy \_\_\_\_\_ that he had

忍，就必于他一同\_\_\_\_\_；我们若不认他，他必\_\_\_\_\_我们；我们纵然不信，他仍是\_\_\_\_\_，因为他不能否定自己。

圖片 4。在信件后半部分，保罗激励提摩太来罗马之前，要敢于直面以弗所那些\_\_\_\_\_教师。他们的教导像\_\_\_\_\_一样，在以弗所教会中蔓延。他们在教会里瞄准并腐化了一大群有影响力的妇女；我们不清楚这些假教师是不是跟从了某个希腊哲学家，反对所有关于肉体复活的观点，他们认为，只有灵魂的经历才是真实的。或者，也可能是他们从那时开始，直接扭曲保罗关于藉着圣灵的大能获得复活生命的教导。无论是哪种情况，都表明，他们放弃了一种活泼的盼望，就是将来有\_\_\_\_\_和\_\_\_\_\_身体；他们信奉的，是一种与日常生活脱节、自私的、超级属灵的伪基督教。因此，保罗告诫提摩太，要培养\_\_\_\_\_领袖，去教导\_\_\_\_\_的真正的福音。他们要小心，不与那些有意挑起争端的假教师进行\_\_\_\_\_的辩论。相反，提摩太和他的领袖团队要走在\_\_\_\_\_，理应更专注\_\_\_\_\_教导。在保罗生活的时代，圣经基本上指的是《旧约》。

圖片 5。保罗说：“这圣经能够使你\_\_\_\_\_，可以因信弥赛亚耶稣得着救恩。”他说，整本圣经的重点，就是讲述了一个\_\_\_\_\_的故事，这故事指向\_\_\_\_\_，并提供了适用于整个\_\_\_\_\_。之后，保罗讲到圣经的本质和目的，说所有的圣经经文都出\_\_\_\_\_，每字每句都出自神的灵。他特别指出，\_\_\_\_\_圣经作者写作的是\_\_\_\_\_，经文中所写的，都是\_\_\_\_\_让百姓们听见的。聖經的目的：上帝在聖經中向子民所說的是有著非常實在用途。用圖片 5 來解釋聖經的四個實際用途。

to leave behind. Also, could Timothy please bring those personal \_\_\_\_\_ that he left in Troas, likely when he got arrested? He also mentions Alexander who is an especially dangerous man that Timothy should avoid. He is probably responsible for Paul's most recent arrest. Paul concludes by mentioning how nearly everyone has \_\_\_\_\_ him in prison. His only source of comfort now is the \_\_\_\_\_ presence of \_\_\_\_\_ who stands with him and will deliver him, even if he \_\_\_\_\_. So, the letter ends

7. 07:01-07:35 Picture 7. The letter of 2 Timothy stands as a reminder that Paul's very influential life and mission were marked by persistent \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. Following Jesus involves \_\_\_\_\_ and \_\_\_\_\_. It means inviting \_\_\_\_\_ and \_\_\_\_\_ into your life. These things are not a sign of Jesus' \_\_\_\_\_. Question (Picture 7): Paul argues that risk and tension are not a sign of Jesus absence, but are in fact a sign of what?

8. Use 1 picture to share 1 thing you have learned from this lesson about God the Father/Son/Holy Spirit.

Scripture reading:

2 Tim 2:1-8

2 Tim 3:14-17

2 Tim 4:9-18

圖片 6。在信的結尾，保羅提醒提摩太，他估計自己\_\_\_\_\_出獄的那一天了，所以請提摩太儘快在\_\_\_\_\_之前來。他不想\_\_\_\_\_在監獄里，他需要那件入獄前他沒有攜帶的\_\_\_\_\_來御寒；他還請提摩太把他留在特羅亞的個人\_\_\_\_\_帶來，這可能是他被捕時候的留下的。他還提到了亞歷山大，說這個人很危險，讓提摩太提防着他。有可能是這個人導致保羅再次被捕入獄。即便要面臨\_\_\_\_\_，他此時唯一的安慰，就是\_\_\_\_\_親自向他顯現，與他同在，必要拯救他。保羅的信到此就結束了。

圖片 7。提摩太后書》充滿了回憶和提醒，它復述了保羅大有影響的生命和傳道生涯，到處是\_\_\_\_\_、\_\_\_\_\_和\_\_\_\_\_。跟隨耶穌有\_\_\_\_\_，需要\_\_\_\_\_，這意味著你的人生會出現\_\_\_\_\_和\_\_\_\_\_。但是，這不表明耶穌沒有和你\_\_\_\_\_；問題：保羅認為風險和不安並不代表耶穌沒有與你同在，反而是代表什麼呢？

