



BIG IDEA

Paul challenges the Christians in Thessalonica (as well as us today) to follow some general but straightforward commands in our individual lives as well as in our interactions with others. Rejoice always, pray without ceasing and give thanks in all circumstances.

THOUGHTS FROM THE SERMON

Take time to read 1 Thessalonians 5:16-18. What stood out to you in the reading?

What changes would we see in our personal lives as well as the lives of others if we intentionally followed the three commands we looked at this week?

In spite of the simplicity of Paul's commands, why do so many Christians struggle to exhibit these essential traits of a Christian life?

How was Paul able to look past his circumstances and still find joy, pray and be thankful?

NOTES

PERSONAL REFLECTION AND APPLICATION

Which of the three commands do you feel you do well? Which ones do you struggle with? Why? If you are not sure, ask the people in your life.

Be honest with yourself - How would your life and those in it be impacted if you lived out these commands no matter the circumstances?

What applications did you take from the sermon that you are planning on implementing in your life?

DEEPER

Pray: For a spirit of joy and rejoice in the Lord. Pray continually through your day. Take a few minutes each morning to thank God for his faithfulness in your life no matter what the circumstances are.

Write: On a sheet of paper, write a list of some of the ways you intend to live out the truth you learned from our study this week.

Sing: Choose a worship song or two that reflects your new identity in Christ. Play those songs on your commute or while you get ready in the morning as a reminder of who you are in him.

Memorize: Pick a few verses from this session and memorize them this week. 1 Thessalonians 5:16-18; James 5:13-14, 16; 1 Chronicles 29:10-13; 1 John 1:9; Psalm 100:4-5; Philippians 4:6-7; Luke 22:15-19.

Love: Choose one person in your life to intentionally love this week. Do one loving action for them and pray for them. Ask God to express his love through you to this person.