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# Application Guide: 1 Thessalonians 5

## 1. Warm-up (5-10 min)

Choose one:

- a. Have you ever snuck up on someone and scared him or her? Was it funny or mean? Why?

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- b. What is the worst you have ever been scared by someone? What happened?

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## 2. Engaging the Chapter (15-20 min)

**Background:** At the end of chapter 4, Paul talked about the fact that when people die they remain in the grave “asleep” until Jesus comes back. He also said that when Jesus comes back, His followers who have died will be raised up and everyone who has chosen Jesus will float up into the air to meet Him, just like when Jesus rose up to heaven in Acts 1.

So in the context of Jesus’ second coming, what do you think Paul means when he says, “be on your guard, not asleep like the others. Stay alert and be clearheaded” (vs. 6)?

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Does being on your guard mean you have to be paranoid about every conspiracy theory or “sign” that people think they see? Why or why not?

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As Paul continues discussing this, he gives part of the answer. He says, “Let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation” (vs. 8). What do you think it means to “live in the light”? What does living in the light have to do with your relationship with Jesus? What can you do to make Jesus the “light” of your world?

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How does Jesus, as the light of your world, relate to having “the armor of faith and love”? How does faith and love protect you like armor? What does it protect you from?

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How do you wear “the confidence of your salvation” as your helmet? Can you really be confident that you will be saved when Jesus returns or do you have to constantly wonder about it, depending on how good or bad you’ve been at the time?

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Why do you think Paul told the Thessalonians that “God chose to save us through our Lord Jesus Christ, not to pour out his anger on us” (vs. 9)?

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**3. Applying the Chapter to Your Life (5-10 min)**

- a. For many people, the biggest struggle in maintaining a relationship with Jesus is just in remembering to do it. Think of two ways to remind yourself every day that Jesus loves you and wants to spend time with you.
- b. Think about what it means to be ready for Jesus to come. How can you strengthen your relationship with Jesus so that you will be ready, wanting to live with Him forever?
- c. Try to think of several ways that Jesus has been “the light” in your world. Try to remember specific instances and journal about them.

**4. Prayer Time (3-5 min)**

- a. Pray for Jesus to show you His love in very personal ways each day so that His love for you becomes more than just a cliché.
- b. Pray for Jesus to draw you close and give you the Holy Spirit as you pursue your relationship with Him.

**5. Outreach Idea**

Tell someone you know about the times Jesus has been “the light” in your world.