8. 使用一張圖片分享你從本課程中學到的關於父神/聖子/聖靈的 1 件事

經文閱讀：

提後 2:1-8，

提後 3:14-17，

提後 4:9-18

English: <https://www.youtube.com/watch?v=urlvnxCaL00>

國語: <https://www.youtube.com/watch?v=Brz5x2GH0mQ>

粵語: <https://www.youtube.com/watch?v=B0tHpBxyNx4>



2:1-13 耶稣的恩典  
给我们力量去(2:1)  
变得像...

士兵

农夫

运动员

保罗

耶稣

2:11-13

我们若与基督同死，  
就必与他同活；  
我们若能坚忍，  
就必与他一同作王；  
我们若不认他，  
他必不认我们；  
我们纵然不信，  
他仍然是信实的，  
因为他不能  
否定自己。

·投身到比自己更重要的事情中  
·愿意为更大的目标而献身&忍耐

对耶稣忠诚  
是要付代价的

3

3:56 / 8:06

2:14-4:5 ... & 处理那些败坏的教师

吉路和其尼(1:15)

保罗! 不要理他!

复活已经发生了! (2:18)

或

① 跟随希腊哲学而拒绝肉身复活

② 扭曲保罗的神学: 复活的生命现已开始

底线: 他们放弃了复活和新创造的盼望

“委身忠心又能够教导别人的人”(2:2)

†=冠

专注于圣经的中心故事&主要信息

4

5:27 / 8:06

开始

底线：他们放弃了复活和新创造的盼望

专注于圣经的中心故事 & 主要信息

这圣经能够使你有智慧，可以因信你赛亚耶稣得着救恩。全部圣经都是神所默示的...

...在教训、责备、矫正和公义的训练各方面，都是有益的，为要使属神的人装备好，可以完成各样的善工。(3:15-17)

### 圣经的本质

神的灵引导作者们，使他们能写下神想说的话

### 圣经的用途

6:39 / 8:06

5

## 一些败坏的教师

4:6-22 总结

“委派忠心又能够教导别人的人” (2:2)

十=王

专注于圣经的中心故事 & 主要信息

我离世的时候也到了 - 赶快在冬季前来

把我的外衣带来 (开始转凉了!)

把我的羊皮卷 & 其他文件也带来

要提防亚历山大 → (危险人物!)

7:09 / 8:06

6a

在教训、责备、  
和公义的训练各方面，  
有益的，为要使属神的人  
好，可以完成各样的善工  
(3:15-17)

### 圣经的用途

差不多所有人都离弃我了，  
只有耶稣仍站在我身旁

7:24 / 8:06

6b

## 跟随耶稣难免 风险 & 不安

这不代表  
耶稣不在

在黑暗跟艰难的时刻里，  
耶稣的爱和信实  
会成为最真实的安慰。

### 4:6-22 总结

7:20 / 8:06

7

[Q1]

00:03

Paul's second letter to Timothy

00:05

This is Paul's final and most personal letter.

00:08

He wrote it from yet another time in prison.

00:11

It is addressed to Paul's dear co-worker and protégé, the young Timothy.

00:15

We do not know how much time exactly has passed since he wrote 1 Timothy

00:19

but we can see that Paul's situation has changed and for the worse.

00:23

He is imprisoned in Rome, which could refer to his time under house arrest that was mentioned in Acts chapter 28

00:29

or it could be that he was released from that imprisonment,

00:32

had another long season of ministry and then was arrested again in Troas.

00:37

Either way, Paul says, he is in the middle of his court trial.

00:40

It is not going well.

00:42

He is pretty sure he is not going to survive this one.

00:44

Out of this very dark situation, Paul appeals to Timothy

00:48

who, it seems, is still on assignment in Ephesus.

00:51

He asked Timothy to come be with him in prison

00:54

so Paul can pass on to him the church planting mission he started.

00:58

The letter's design is pretty simple.

00:59

There are two large sections where Paul challenges Timothy first to accept his calling as a leader.

01:04

Then, before he comes to Paul,

01:06

to deal with the corrupt teachers that are still causing problems in Ephesus.

01:10

After this Paul concludes the letter.

