

With The Master In View of His Return
Lesson 19 - Eight Essential Commands for a Healthy Christian - 1 Thessalonians 5:16-22

1. (a) What are the commands that Paul lists in 1 Thessalonians 5:16-22? (b) Which are the most difficult for you to obey?

2. Memorize 1 Thessalonians 5:16-18.

3. (a) What should we be rejoicing about according to Matthew 5:11 and 12, Luke 10:19, 20? (b) What two individuals remained joyful in hardship in Acts 16:16-40? (c) What happened as a result of their right response to their trial? (d) What principle can you glean for your own life for being joyful when things look bleak? (e) What does James say about being joyful in trials in James 1:2-4?

4. (a) What do you think Paul means when he says we are to “pray without ceasing” in 1 Thessalonians 5:17? (b) Who in Scripture comes to mind as one who prayed without ceasing and what can you learn from their example?

5. (a) Paul states that we are to give thanks in everything. What are some benefits of being thankful at all times according to Philippians 4:6 and 7? (b) What are some things to be thankful for according to Psalm 103?

6. (a) What work does the Holy Spirit do in one’s life according to John 3:5; John 6:63; John 14:17, 26; John 16:13; Romans 8:26, 27; 1 Corinthians 6:11; I Corinthians 12:4-11 and Galatians 5:22,23? (b) With that in mind, why do you think it is essential that we do not quench the Holy Spirit as Paul commands in 1 Thessalonians 5:19? (c) Are you quenching the Holy Spirit? (Personal question)

7. When is it most difficult for you to rejoice? When is it hard for you to pray? When are you the least thankful? What should you do about it? Put your need(s) in a prayer to God.