



SIFTED AND STIRRED

DISCUSSION GUIDE

STIRRED

SPEAKER: BO STERN BRADY

DATE: August 31, 2025

TEXT(S): 2 Tim. 1:1-7, with Eph. 2:10

HOW TO USE THIS GUIDE: *This resource is designed to help you, or your group, step through a progression of engagement with the Bible passage(s) and the speaker's message. Our goal is to help you better understand and apply B4's teaching.*

MESSAGE SUMMARY + DISCUSSION PROMPTS

This second message in our two-part series explores Paul's charge to Timothy to "fan into flame the gift of God" (2 Tim. 1:6). Building on last week's theme of being sifted, Pastor Bo emphasizes that God has uniquely created each believer as His masterpiece, equipped with gifts meant for good works prepared in advance. We must stir up these gifts, ranging from wisdom to healing, with courage, faith, and intentionality. They are not meant to be love in action, blessing both the church and the world. We stir these gifts in ourselves, receive encouragement from others, and courageously affirm God's gifts in one another.

LEAN IN: *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.*

1. What's something you've always loved doing that still brings you joy today?
2. When you were much younger, what was one talent, skill, or gift people noticed in you early on?
3. Share about a time when someone spoke encouragement into your life and it "lit a spark" in you.
4. Who in your life notices or affirms your gifts, and why is that important to you?
5. What's one skill or interest you haven't used much lately, but would love to stir back up?

LOOK DOWN: *These are questions about the Bible passage(s) from the message. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. What do you notice about Paul reminding Timothy of his grandmother Lois and mother Eunice's faith (2 Tim. 1:5), and how do you relate to what you observe?
2. How does Paul support Timothy (v.3), and what do you think that meant to the young pastor?
3. 2 Timothy 1:7 says God's Spirit gives us "power, love, and self-discipline." Which of those three feels most alive in you right now, and which do you long for more of?
4. Looking at 2 Timothy 1:1-7, what encouragement would you want to give to someone younger in the faith who is just beginning to discover their gifts?
5. What do you notice about the way Paul combines history, relationship, and encouragement as he writes to Timothy?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. In today's culture, people often talk about being "true to yourself" or "finding your passion." How does that idea compare with Paul's call to Timothy to "fan into flame the gift of God"?
2. How do you think people outside the church might view the idea that their gifts come from God?
3. Many people today feel burned out or uninspired. How do you think they would relate to being "stirred up" to reignite a spark within them? Would they relate that to God in any way, and why or why not?
4. Think about how people encourage one another— on social media, in sports, in music, or at work. How might that compare to or contrast with Paul encouraging Timothy to step into his calling?
5. If someone you know who doesn't believe in Jesus heard this passage, what parts might spark their curiosity, and what parts might feel like a barrier?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. How do you see God's intentional design in your own life as His "masterpiece" (Eph. 2:10)?
2. What gifts or strengths do you sense God has placed in you, even if they're still only "embers" right now?
3. As Pastor Bo showed, Paul ties courage to stirring up your gifts. What fears or hesitations can hold you back?
4. Who around you might need you to notice and affirm their gifts, the way Paul did for Timothy?
5. If you could take one small step this week to put your gifts into action, what would it be?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5-10 minutes:*

1. If you didn't answer it, revisit question #5 from the "LOOK IN" section above. Find someone who will encourage you and hold you accountable, then do that "One small step."
2. How might the community of believers at B4 help you discover, stir up, and sustain our gifts? Consider this question prayerfully and humbly with God. Journal what you receive from God as direction and courageously act on it.

