



Legacy Part 3 “Handing Off” Small Group Discussion Questions

Arlene, someone in our community and East Cobb Church family, is a former track coach. She gave Jamey a crash course on how she trained runners for the exchange of a baton — which is the most fragile part of any relay race. *“Handoffs are person-specific”*. You don’t practice handoffs in general. You practice with your person. You learn their stride. You rehearse the mechanics over and over. And it all happens inside what is called the **The exchange zone** — a 30-meter stretch where the baton must be passed. It’s tight. It’s fast. It’s unforgiving. Because the two runners have to match pace, get close, reach out, and make the exchange. All at full sprint. If the exchange happens outside the zone — the team is disqualified. If the baton hits the ground — the team is disqualified. So, they practice like crazy. And the goal? **A blind handoff.**

1. How have you seen a handoff in life gone well? Describe what you say in this relationship or mentoring whether that be in a family or in a mentor relationship, What aspects of the handoff do you remember that have stuck with you?
2. Listen to what Paul tells Timothy. ***“And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.” 2 Tim 2:2***
 - Who is a ‘Timothy’ in your life? What is one value you desire to pass on to them?
3. In his message Jamey shared, *“You cannot pass a baton from a distance.”* And Paul knew that about his investment in Timothy. He knew he needed proximity. Did you know that out of Paul’s 13 letters, Timothy is mentioned in 11 of them? Why? Because he was around. They traveled together. Ministered together. Suffered together. Here’s an example, Paul says: ***You know Timothy’s proven worth, how as a son with a father he has served with me in the gospel. Phil 2:22.*** The reality is that if passing something on to another is important, you will make it a priority in your calendar.
 - If you let others see your calendar, is there any white space or breathing room in your week or month that would allow you to set aside time with you ‘Timothy’?
4. Jamey also mentioned that, *“You also have to open your life. It’s possible to be physically present but relationally absent.”* Paul didn’t just give information when he

wrote letters and lived his life.. He gave access to Timothy and others: **We were delighted to share with you not only the gospel of God but our lives as well. 1 Thess 2:8** Our lives! That means: Your story. Your successes and failures. Joys and heartbreak. Your faith and your fear. People don't need access to the sanitized version of you, the grit is where growth is. God will move if you open your life.

- What seems easy to pass on to the “Timothy” you have in mind? What is harder to pass along that will require some grit to “*open up your life*”.

5. **What you heard from me, keep as the pattern of sound teaching ... Guard the good deposit that was entrusted to you...But as for you, continue in what you have learned and have become convinced of... 2 Timothy 3:14.**

- Paul doesn't teach Timothy something new in his final letter—he tells him to *continue* and *guard* what he already knows. What does that reveal about how Paul disciplined Timothy?
- Why is repetition so important in spiritual growth?
- The phrase “guard the good deposit” implies something valuable has been entrusted to Timothy. What has been entrusted to you?

6. In his message, Jamey shares that practice over time turned teaching from “content” into “character.” What's the difference between knowing something and living it?

7. Can you share an example of a truth you knew for years but only later became part of your character?

8. Why is it tempting to look for something new instead of continuing faithfully in what we already know?

9. What's the difference between telling someone what to do and inviting them to do it with you?

10. What fears or excuses keep us from inviting others into a shared practice?

Next Level: Grow in how you can execute a “blind a handoff” by practicing. There are two types of practice. 1. **Personal Practice**: “as I follow Christ.” It starts with what you model. Not just your words — Your habits. Your disciplines. Your responses. Your priorities. Your following of Jesus as your King, your savior, and the rock you're building your life on. Legacy is handed off not just by telling, but by showing. You pass on what you personally practice. 2. **Shared Practice**. “Follow me as I follow Christ.” This is initiation. It's saying: Come with me. Do this with me. I've walked this road. Now I want to walk it with you.

What specific step can you take this week toward:

- Strengthening your personal practice?
- Initiating shared practice with someone?