

Be Awake and Sober

1 Thessalonians 5:4-7 – Discussion Group Leader Handout

Bible Passage

“(I.) ⁴But you, brothers, are not in darkness, that the day would overtake you like a thief, (II.) ⁵for you are all sons of light and sons of day. (III.) We are not of night nor of darkness; ⁶so then let us not sleep as others do, (IV.) but let us be awake and sober. (V.) ⁷For those who sleep, sleep at night, and those who get drunk, get drunk at night.”

Discussion Questions

- I. You are not in darkness (v. 4)
 - a. Why are people afraid of the dark? What are the dangers of physical darkness?
 - b. How can you tell when someone is walking in darkness?
 - c. If a thief was going to steal something from a house, how would they do it?
 - d. How would you guard your stuff if you knew that thief was coming?
- II. You are sons of light (v. 5a)
 - a. What are the benefits of physical light?
 - b. Why does family identity affect the way children behave?
 - c. How can we tell if we are walking in the light?
- III. Do not sleep (v. 5b-6a)
 - a. In what ways is a sleeping person physically vulnerable?
 - b. What are the dangers of spiritual slumber?
 - c. Why is spiritual sleep so appealing? Why is it hard to stay awake?
- IV. Be awake and sober (v. 6b)
 - a. What can you do to keep yourself awake spiritually?
 - b. How can you develop spiritual soberness?
 - c. Why do we struggle with thinking these commands are basic or boring?
- V. Know basic principles (v. 7)
 - a. What are practical principles for avoiding nighttime temptations?

Prayer Requests

- Pray that we would live in a state of constant preparedness
- Pray that God would bless Anchor with a love for the light of genuine belief
- Pray for attentiveness so none of us would doze off in our spiritual walk
- Pray that we would encourage one another to stay awake and sober
- Pray that each of us would have wisdom to discern danger