[Q1]

提摩太后书，是保罗写的最后一封信，也是最饱含个人情感的信。写信时，他再次被抓坐牢。这封信是写给他亲爱的同工和徒弟——年轻的提摩太。

不知道保罗这封信的写作时间和《提摩太前书》间隔多久，但可以看出，保罗当时所处的环境变得更糟糕了。他在罗马被拘留，这可能就是《使徒行传》28章中提到的保罗被软禁，也可能是他被释放并进行一段长时间的布道之后，在特罗亚的再次被捕。无论是哪种情况，保罗都提到，他正在庭审的过程中，进展对他不利。他十分确定，这次自己是躲不过去了。所以，在处境异常艰难的情况下，他请还在服侍以弗所教会的提摩太来探监，这样，他就能把植堂的事工交给提摩太。

这封信的结构很简单，保罗从两方面向提摩太提出了挑战：首先让他接受自己成为领袖的呼召；之后，让提摩太来探访之前，处理好在以弗教会挑事的那些堕落的教师。然后，保罗的信就结束了。

[Q2]

保罗一开始就为提摩太及其家人感谢神，特别为提摩太的外祖母罗以和母亲



[Q2]

01:13

Paul begins by thanking God for Timothy and his family,

01:16

specifically for his grandmother, Lois, and his mother, Eunice.

01:20

They immersed the young Timothy in the story of the Old Testament Scriptures.

01:24

They instilled in him a deep faith in the Messiah Jesus.

01:28

Because of that firm faith, Paul offers his first challenge to Timothy.

01:33

He calls him to reject any temptation to be ashamed of the good news about Jesus

01:38

or of Paul, who is suffering in prison for announcing that good news.

01:42

The reason Paul needs to emphasize this is the negative stigma

01:45

that he gained by his frequent times in prison.

01:48

It made many of Paul's coworkers, in fact, doubt his calling as an apostle.

01:53

He mentions two guys: Phygelus and Hermogenes.

01:55

They deserted Paul because they were ashamed of being associated with Paul, who was an accused criminal now.

02:01

So Paul asked Timothy to reject any fear of shame and to come see him.

02:06

Paul knows that this is a costly request.

02:09

It could put Timothy at risk.

[Q3]

02:11

So he reminds Timothy that Jesus' grace is a source of power, which is really important.

02:17

You are going to need it because following Jesus is not easy.

02:21

It requires everything that you have.

02:23

Paul likens following Jesus to enrolling as a soldier who is striving to please their commanding officer.

友尼基感谢神。提摩太还年幼时，她们就让提摩太熟悉《旧约》经文中的故事，教导他相信耶稣就是弥赛亚的坚定信仰。因此，出于这种坚固的信心，保罗向提摩太提出了第一个挑战：他激励提摩太不要以耶稣的福音或牢中受苦的保罗为羞耻。

保罗特别强调这一点，是因为他多次被抓入狱，饱受骂名。事实上，这让很多同工怀疑保罗做使徒的呼召。他提到了两个人腓吉路和黑摩其尼，因为保罗被当局指控犯罪，他们耻于和保罗有牵连，离他而去。保罗让提摩太放下所有对羞耻的恐惧，前来看望他。保罗明白，这个请求会付出代价，有可能给提摩太带来风险。

[Q3]

所以，他提醒提摩太，耶稣的恩典是力量的源泉，这一点很重要。我们都需要这样的力量，因为跟随耶稣不是容易的事，需要付上自己拥有的一切。

保罗把跟随耶稣比作参军，士兵要努力让指挥官满意；这也像运动员，为了比赛而锻炼自己的身体；或者像那些努力工作、勤恳耕种的农夫。这三个比喻，说的都是，当一个人投身到比自己更重要的事情中时，为了完成更伟大的目标，他会甘愿献身，忍耐到底，接受

02:29

Or it is like an athlete who is training their body for a competition.

02:33

Or it is like a hard-working dedicated farmer.

02:35

All three of these metaphors involve a person who is committed to something bigger than themselves

02:41

and who is willing to sacrifice and endure challenges to accomplish a greater goal.

02:46

Of course, the highest example of this is Jesus himself.

02:50

Because of his commitment to the Father, he suffered crucifixion by the Romans.

02:54

Similarly, Paul himself is now suffering in a Roman prison.

02:58

Hardship and sacrifice are inherent to the Christian life.

03:02

This is why Jesus' resurrection is the foundation of Christian hope.

03:06

Or, as Paul puts it in a short and very powerful poem,

03:10

if we died with him then we will live with him.

