

Study Guide

Steadfast 10 1Thessalonians 5:16-24

Big Idea: I Can Choose Joy

Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you. ¹⁹ Do not quench the Spirit. ²⁰ Do not despise prophecies, ²¹ but test everything; hold fast what is good. ²² Abstain from every form of evil.

²³ Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is faithful; he will surely do it.

1. Joy Builders (v. 16-18)

Discuss some ways that you have handled trials in your own life. How do these scriptural recommendations help foster joy in our lives? How are they linked to each other?

- a. "Rejoice always"
- b. "Pray without ceasing"
- c. "Give thanks in all things"

Why do you think this process is the core of God's will in our lives?

2. Joy Killers (v.19-22)

How do we recognize the things in our lives that rob our joy?

Discuss the dynamics of the following habits.

How can we break their hold on us?

- a. Independent Attitude ("Do not quench the Holy Spirit")
- b. Ignorance ("test everything")
- c. Lack of Intentionality ("Hold fast to what is good. Abstain from every form of evil.")

3. Ultimate Joy (v.23-24)

What is the impact on our lives knowing that God is faithful and will bring us to the finish line?

Discuss:

- a. The sanctifying work of the Holy Spirit (v.23a)
- b. The finished work of Christ on the cross (v.23b)
- c. The faithfulness of God (v.24)

Application

What are some tangible ways we can incorporate "joy builders" into our daily lives?

Take some time to pray for each other and discuss ways to be accountable to one another.

Message Slides

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I. Joy Builders (v.16-18)

“Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

Reframing Exercise

James 1:2-4

“Count it all joy, my brothers, when you meet trials of various kinds, ³ for you know that the testing of your faith produces steadfastness. ⁴ And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”

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II. Joy Killers (v.29-22)

“Do not quench the Spirit. ²⁰ Do not despise prophecies, ²¹ but test everything; hold fast what is good. ²² Abstain from every form of evil.”

III. Ultimate Joy (v.23-24)

“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is faithful; he will surely do it.”

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Extended Prayer Time

1. Joy Builders (v.16-18)

Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

How do you think God is transforming you through your trial?

2. Joy Killers (v.19-22)

¹⁹ Do not quench the Spirit. ²⁰ Do not despise prophecies, ²¹ but test everything; hold fast what is good. ²² Abstain from every form of evil.

What next steps is God telling you to take?

3. Ultimate Joy (v.23-24)

²³ Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is faithful; he will surely do it.

How is God showing you His faithfulness?