

Thursday

Read 1 Thessalonians 5:19–21 again. Paul tells us to have two attitudes in these verses:

1. Enthusiasm about the work of the Holy Spirit
2. Discernment about spiritual teachings

We're not to become cynical about spiritual matters, discounting anything that seems uncomfortably supernatural to us. Yet we're also not to be gullible. Seems to me like Christians have often done one without the other. How is it possible to have enthusiasm without gullibility, and discernment without cynicism?

Ask God to help you have youthful enthusiasm without youthful naivety!

Friday

Read 1 Thessalonians 5:22–24. Twice in this short passage, who does Paul say will make you blameless, or sanctify you?

How confident is Paul of the continued spiritual and moral growth of the Thessalonians? Why?

How does it help you to know this?

Look at Philippians 1:6. How is this similar to 1 Thessalonians 5:24?

How is this different from the way many Christians perceive the Christian life?

Thank God that He is faithful, that He will complete the work He has begun in you!

Saturday

Look back over the devotions and complete any you may have missed. How has this week's study impacted your life? What change have you started seeing? Please pray for the services this weekend. Thanks!



TWIN LAKES
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WEEK 2

Trusting Through Life's Changes

MAY 7 & 8, 2011 • RENÉ SCHLAEPPER • 1 THESSALONIANS 5

Some truths about change:

- Change is _____
- Change is _____
- Change is _____

"There is no _____ without change

There is no change without _____

There is no loss without _____

There is grief without _____"

— Adapted from Rick Warren

But let us who live in the light be **clearheaded**, protected by the armor of **faith and love**, and wearing as our helmet the confidence of our salvation. For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us. Christ died for us so that, whether we are dead or alive when he returns, we can live with him forever. So **encourage** each other... *1 Thessalonians 5:8–11*

A key idea: _____

Through the changes of life I can choose to be:

1. _____
Always be joyful. *1 Thessalonians 5:16*
2. _____
Never stop praying. *1 Thessalonians 5:17*
3. _____
Be thankful in **all** circumstances, for this is God's will for you who belong to Christ Jesus *1 Thessalonians 5:18*
4. **Not** _____, **not** _____
Do not quench the Spirit. Do not treat prophecies with contempt **but test them all**; hold on to what is good. *1 Thessalonians 5:19–21*
5. _____
The one who calls you is faithful, and **he will do it**. *1 Thessalonians 5:24*

The bottom line:

In a world of changes, focus on _____

Life's 25 most stressful changes: Adapted from Holmes Rahe Stress Test

Death of a spouse or child	100	Promotion/demotion	29
Divorce or separation	73	Child leaving home	29
Imprisonment	63	In-law trouble	29
Death of other close family member	63	Outstanding personal achievement	28
Major injury or illness	53	Spouse starts or ends work outside home	26
Getting married	50	Begin or end school	26
Being fired from work	47	Change in living conditions (move/remodel)	25
Marital reconciliation	45		
Retirement	45		
Major change in health/behavior of family member	44		
Pregnancy in the family	40		
New child (birth or adoption)	40		
Major business readjustment	39		
Change in financial state (better or worse)	38		
Death of friend	37		
Job change	36		
Relationship deterioration at home	35		
Taking on mortgage or foreclosure	30		

Add up points for each time you have experienced an event in last 12 months. This determines your "Change Stress Score"

LOW below 149
MILD between 150–200
MODERATE 200–299
HIGH above 300

Monday

Read 1 Thessalonians 5:16–24. We'll be looking at these verses in greater detail this week. Take the "Change Stress Test" on page 2 of the notes. What is your score?

Look back over the notes from this past weekend. What did you learn that can help you survive and thrive through life's changes?

Begin your list of things for which you are grateful—everyday things that make you happy. Return to this list and add to it throughout the week:

Give God thanks for those things!

Tuesday

Read 1 Thessalonians 5:1–11. Paul is writing to the Thessalonians about the return of Christ. He wants them to avoid two errors: Denial, on the one hand, and panic, on the other. When people think of the return of Christ today, in your observation, how do they usually feel about it?

How does the reality of Christ's return encourage — or threaten — you? Or does it elicit other emotions?

How can you be better prepared for that time?

What is Paul's point in verses 9–11? What is encouraging about this?

Ask God for a spirit of anticipation without trepidation when it comes to the "end times".

Wednesday

Read 1 Thessalonians 5:14–18 again. Paul lists at least 8 separate instructions in these few verses, including those we studied this weekend. Write down the instructions you see in the space below:

At first glance these short words of wisdom seem to be random thoughts, almost like little bumper stickers. But what do they have in common?

Why are they important?

Circle the instructions that come easiest for you. Circle the ones that are the most difficult. Why are these hard for you? Why are they important?

Ask God to help you in the areas that are most difficult. Ask Him to give you the strength to be the person He created you to be — and be confident He will do it!



Memory Verse

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. *1 Thessalonians 5:18 NIV*