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Keep at It

Encouragement from Thessalonians

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STUDY GUIDE



Keep at It!

**encouragement from
Thessalonians**

autumn 2026

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Does the daily grind get you down? Have you ever felt exhausted by the constant demands of life? Can you think of a time when you've experienced the exhaustion of a season of illness, injury, or stress?

It can be hard to stay on the narrow path God ask when life gets hard. That's as true today as it was back in the time of the apostle Paul. The Bible is no stranger to the temptation to give up when the going gets tough. Throughout its pages, God reminds his people to keep at it. Keep being faithful. Keep following Jesus. Keep confessing sin and turning back to God.

In situations where we may be tempted to set down our cross or step off the path God sets before us, the book of 1 Thessalonians arrives as a coach, cheering us on. Within its pages, Paul reminds the early church (and us today!) that perseverance is worth it in the end, that we are not alone in the struggle, and that Jesus will keep his promises to us. Our job? To keep at it!

Welcome to our 5-week study on the short, beautiful book of 1 Thessalonians. Together we will learn from Paul's wisdom, Jesus' love, and the early church's struggles. We will remember that we are not alone. Join us for this special autumn study,

keep at it!

encouragement from thessalonians

On the journey with you—

Pastor Courtney

Note: This study is written using the NIV translation. This translation was updated for greater accuracy in 2011. If you have an older version, some of the questions may not correspond as directly to the words in your Bible. For the sake of this study, we recommend using an updated NIV.



Daily Bible Reading Plan

Oct. 18 - Nov. 15



Videos and Links are available at:

- mypcom.com/dailybible
- on the PCOM app under Spiritual Formation

1&2 Thessalonians

- | | |
|--|--|
| ☐ 10/18: 1 Thess. 1:1-10 | ☐ 10/24: 1 Thess. 5:12-28 |
| ☐ • Video: 1 Thess. Overview | ☐ 10/25: 2 Thess. 1:1-12 |
| ☐ 10/19: 1 Thess. 2:1-12 | ☐ • Video: 2 Thess. Overview |
| ☐ 10/20: 1 Thess. 2:13-20 | ☐ 10/26: 2 Thess. 2:1-12 |
| ☐ 10/21: 1 Thess. 3:1-13 | ☐ • Video: Day of the Lord |
| ☐ 10/22: 1 Thess. 4:1-12 | ☐ 10/27: 2 Thess. 2:13-3:5 |
| ☐ • Video: Holiness | ☐ 10/28: 2 Thess. 3:6-18 |
| ☐ 10/23: 1 Thess. 4:13-5:11 | |

1&2 Timothy

- | | |
|--|--|
| ☐ 10/29: 1 Tim. 1:1-11 | ☐ 11/6: 1 Tim. 6:3-21 |
| ☐ • Video: 1 Tim. Overview | ☐ • Video: Generosity |
| ☐ 10/30: 1 Tim. 1:12-20 | ☐ 11/7: 2 Tim. 1:1-14 |
| ☐ 10/31: 1 Tim. 2:1-15 | ☐ • Video: 2 Tim. Overview |
| ☐ • Article: Women in Ministry | ☐ 11/8: 2 Tim. 1:15-2:13 |
| ☐ & 1 Timothy 2 | ☐ 11/9: 2 Tim. 2:14-26 |
| ☐ 11/1: 1 Tim. 3:1-13 | ☐ 11/10: 2 Tim. 3:1-17 |
| ☐ 11/2: 1 Tim. 3:14-4:5 | ☐ 11/11: 2 Tim. 4:1-8 |
| ☐ 11/3: 1 Tim. 4:6-16 | ☐ 11/12: 2 Tim. 4:9-22 |
| ☐ 11/4: 1 Tim. 5:1-16 | |
| ☐ 11/5: 1 Tim. 5:17-6:2 | |

Titus

- | |
|---|
| ☐ 11/13: Titus 1:1-16 |
| ☐ • Video: Titus Overview |
| ☐ 11/14: Titus 2:1-15 |
| ☐ 11/15: Titus 3:1-15 |

**Note: We leave a week between sermon series for make-up.
Next reading plan will begin 11/22.**

1

faith, hope, and love

1 THESSALONIANS 1:1-10

MEMORY VERSE

“For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain.”

