

PASSING ON THE TORCH

A 10-Part Spiritual Legacy Journal

"I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also." — 2 Timothy 1:5

This legacy journal belongs to:

In conversation with my parent(s) / mentor(s):

Date Initiated: _____

A Biblical Guide to Ten Spiritual Legacy Conversations

Inspired by Pastor Jeremy Berg and the Apostle Paul's final letters to Timothy.

INTRODUCTION & GUIDE

This journal is designed to help you capture, celebrate, and preserve the spiritual history and life-wisdom of your parents or mentors. Grounded in the letters of the Apostle Paul to Timothy, his "son in the faith," these ten areas of life and faith represent a holistic spiritual blueprint. By sitting down with your parents and asking these questions, you will not only hear their stories but also discover the foundation of faith in your family history.

Scripture Focus: 2 Timothy 1:5, 3:10, 14

"I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and... now lives in you also... You, Timothy, know all about my teaching, and how I live, and what my purpose in life is. You know about my faith, my patience, my love, and my endurance... Continue in what you have learned and have become convinced of, because you know those from whom you learned it."

How to Use This Journal

- **Personal Preparation:** Before asking your parents, read through these themes yourself for self-examination, introspection, or personal journaling.
- **Choose Your Pace:** Do not rush. Spend time on one or two conversations per visit to let stories unfold naturally and deeply.
- **Create a Safe Space:** Listen with a loving, open heart. There are no "wrong" answers to these personal life stories.
- **Record and Preserve:** Use this journal to write down their key insights, verses, and memories on the lined writing spaces.

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FOUNDATIONAL WISDOM

CONVERSATION 1: MY TEACHING

Beyond a basic Sunday School knowledge of God, we tend to adopt certain life-wisdom and teachings that deeply shape us. These core convictions and beliefs are what we tend to share.

- What Christian teachings do you value most? Which words of Jesus come to mind?
- What teachings shape your daily life most? Are there any favorite Bible verses, or one you would want on your tombstone?
- What would your last words of faith advice be to your children or grandchildren if you had only minutes to live?

Notes & Reflection...

CONVERSATION 2: MY WAY OF LIFE

Most of what we pass down is "caught" rather than "taught." It is how we live out our faith in everyday choices that reveals our true character and rubs off on others most.

- How have you tried to live out your faith in your everyday life? What has gone well, and where have you struggled?
- How has your faith shaped your approach to marriage, parenting, work, friendships, or money?
- What personal advice would you give a younger person trying to live a Christ-centered way of life?

Notes & Reflection...

CALLING & COVENANT

CONVERSATION 3: MY PURPOSE

We all long to answer: "What on earth am I here for?" Your divine purpose is found where your greatest passions and gifts intersect with the world's deepest needs.

- What things in life bring you the most joy? What are you most passionate about?
- What gifts and abilities has God given you, and how have you tried to employ them in His service?
- At your funeral, what would you hope people would say about what you spent your life doing?

Notes & Reflection...

CONVERSATION 4: MY FAITH

Living faith requires moving beyond God as a mere concept or historical idea, to possessing a deep, personal, active relationship and daily walk with Him.

- When is your earliest memory of faith in God? When and how did you first begin to believe and trust in Him?
- How do you personally relate to and connect with God (e.g., prayer, Scripture reading, or serving others)?
- Describe the character and heart of God in your own words. How has His heart shaped yours?

Notes & Reflection...

CHARACTER & COMPASSION

CONVERSATION 5: MY PATIENCE

Patience is a vital Christian virtue. How we handle things and relationships when they do not go according to our plans reveals the depth of our inner maturity and faith.

- What has tested your patience most in life (parenting, career, relationships)?
- How have you handled things when life and circumstances didn't go according to your plan?
- Do you expect others to learn in ten weeks or months something that took you over ten years to learn?

Notes & Reflection...

CONVERSATION 6: MY LOVE

Jesus summed up the Christian life as learning to love God with all our heart and to love our neighbor as ourselves. Christlike love is the greatest legacy we can pass down.

- How do you try to express your love for Christ? How do you express it for friends, family, and neighbors?
- How do you keep loving someone when you don't "feel like it" or when they've hurt you?
- If the best way to discover what we love is to look at where we spend our time and money, what are your true loves?

Notes & Reflection...

ENDURANCE & CONVICTION

CONVERSATION 7: MY ENDURANCE

Many of the fruits of faith grow only through enduring hard times when it would seem much easier to give up. Endurance in a long obedience produces a rich spiritual harvest.

- How long do you hang in there when you feel like giving up? Do you press on or tend to quit?
- When were you tempted to quit something important but didn't? What helped you press through?
- What experiences of quitting or nearly quitting—both positive and negative—have taught you the most?

Notes & Reflection...

CONVERSATION 8: MY PERSECUTIONS

Jesus promises his followers not worldly success and endless ease, but a life of standing for truth. Sharing what it has cost us to follow Christ is a powerful testimony.

- What has it cost you personally to be a follower of Jesus Christ?
- Where or when have you experienced opposition, exclusion, or friction for the sake of being a Christian?
- Are there times when you probably should have taken a stand for Christ but you were too afraid and didn't?

Notes & Reflection...

SUFFERING & REDEMPTION

CONVERSATION 9: MY SUFFERINGS

Sufferings of life—such as illnesses, job loss, grief, or financial struggles—can test and strengthen our faith, functioning as God's "megaphone" to shape who we are.

- What major times of suffering have you experienced in your life? Which was the hardest?
- How was your faith tested by these difficult times, and what helped bring you through them?
- How have your sufferings made you stronger, and how might you help others who are going through similar trials?

Notes & Reflection...

CONVERSATION 10: MY DELIVERANCE

The story of the Bible is God stepping into history and the messes of our lives to deliver us, answer our prayers, and redeem our poorest decisions.

- How has God intervened in your life, and what specific circumstances has He delivered you from?
- How has God brought good out of bad situations, or redeemed your poor decisions?
- Have there been times when God did not answer your prayers for help? How have you handled that?

Notes & Reflection...

A KEEPSAKE LETTER OF GRATITUDE

Take a few moments to write a personal message of gratitude and blessing to your parent or mentor. Thank them for their willingness to open their heart, share their stories, and hand down their faith to you. Let this physical page be a lasting keepsake of your love and appreciation.

"Continue in what you have learned and have become convinced of, because you know those from whom you learned it." — 2 Timothy 3:14