**St. Timothy**

***Feast Day: 26th January***

Timothy was the trusted friend and helper of Paul the apostle. They met when Paul was visiting Lystra in Lycaonia. This was in the Province of Galatia, which today is part of Turkey. Timothy lived there with his family. His mother Eunice and grandmother Lois had been baptised by Paul and had become Christians.

Later when Paul returned once more to Lystra, Timothy asked if he could help him in his work, of spreading Christ’s message. Paul thought Timothy was very young for such a responsible job, but he liked him and trusted him.

He needed someone to share his heavy workload on his long and exhausting missions. He agreed to let Timothy accompany him on his journey taking the Christian faith to the rest of the world. Paul often reminded him, “Don’t let people ignore you because you’re young. If you are a good example, in the way you behave, and the way you speak, they will know you

are a good Christian.”

Timothy travelled far and wide helping Paul in his missionary work. Together they led thousands of people towards a knowledge and understanding of Christ. Paul always acknowledged Timothy’s hard work.

Many years later Timothy became Bishop of the Christian community in Ephesus. He was a

holy and devout man. He was admired and respected by the people, and finally died at a great age in the year 97 AD.

**Prayer**

God our Father, help me to be a faithful follower of Jesus Christ, like St. Timothy.

May the way I live, behave and speak be an example to others.

**Response:** May the way I live, behave and speak be an example to others.

**All:** May the way I live, behave and speak be an example to others.