–1 THESSALONIANS 3:5

AN INVITATION TO SPIRITUAL PRACTICE:

STEWARDSHIP OF TIME

Stewardship means to care well for what is entrusted to us. We are stewards of God’s creation, for example. We are also stewards of our possessions, money, homes, and cars. Through this study guide, our spiritual practices will focus on stewardship. How might we care well for what God has given to us, and how might practicing faithful stewardship transform us into people of greater faith, hope, and love?

Today, make a list or a chart of what takes up your time in a week. (You may want to divide your week into seven days, to make this simpler.) Add in sleep, meals, work, school, church, sports, and anything else that takes up your time.

Now take a few moments to pray over your list. Is there anything taking up too much time? Is there anything you would like to give more time? How many hours do you regularly give to the things of God (prayer, study, service, worship, etc.) compared to tech or media or sports?

Then close in prayer: *God, all my time is yours. Help me to be a wise steward of the hours you’ve given me. Amen.*

AN INVITATION TO STUDY:

Scholars believe that 1 Thessalonians was the very first book of the New Testament to be written down, somewhere around A.D./C.E. 51. According to NT scholar Beverly Gaventa, this “makes it the earliest Christian writing and, indeed, the earliest evidence we possess for the existence of Christianity.”

The book was written primarily to Gentile believers in what is now modern-day Greece. It is profoundly pastoral in nature, focusing on what it means to persevere in faith, hope, and love as the early believers sought to follow Jesus over the long haul.

Read 1 Thessalonians 1:1-3 aloud.

Q1. Who is on the team with Paul? What do you know about Paul? Silas? Timothy? To know them better, read Acts 16:16-33 as well as 1 Timothy 1:2 and 4:12.

Q2. What produces the Thessalonian Christians' work? What prompts their labor? What inspires their endurance? Where do you think these three come from?

Read 1 Thessalonians 1:4-7 aloud.

Q3. What do you think it means that the Gospel came to them not just “with words but also with power, with the Holy Spirit and with deep conviction” (v.5)? What do each one of these three things mean to you?

Read 1 Thessalonians 1:8-10 aloud.

Q4. What idols did the Thessalonians turn from in order to serve the living and true God (v.9)? What idols would you say tempt us most today?

AN INVITATION TO REFLECTION:

Q1. We often think of Paul as a solitary figure, but the truth is that he most often served alongside other followers of Jesus, from Barnabas to Timothy to Silas to Lydia. Who is on your team as you serve Jesus? What difference does this make in your life?

Q2. What do you think it means to be an imitator of Paul, Silas, and Timothy (v.6)? What does it look like to be an imitator of the Lord?

Q3. Paul writes that the faith of the Thessalonian Christians has “become known everywhere.” In the days before marketing, influencers, or even newspapers, how do you think this happened? Who do you think knows about your faith and why?

Q4. Verses 9-10 describe how the Thessalonians turned from idols, served God, and waited for the return of Jesus. What do you think might be important about the order of these actions? Which one is hardest for you? Which one might God be calling you to do today?

AN INVITATION TO ACTION:

You're invited to choose one or more of the following to do on your own over the next week as a way of deepening the lesson of the Bible study through action. Choose one today and make a plan to undertake it before next week's study.

1. Memorize!

Commit _____ to memory. If you want digital help, the Bible Memory app is a great one as is the VerseLocker app. (Just make sure you switch to the NIV translation, which is the one we'll be using together as a church.) Pastor Courtney swears by writing verses on the shower walls with a wipe-off marker. Pastor Daryl likes to repeat them over and over again. Others set them to music or add them into art projects to help them stick. Whatever works for you, works!

2. Download a Bible app (or the PCOM Connect App!)

Do you have a Bible app on your phone? There is one available for free in our own PCOM Connect App. The YouVersion is also free and includes dozens of different translations to choose from. While we typically use the NIV (New International Version), it can be really helpful to read the Bible in many different translations. Other favorites of ours include the NLT, the Message, the First Nations Version, and the NRSV.

