

Sermon Notes

Protecting Our Spiritual Health, Part 2

1 Thessalonians 5:16-24

1. Stay Close to Jesus

“Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.” (1 Thess. 5:16-18)

2. Keep Listening to Jesus

“Do not quench the Spirit; do not despise prophetic utterances. But examine everything carefully; hold fast to that which is good; abstain from every form of evil.” (1 Thess. 5:19-22)

3. An Important Reminder

“Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. Faithful is He who calls you, and He also will bring it to pass.” (1 Thess. 5:23-24)

For Further Thought and Discussion

Getting Started

1. What was helpful to you in this week's sermon? What didn't you understand?
2. Compare your physical health right now with your spiritual health. Which is healthier? Why? What could you do to be healthier in each?

Going Deeper

3. Please read 1 Thessalonians 5:16-24. Paul continues to instruct the Thessalonians in how to protect their personal and their community's spiritual health. Why is staying connected to Jesus a great definition of spiritual health? Why is each of the commands in vs. 16-18 vital to staying connected to Jesus? Which one do you most need to apply right now?
4. Why is listening to Jesus just as important to our spiritual health as staying connected to Jesus? What do you learn about listening to Jesus from vs. 19-22? When are you most receptive to Christ's voice? Least receptive? What is one thing you could do this week to become more receptive to what He might want to say to you?
5. How do vs. 23-24 encourage you to protect your and our spiritual health? What do you learn about God from these verses?

Application

What is one thing you can do this week to apply this passage?