03:13

If we endure then we will reign with him.

03:16

If we deny him then he will deny us.

03:20

If we are unfaithful, he will remain faithful, for he is unable to deny his own nature.

03:26

God's love for our world has opened up a new hope through the death and resurrection of Jesus.

03:32

So for those who will take the risk of trusting and following Jesus, God promises vindication and life.

03:39

For those who reject him, God will honor that decision and do the same.

03:43

But people's faithlessness will never compel God to abandon his faithfulness

03:48

So Paul calls Timothy to faithfulness, knowing that it may come with a cost.

[Q4]

03:53

Paul moves into the second half of the letter,

挑战。

当然，这其中最好的榜样就是耶稣自己，因为祂委身于天父，被罗马人钉在十字架上受苦。与此相似的是，保罗自己也在罗马人的监狱中受苦。受苦和牺牲是基督徒生活的一种表现，因此，耶稣的复活才成为基督徒的盼望。对此，保罗用一首简洁、有力的诗歌来表达：

“我们若与基督同死，就必与他同活；

“我们若能坚忍，就必于他一同作王；

“我们若不认他，他必不认我们；

“我们纵然不信，他仍是信实的，因为他不能否定自己。”

神对这个世界的爱，通过耶稣基督的死而复活带来了新的盼望。因此，对那些甘愿冒着风险相信并追随耶稣的人，神答应要赦免他们的罪，并赐永生；对那些拒绝祂的人，神会一如既往地尊重他们的决定，但人的不信永不会迫使神失信。所以，保罗呼吁提摩太对耶稣忠诚，尽管要付出代价。

[Q4]

在信件后半部分，保罗激励提摩太来

03:55  
calling Timothy to confront the corrupt teachers in Ephesus before he comes to Rome.

03:59  
Their teaching is spreading in the ephesian church like a cancer.

04:03  
They have targeted and corrupted a number of influential women in the church.

04:07  
These are likely the wealthy women the ball had to deal with in his first letter to Timothy.

04:11  
He does not offer much detail about the teachers bad theology.

04:14  
Timothy already knows about it.

04:16  
He does give us one hint

04:18  
He says they teach that the resurrection has already taken place.

04:22  
We do not know if the teachers are following a Greek philosophical rejection of the whole idea of bodily resurrection

04:29  
and they think it is only really about spiritual experience.

04:32  
Or it could be that they have simply distorted Paul's teaching about the resurrection life

04:37  
that begins now through the power of the Spirit.

04:40  
Either way, the problem is that they have abandoned the robust future hope of resurrection and of new creation

04:47  
They have embraced instead a private, hyper spiritualized Christianity that is disconnected from day-to-day life.

04:54  
So Paul calls Timothy to raise up faithful leaders who are going to teach the real good news about Jesus.

05:01  
They should avoid senseless arguments that result from debating the teachers.

05:05  
In contrast, Timothy and his leadership team are to keep the main thing the main thing.

05:11  
They should focus on the core storyline and message of the Scriptures.

[Q5]

罗马之前，要敢于直面以弗所那些堕落的教师。他们的教导像癌细胞一样，在以弗所教会中蔓延。他们在教会里瞄准并腐化了一大群有影响力的妇女；这很可能是保罗在《提摩太前书》里提到的那些有钱的妇女。对那些教师散布的错误的神学观念，保罗没提供太多细节。提摩太应该对此很清楚。但保罗给我们提供了一条的线索：那些假教师声称“复活”已经发生了。

呐，我们不清楚这些假教师是不是跟从了某个希腊哲学家，反对所有关于肉体复活的观点，他们认为，只有灵魂的经历才是真实的。或者，也可能是他们从那时开始，直接扭曲保罗关于藉着圣灵的大能获得复活生命的教导。无论是哪种情况，都表明，他们放弃了一种活泼的盼望，就是将来有复活和新造的身体；他们信奉的，是一种与日常生活脱节、自私的、超级属灵的伪基督教。

因此，保罗告诫提摩太，要培养敬虔的领袖，去教导耶稣基督的真正的福音。他们要小心，不与那些有意挑起争端的假教师进行无意义的辩论。相反，提摩太和他的领袖团队要走在正轨上，理应更专注圣经的教导。

[Q5]

在保罗生活的时代，圣经基本上指的

05:15

In Paul's day, this meant primarily the Old Testament.

05:17

These scriptures, Paul says, are able to give you wisdom that leads to salvation through faith in the Messiah, Jesus.