3. Steward

Because we will be digging into the spiritual practice of stewardship over the next five weeks, it may be helpful to start with a broad overview right now. Make a list, spreadsheet, chart, or art expression of your resources in time, talent, treasure, attention, and priorities. Then prayerfully look over your document. What do you notice? Where is God at work? Are there any areas in which you might be expressing some resistance to the call of God?

2

delighted to share

1 THESSALONIANS 2:1-8

MEMORY VERSE

“But Timothy has just now come to us from you and has brought good news about your faith and love. He has told us that you always have pleasant memories of us and that you long to see us, just as we also long to see you.”

—1 THESSALONIANS 3:6

AN INVITATION TO SPIRITUAL PRACTICE:

STEWARDSHIP OF TALENT

What are you good at? What do you love to do? What skills do you possess? These are the starter questions for determining the gifts God has given you. We are each unique in our strengths and loves, and God has created each of us as a particular example of his love, creativity, and goodness.

For this week’s spiritual practice, spend a few minutes making a list of things you are good at, love to do, or skilled in. Then prayerfully look over your list and ask: how might each of these things be used in service of God’s kingdom? Are there ways God might be calling you to sharpen some of these skills or interests by giving them more attention?

For example: if you love working with children, have you considered volunteering for Sunday School? If you are great at quilting, is there someone you might bless by teaching them? If you love surfing, how might Jesus be calling you to connect with other surfers to share his love?

Then plan: what is one way you might steward your talent to the glory of God this week?

AN INVITATION TO STUDY:

Read 1 Thessalonians 2:1-2 aloud.

Q1. What did Paul dare to tell the Thessalonians? Who helped him do this?

It can be easy to read the next few verses as Paul bragging about or defending himself. And indeed, to our modern ears, these verses can certainly sound that way! This is one reason understanding the writer's context can be helpful. During Paul's age, often lifting up your own skills or talents was a way of gaining credibility with your audience. Not a brag or a defense, per se, but an example of qualifications.

As Beverly Gaventa notes in her commentary on Thessalonians, "Scholars who have explored the conventions of letter writing and persuasive public discourse in the ancient world agree that 1 Thessalonians is not a letter of self-defense." Instead it was designed for "upbuilding" the community of God.

Read 1 Thessalonians 2:3-7a aloud.

Q2. Who approves of what Paul, Silas, and Timothy speak (v.3)? What are they entrusted with?

Q3. Who were Paul, Silas, and Timothy looking for praise from (v.6)?

Read 1 Thessalonians 2:7b-8 aloud.

Q4. How would you describe a nursing mother caring for her children? Why might it be significant that Paul chooses this metaphor rather than one based on conquest or war or power?

AN INVITATION TO REFLECTION:

Q1. Have you ever shared the Gospel in the face of strong opposition, as Paul describes in v.2? Share the story. If not, why do you think this is?

Q2. In verses 3-7a, Paul shoots down some possible objections to his ministry. They didn't try to please people. They didn't use flattery. They were not looking for praise or asserting their authority. Instead, he says, they were like young children (v.7). What are young children like? What do you think Paul means by this?

Q3. In v. 7b-8, Paul uses a very maternal metaphor to describe his care for the Thessalonians. How do you think the love of our mothers can help us understand the love of God? How is a good leader like a mother?

Q4. Paul writes that he, Silas, and Timothy were delighted to share not only the Gospel with the Thessalonians, but their lives as well. Why is sharing your life with others so important when it comes to sharing the Gospel? Can you describe a situation where a fellow Christian shared their life with you, and in doing so, shared the Gospel?

AN INVITATION TO ACTION:

1. Share your life

Who might God be calling you to share your life with this week? Invite a neighbor over for dinner, take a college student out to lunch, invite a group of kids over to play with your kids in the backyard and, while they're playing, chat with their parents. Make a plan to intentionally share your life with at least one other person who isn't related to you or in your usual friend group this week.

2. Steward your talents

The British Olympian Eric Liddell once said, "When I run, I feel God's pleasure." He believed God had created him to be fast and that he trained to the glory of God. Think of your gifts and talents. How might you pursue one of them with greater intention, time, and effort, in order to bring glory to God?

