

In The Home Stretch

2 Timothy 2:7-13

2:7 Reflect on what I am saying, for the Lord will give you insight into all this.

A cartoon bear with a friendly expression, wearing a red scarf, is the central focus of the image. The bear is depicted in a simple, rounded style with a yellowish-brown fur. The background is a soft, out-of-focus landscape with green hills and a light sky. The text is overlaid on the bear's face and chest area.

Sometimes I sits
and thinks, and
sometimes I just
sits...

“Think it over,
think it under.”

—Winnie The Pooh

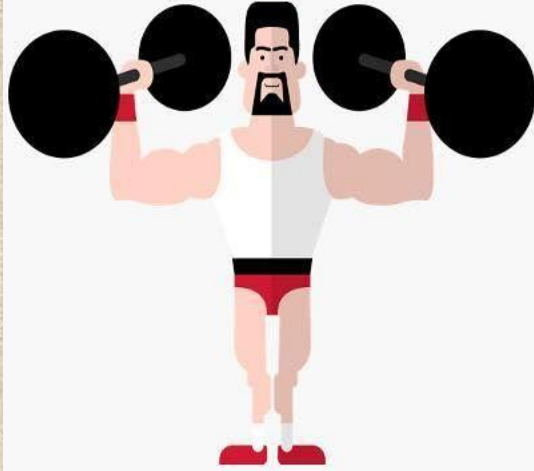
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KNOW - GOALS

HOW MANY REPS?

@knowgains



**MUSCLE
STRENGTH**

**1-5
REPS**



**MUSCLE
GROWTH**

**6-12
REPS**



**MUSCLE
ENDURANCE**

**12-20
REPS**

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2 Timothy 2:7-13

1 Timothy 4:7 train yourself to be godly.

⁸ Remember Jesus Christ, raised from the dead,
descended from David.

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2 Timothy 2:7-13

This is my gospel, ⁹ for which I am suffering even to the point of being chained like a criminal. But God's word is not chained. ¹⁰ Therefore I endure everything for the sake of the elect, that they too may obtain the salvation that is in Christ Jesus, with eternal glory.

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1:8 ... join with me in suffering for the gospel ...

2:3 Join with me in suffering, like a good soldier of Christ Jesus.

3:12 ... everyone who wants to live a godly life in Christ Jesus will be persecuted, ...

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¹¹ This is a trustworthy saying:

If we die with him, we will also live with him.

¹² If we endure hardship, we will reign with him.

If we deny him, he will deny us.

¹³ If we are unfaithful, he remains faithful,
for he cannot deny who he is.