

FELLOWSHIP NOTES ~ SUNDAY, September 14th, 2025

40 DAYS OF UNCEASING PRAYER KICK-OFF

“Pray Constantly”

1 Thessalonians 5:16-18

Three Daily Spiritual Practices for Christ-followers:

1. **Always** rejoicing – 1 Thess. 5:16; Galatians 5:22-23a
2. Thankfulness in **everything** – 1 Thess. 5:18; Rom. 1:21; Ps. 100:4; Philippians 4:6; Colossians 2:6-7
3. **Constantly** Praying – 1 Thess. 5:17; Philippians 4:6-7

Growth Groups and Personal Study Guide for the Week of September 14th – 21st

Reminders:

- On Sunday morning we kicked off our *40 Days of Unceasing Prayer* emphasis. Begin reading the daily devotionals – this week read Days 1-7 (Monday – Sunday). Next week we will discuss these first seven days devotionals in our group time together while we are reading days 8-14 personally.
- Our September Praise & Prayer Service is coming up on Sunday, September 28th at 6:00 p.m. Join us for this special opportunity to seek the Lord and to lift up one another together to the Father in prayer.
- Our annual Fall Vision Dessert will be on Sunday, October 5th at 6:00 p.m. This is an important time for the whole church family to come together and renew our commitment to our God-given vision, catch a glimpse of the upcoming ministry year, hear a financial report, and enjoy lots of great fellowship and dessert. Our leadership requests that all members and attenders of Fellowship be in attendance. Childcare thru age 5 will be provided. SIGN UP BRING A DESSERT TO SHARE only, on the App, or by calling the church office.

Group Discussion:

In the Sunday morning message, we looked at three daily practices for Christ-followers found in 1 Thessalonians 5. The first was to always rejoice (be joyful). When do you find it most difficult to be joyful (e.g. In the morning? In rush hour traffic? At work? After a long day? Etc.)?

One of the other daily practices we looked at was being thankful in everything. What life circumstances tend to do more to dampen your thankful attitude than others?

Digging Deeper:

1. READ 1 Thessalonians 5:16. Why would it have been somewhat difficult for the original readers (the Thessalonian Church) to quickly embrace this teaching? _____

The root word for rejoice is joy. What's the difference between joy and happiness? Where does happiness stem from and where does our joy come from? _____

What are some practical suggestions that you can think of that would help us in making always rejoicing a daily practice in our walk with Christ? _____

2. READ 1 Thessalonians 5:18. Like always rejoicing, giving thanks is something that is to be a constant practice in our Christian lives. In fact, the verse says that it is God's will for us to live a grateful life every day. This doesn't mean we should look at it as a duty but rather it's the encouragement that we see the reality that thankfulness is always possible. Discuss your thoughts on how it's possible to be thankful in everything given the range of difficulties that come with living in a sinful world (also consider how the final phrase plays into this consideration... "in Christ Jesus.").

Discuss the following possible misconceptions:

Does giving thanks in everything mean being thankful for evil? We are not to celebrate harmful or evil events as if they are somehow inherently good. Instead, we should recognize God's sovereignty over all events and remember God can use even these evil events to bring refinement in our spiritual health and growth as well as glory to himself.

Is the command to give thanks in everything some kind of mental game to get us to be positive thinkers? The practice of gratitude is far deeper than positive thinking. It is rooted in a conviction about the existence and sovereign nature of God who is gracious and always good and who orchestrates all of history. See Isaiah 46:9-10.

3. READ 1 Thessalonians 5:17. What is this command telling us and teaching us about the nature of our prayer lives? How does you think this should look like from a practical standpoint in our daily lives? _____

An O.T. and a N.T example of people who practiced this command are Daniel and Jesus. Read Daniel 6:10, Luke 5:16 and 6:12 and discuss how this looked in their lives.

Since God never commands us to do something that we with his help are unable to do, how do you believe God would have us live up to this standard and why is it so important? _____

What are some ways you hope to grow spiritually as a result of this 40 days emphasis on praying constantly? _____

Do you have any other thoughts on praying constantly you would like to share/discuss? _____

PRAYER – based on 1 Thessalonians 5:16-18

REVERENCE

“Father, I worship you for your gift of _____ that you’ve given to me. You are worthy of my praise.”

RESPONSE

“Father, I ask you’re help in applying the command of _____ (rejoicing always, praying constantly, giving thanks in everything) to my daily life.

REQUESTS

“Father help me to know and do your will in this situation I’m now right now _____.”

(If time) Pray for other requests.

READINESS

“Lord, we know praying constantly will be a battle this week because Satan doesn’t want us to pray. Grant us your strength and power to devote ourselves to this important practice so we can grow closer in love and obedience to you.”



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