3. Be like a young child

If you are a person who tends to be brash or bold—much like Paul!—seek to be like a young child in your interactions with others this week. Come to them with kindness, earnestness, and a willingness to learn from and be with them, not just tell them what to do. Then reflect: how did this affect your relationships this week? Are there any ways that it helped you understand God better?

3

night and day

1 THESSALONIANS 2:9-13

MEMORY VERSE

“For now we really live, since you are standing firm in the Lord.”

–1 THESSALONIANS 3:8

AN INVITATION TO SPIRITUAL PRACTICE:

STEWARDSHIP OF TREASURE

Money can be tricky to talk about. We easily become squeamish or embarrassed, boastful or secretive. Yet Jesus talks about money often. He warns against us allowing it to become an idol. Paul reminds us that the love of money is the root of all kinds of evil (1 Tim. 6:10). Scripture teaches that money should be a tool to help others and serve God, never a blessing to be hoarded.

For today’s spiritual practice, consider your finances. Ponder the biblical idea of tithing—giving 10% of what Jesus gives you back to him. (This idea is found in Gen. 28:22, Proverbs 3:9-10, and elsewhere.) Do you give money to God? Why or why not? If you do, how much and when?

God wants us to hold our money with open hands because where our treasure is, there our hearts will be also (Matt. 6:21). Giving to God first changes both our relationship with money and our trust in God. Prayerfully discern your giving patterns and then pray: *Dear God, money can be tricky! Help me to see if there is anywhere in my financial life that I’m holding back in fear. Teach me to trust you! Amen.*

AN INVITATION TO STUDY:

Read 1 Thessalonians 2:9-10 aloud.

Q1. Why did Paul, Silas, and Timothy work night and day? Who does Paul say witnessed this?

Read 1 Thessalonians 2:11-12 aloud.

Q2. In 1 Thessalonians 2:7-8, Paul writes that he, Silas, and Timothy cared for the Thessalonian believers like a nursing mother. Now in verse 11, he speaks of their fatherly care.

Take a moment and view the art on the inside of this study's covers. In the front is a drawing by Mary Cassatt of a mother and child called "Mother's Kiss." In the back is a piece by Elihu Vedder, titled, "Father, Son, and Donkey." What do you notice about each of them?

Why do you think Paul uses both maternal and paternal imagery for the care he and his companions offer to the Thessalonians? What differences do you see between the care of a nursing mother and the care of a father? How does Paul describe the care of a father (v.12)?

Read 1 Thessalonians 2:13 aloud.

Q3. What does it mean to you to “thank God continually”? Is this even possible? If so, how?

Q4. What do you think it means that the Thessalonian Christians accepted the word of God from Paul not as a human word but as God’s word? What is the difference between the two?

AN INVITATION TO REFLECTION:

Q1. Have you ever “worked night and day in order to not be a burden”? What did this look like for you? What motivated this work?

Q2. What does it mean to be a witness (v.10)? What (or who) are you a witness to in your life? Who witnesses your life?

Q3. In v. 12, Paul describes the care of a father as “encouraging, comforting, and urging you to live lives worthy of God.” What is your relationship with your father like? Does he portray any of the qualities Paul describes? If so, how? If not, who else has God provided in your life to help encourage, comfort, and urge you on?

Q4. How is the word of God at work in you (v.13)? Is there someone in this room in whom you’ve seen the word of God at work lately? Tell them what you’ve noticed. What word of God would you like to show up more clearly in your life? What might this look like?

AN INVITATION TO ACTION:

1. Offer motherly or fatherly care

Paul writes of a nursing mother's care and a father's encouragement, comfort, and urging. Whether you have children of your own or not, how might God be calling you to offer motherly or fatherly love to someone younger than yourself this week? Ask God for courage and reach out to them to make a plan to talk or get together.

2. Thank God continually

Place a visual reminder to thank God somewhere you'll see it often. Then, every time you do, give God thanks. (Pastor Courtney does this exercise with birds, and you're welcome to join her! See a bird? Give thanks to God!)

