

**Strengthening Hearts - #8 – Strengthening Each Other**  
**1 Thessalonians 5:1-11**

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*5 Now, brothers and sisters, about times and dates we do not need to write to you, 2 for you know very well that the day of the Lord will come like a thief in the night. 3 While people are saying, "Peace and safety," destruction will come on them suddenly, as labor pains on a pregnant woman, and they will not escape. 4 But you, brothers and sisters, are not in darkness so that this day should surprise you like a thief. 5 You are all children of the light and children of the day. We do not belong to the night or to the darkness. 6 So then, let us not be like others, who are asleep, but let us be awake and sober. 7 For those who sleep, sleep at night, and those who get drunk, get drunk at night. 8 But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. 9 For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. 10 He died for us so that, whether we are awake or asleep, we may live together with him. 11 Therefore encourage one another and build each other up, just as in fact you are doing.*

**We need our \_\_\_\_\_ and our people need \_\_\_\_\_ because**

\_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_.

**Our \_\_\_\_\_ has been determined by his \_\_\_\_\_.**

**Bottom Line: \_\_\_\_\_ for Jesus is a \_\_\_\_\_ project.**

## Connect Group Study:

### **Getting Started:**

Share an “End Times” or “Return of Jesus” parable that has made a deep impact on you and the way you look at life.

### **Getting into It: Four Disciplines**

*These are four disciplines that are good for Christians to practice in order to be ready for the return of Jesus. These practices are also foundational to our connect groups approach (especially #4).*

#### **1. STUDY**

How do the following passages highlight the benefit and need of constant study of God’s Word?

**Proverbs 3:5-6; Psalm 119:160; John 8:31-32; Philippians 4:8**

#### **2. MEDITATION.**

Meditation: “Pondering over Scripture verses or passage in such a way that the written Word of God becomes a living Word of God applied to our hearts by the Holy Spirit” (Thurman 40).

Why is meditation on God’s Word and important partner discipline to study? Look at **Psalm 1**.

#### **3. PRAYER.**

Why is prayer such an important part of this warfare?

What do these passages teach us about the importance of prayer? **Ephesians 6:18; 1 Thessalonians 5:17**

#### **4. ONE ANOTHER**

Look at the verses here: What recurring phrase do you see in them? What do you think the significance of this recurring theme?

*“Love one another” (John 13:34); “Honor one another above yourselves” (Romans 12:10); “Live in harmony with one another” (Romans 12:16); “Accept one another” (Romans 15:7); “Have the same care for one another” (1 Corinthians 12:25); “Be kind and compassionate to one another” (Ephesians 4:32); “Submit to one another out of reverence for Christ” (Ephesians 5:21); “Regard one another as more important than yourselves” (Philippians 2:3); “Forgive one another” (Colossians 3:13); “Encourage one another and build each other up” (1 Thessalonians 5:11)*

Why do we need one another as we wait for Jesus?

### **Taking it Home:**

What would change at Mount Lebanon if each one of us adopted the value: “No one gets left behind.”

**Personal Work:** Identify one person on the fringes at Mount Lebanon and give them a call.