

## **2 Timothy 2:8-9**

<sup>8</sup> Remember Jesus Christ, raised from the dead, descended from David. This is my gospel, <sup>9</sup> for which I am suffering even to the point of being chained like a criminal. But God's word is not chained.

1. Are you having a thumbs-up day, a thumbs-down day, a TWO thumbs-up day, or a TWO thumbs-down day?

Why did you rate your day the way you did?

2. This was written by the Apostle Paul, who was a pastor 2000 years ago. Why was he having such a bad day?
3. List 3 or more things that Jesus has done which can cheer you up on a bad day.

- 
- 
- 
- 
- 

4. Imagine your friend is having a thumbs down day. What words would you use to explain the good news of Jesus to your friend?

Video devotion at <https://youtu.be/UxwRk0KfQ5w> or scan the code below!



SCAN ME