3. Keep up your memorization

If you are memorizing the weekly Bible verses with us, today is a great day to refresh your memorization. We're more than halfway there! Keep at it!

4

with the Lord forever

1 THESSALONIANS 4:13-18

MEMORY VERSE

“How can we thank God enough for you in return for all the joy we have in the presence of our God because of you?”

–1 THESSALONIANS 3:9

AN INVITATION TO SPIRITUAL PRACTICE:

STEWARDSHIP OF ATTENTION

While in past centuries manufacturing, goods, and services have been our most valuable resources, today it is our attention. It has been said that we are living in the “attention economy.” Companies want our attention, because where it goes, our hearts and our resources often follow.

Take an attention inventory. Think about your average day and where your attention goes. Be brutally honest about television habits, screen time, news media, sports, etc. This is where BIG GUILT can arise, but remember: God is not here to shame you! God is not a disappointed school principal but a good Father who loves to invite us into deeper, more joyful ways of being.

Prayerfully ponder: what would it look like to give God more of your attention? To remember God’s presence with you throughout the day? Are there any ways God is inviting you to turn down the noise in your life and invite in more holy silence? Then make a plan: what is one way you can give God more of your attention today?

AN INVITATION TO STUDY:

Read 1 Thessalonians 4:13-14 aloud.

Q1. What does Paul say “the rest of mankind” grieves like (v.13)? What two things does Paul say we believe (v.14)?

Read 1 Thessalonians 4:15-16 aloud.

Scholars note that in the ancient near-east, when a visiting dignitary came to a city, the people would go out to meet him or her before welcoming them back inside. We can see an echo of this as Paul describes Christ’s return.

Q2. Who will come down from heaven? Who will rise first? Does this fit with your general understanding of what will happen at the end of the world? Why or why not?

Read 1 Thessalonians 4:17-18 aloud.

It is important to understand the eschatology (a fancy word for “belief about the end of the world”) of the Thessalonians in the greater context of Scripture. We do not rise

to an eternal cloud castle while the world burns, as today's text may seem to imply. (And has often been misused to mean!) While being caught up with the Lord in the air may be the first step, our ultimate end will be in a renewed creation. (See, for example, 2 Peter 3:13 and Revelation 21:1.)

Q3. Where will those who are still alive be caught up? Who else will be there? How long will we be with the Lord?

Q4. Why do you think Paul instructs the Thessalonians (and us today) to “encourage one another with these words”? What about them is encouraging to you? Is anything puzzling or confusing?

AN INVITATION TO REFLECTION:

Q1. What do you believe happens to us after we die? Do you have any biblical evidence for these beliefs? If so, where do you find it? If not, what else (popular culture, literature, songs, mythology) do you think may have influenced your beliefs?

Q2. Have you ever met anyone who grieved as though they had no hope? What was that like? Have you ever experienced a deep grief? Was there anything that comforted you well in that season? Anything that definitely *didn't* help?

Q3. Why do you think Paul devoted part of 1 Thessalonians to the idea of death, grief, and resurrection? What impact does our belief on death and the afterlife have on how we live now?

Q4. Have you ever seen someone try to short-circuit another person's grief because of the hope we have in Christ? How can we make space for those who grieve? As one student wisely put it, "In Christ we have the strength to let things be crummy for a while." What impact does our belief in the afterlife have in how we grieve?

AN INVITATION TO ACTION:

1. Dig into what the Bible teaches about life after death

Read the following passages—John 11:25-26, 1 Corinthians 15:42-58, and 2 Corinthians 5:1-10—and begin forming a deeper understanding of what Scripture teaches about the afterlife. For further study, you may wish to consider NT Wright's book *Surprised by Hope*.

2. Ponder forever

How long is forever? This is a mind-bending idea, to be sure! Spend some time this week thinking about the concept of eternity. What does it mean to you that you will be with the Lord forever? What excites you about the idea? Worries you? Confounds you?

3. Hold space for someone in grief

Grief can be scary, unfamiliar, and uncomfortable for us. Yet we are a people of grief and we will likely suffer many deep losses throughout our lives. This week, seek to offer gentle comfort to someone in grief. Don't try to talk them out of it or cheer them up, but instead offer gentle presence (you don't have to have any answers!), a warm meal, or a loving act of service.

