

“Muscle Memory: How Remembering Makes You Strong”

2 Timothy 2:8-13

1. How to **Remember**

Recall - retrieving **data** from our memory

Reflect - thinking and **pondering** on a memory

Respond - **action** influenced by recalling and reflecting

Muscle memory is a vital part of **discipleship**.

2. **What** to Remember

Remember **Jesus Christ**

his **humanity**: birth, life and **death**

his **divinity**: resurrection and **Lordship**

his **message**: the **gospel** of salvation

Remember faithful **followers** of Jesus

Remember the **promises** of Jesus

Remember the **faithfulness** of Jesus

As we practice remembering Jesus, it will **strengthen** us to become more like Jesus.

LifeGroup Questions: Applying the Teaching to Our Life

1. Who in your family or friend group has the hardest time remembering where they put things?
2. We need personal heroes in our faith. Who is someone in your life who has endured as a “faithful follower of Jesus”? How has their example affected your life?
3. Pastor Jim challenged us to practice “biblical remembering” as we obey 2 Timothy 2:8 to remember Jesus. This involves 3 acts: recall, reflect and respond. How have you applied this since Sunday? Be specific.
4. Pastor Jim also challenged us to apply the muscle memory principle to following Jesus. What’s one action step you could do to begin training for new muscle memory?
5. The social stigma to keep quiet as Christians is real. How has persecution (or fear of persecution) silenced your commitment to tell others about Jesus? What is a first step you can take to change that?
6. The promises of God are a comfort to His people all throughout the Bible. Which promises of God do you remember in times of difficulty?

Core CHRISTlike Characteristic:

Connected to God through the Word and Prayer/Loving God