05:24

He is saying the whole point of the scriptures

05:27

is to tell you a unified story that leads to Jesus and that has wisdom to offer the whole world.

05:33

Paul talks about scripture's nature and purpose.

05:36

He says all Scripture is divinely breathed literally, "God's Spirited".

05:41

It is a reference to the Spirit's role in guiding the biblical authors

05:44

so that what they wrote is what God wanted his people to hear.

05:48

God speaks to his people in the scriptures for a very practical purpose

05:53

He says they are useful for teaching, telling me things I did not know before.

05:57

They are useful for challenging,

05:59

getting in my face about the things I say I believe but I do not actually live consistently with.

06:03

They are useful for correcting me, exposing my messed up ways of thinking and behaving.

06:08

And they are useful for training me in righteousness, showing me a new way to be truly human.

06:14

This is also that God's people will be prepared for doing good.

[Q6]

06:19

Paul closes the letter by reminding Timothy that he is probably not going to make it out of prison alive.

06:24

So he asks Timothy to come as soon as possible before winter.

06:28

He does not want to freeze in his cell.

06:30

So he is going to need his heavy coat that he had to leave behind

是《旧约》。保罗说：“这圣经能够使你有智慧，可以因信弥赛亚耶稣得着救恩。”

他说，整本圣经的重点，就是讲述了一个前后一致的故事，这故事指向耶稣，并提供了适用于整个世界的智慧结晶。之后，保罗讲到圣经的本质和目的，说所有的圣经经文都出自神的口，每字每句都出自神的灵。他特别指出，引导圣经作者写作的是圣灵，经文中所写的，都是神想让百姓们听见的。神用圣经对祂的百姓说话，目标很现实。圣经对教训人很有益处，把人以前不知道的事情都告诉给人。

圣经对属灵挑战也很有益处，比如，我对自己所说的话深信不疑，但我却未必能一直生活在信心中。圣经能够帮助自我更新，暴露出自我混乱的思想和行为方式。圣经能够训练我，让我变得正直。圣经向我展示了一种新的途径，如何做一个真正的人。有了这一切，神的百姓就可以预备自己去行出神的公义。

[Q6]

在信的结尾，保罗提醒提摩太，他估计自己活不到出狱的那一天了，所以请提摩太尽快在入冬之前来。他不想冻死在监狱里，他需要那件入狱前他没有携带的厚外套来御寒；他还请提摩太把他

06:33

Also, could Timothy please bring those personal documents that he left in Troas, likely when he got arrested?

06:39

He also mentions Alexander who is an especially dangerous man that Timothy should avoid.

06:45

He is probably responsible for Paul's most recent arrest.

06:48

Paul concludes by mentioning how nearly everyone has abandoned him in prison.

06:53

His only source of comfort now is the personal presence of Jesus

06:56

who stands with him and will deliver him, even if he dies.

[Q7]

07:01

So, the letter ends

07:03

The letter of 2 Timothy stands as a reminder

07:05

that Paul's very influential life and mission were marked by persistent challenge, suffering and struggle.

07:12

Following Jesus involves risk and sacrifice.

07:16

It means inviting tension and discomfort into your life.

07:19

These things are not a sign of Jesus' absence.

07:23

Rather, as Paul discovered with generations of Christians after him,

07:26

that precisely in those dark and difficult moments,

07:30

Jesus' love and faithfulness can become the most tangible in real.

07:35

That is what 2 Timothy, Paul's final letter, is all about.

留在特罗亚的个人文件带来，这可能是他被捕时候的留下的。他还提到了亚历山大，说这个人很危险，让提摩太提防着他。有可能是这个人导致保罗再次被捕入狱。

保罗最后提到，自己在监狱里，几乎被所有人抛弃。但即便要面临死亡，他此时唯一的安慰，就是耶稣亲自向他显现，与他同在，必要拯救他。

[Q7]

保罗的信到此就结束了。《提摩太后书》充满了回忆和提醒，它复述了保罗大有影响的生命和传道生涯，到处是挑战、煎熬和抗争。跟随耶稣有风险，需要牺牲，这意味着你的人生会出现风险和不安。但是，这不表明耶稣没有和你同在；相反，就像保罗和他之后几代基督徒所发现的那样，在那些黑暗、艰难的时刻里，耶稣的爱和信实会成为最触手可及和最真实的安慰。

这也就是保罗最后一封信《提摩太后书》的精义。