

Wednesday 22 July 2026

**You can be
a role model
right now**

1 Timothy 4:12

Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

Reflection

You are responsible for human ways of life: consumption, social justice, food, energy.

- *Which human behaviour causes the most damage to creation?*

- *What decision(s) would you make?*

- *How might gratitude change the way I speak, pray and respect nature?*

Psalms 19:1–7

The heavens declare the glory of God, and the sky above proclaims his handiwork. Day to day pours out speech, and night to night reveals knowledge. There is no speech, nor are there words, whose voice is not heard. Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun, which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy. Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat. The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple.



Song

You Can Be a Role Model Right Now

Timothy is young, probably in his twenties. He accompanies Paul on his mission, but some older believers doubt him. In the culture of the time, authority was linked to age, experience and status. Paul overturns this logic. For him, spiritual authority does not come from age, but from testimony.

God can use a young person to transform a community.

Paul does not ask Timothy to assert himself through force or status. He offers him another path: to be a role model. In a culture where authority was hierarchical, Paul introduces an ethical and spiritual authority. To be a role model is to live out what one teaches, to embody the Gospel, and to inspire through one's way of being.

Prayer

Lord, give me the courage to be a role model today. Help me to live out a faith that inspires, words that build up, a love that transforms, and conduct that bears witness to You. Make me a light for my generation.

Prayer for the Churches in the Europe Region
CEVI-EPUdF-UEPAL-UNEPREF
EREN-EERV-EPG-EERF-CERFSA-REFBEJUSO



Song

Blessing

**May the Lord strengthen your heart, guide your steps and
make your life a sign to those who look upon you.
Go in His peace and with His light. Amen!**