5

the day of the Lord

1 THESSALONIANS 5:1-11

MEMORY VERSE

“Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith.”

—1 THESSALONIANS 3:10

AN INVITATION TO SPIRITUAL PRACTICE:

STEWARDSHIP OF PRIORITIES

What comes first in your life? You might say family. You might say friends. You might say schoolwork or even God. But actions speak louder than words!

For today’s spiritual practice, take an inventory of your priorities by answering the following questions:

- 1) What is the first thing you do when you wake up in the morning?
- 2) What do you fear losing the most?
- 3) What would it be hardest to go one day without?

Then reflect: what do these answers reflect about your priorities? What do you like about the priorities the way that they are? What might you want to change or adjust about them? Are there any ways that God is reflected in your list of priorities? Are there any ways that you want God to be reflected more or differently?

AN INVITATION TO STUDY:

Read 1 Thessalonians 5:1-3 aloud.

Q1. How will the day of the Lord come? What does this mean? Why do you think people will be saying “peace and safety”?

Read 1 Thessalonians 5:4-5 aloud.

Q2. What do you think it means to be a child of the light and a child of the day? If we don’t know the date or time of Jesus’ return, why won’t it surprise us?

Read 1 Thessalonians 5:6-11 aloud.

Q3. We are back now to Paul’s themes of faith, hope, and love. A breastplate was a soldier’s protection against an enemy’s arrows and spears. What do you think it means to put on faith and love as a breastplate? What might it mean to put on the hope of salvation as a helmet?

Q4. What did God appoint (create, make) us for, according to v.9? What does Paul want the Thessalonians (and us, too!) to continue to do, according to v. 11?

AN INVITATION TO REFLECTION:

Q1. How do you feel about the Bible's teaching that no one knows the day or the hour of the Lord's return? Why do you think that information is kept from us?

Q2. In his book *The Dangerous Act of Worship*, Mark Labberton notes, "When we live awake in the name of Jesus Christ, we choose to love openhandedly and openheartedly." What do you think it means to be "awake and sober" (v.6)? What do you think we need to be awake in order to notice? In order to do?

Q3. In the New Testament, language about battle and war tends to be metaphorical. As Yolanda Solomon writes in *Discipleship as Holy Collaboration*, “When tested, Jesus doesn’t partner with any worldly power to establish the reign of God. Instead, Jesus relies on the power of the Holy Spirit and the Word of God to reject idolatry to carry out God’s mission.”

Paul wants us to gear up, but not in order to inflict violence upon others. Instead, our battle armor is made of faith, hope, and love. In what ways can faith, hope, and love protect you from evil, despair, and other dangers?

Q4. Who has encouraged you lately? In what way? Who might God be inviting you to encourage this week?

AN INVITATION TO ACTION:

1. Stay awake

Are there any areas of your life where you feel like you're sleepwalking or inattentive? Spend some time holding those areas up before the Lord in prayer this week. Ask Jesus for eyes to see, ears to hear, and a heart to understand. You may also wish to focus on your breathing or take a nature walk outside, paying attention to each plant, animal, and weather pattern as an exercise in loving focus.

2. Seek faith, hope, and love

What helps you find hope when you are struggling with despair? What strengthens your faith in times of doubt? How can you experience the love of God more fully? Questions to ponder this week as you go about your daily tasks.

3. Prepare for our next study

We will be sourcing an Advent study from another author, as is our custom. Pastor Courtney will have a new study for us in January. If you'd like to purchase a copy of our Advent study, copies will be available on the church patio and in our bookstores beginning this week.

Bibliography & Suggestions for Further Reading:

Chris Davis, *Bright Hope for Tomorrow*

Beverly Gaventa, *1 & 2 Thessalonians*

Nijay Gupta, *1 & 2 Thessalonians*

Mark Labberton, *The Dangerous Act of Worship*

Yolanda Solomon, *Discipleship as Holy Collaboration*

NT Wright, *Surprised by Hope*

A Place for Prayer Requests

A Place for Prayer Requests



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