



## **Sunday Teaching Discussion Guide: Greetings: October 18, 2020**

### Recap:

- Paul helped build a church in Thessalonica. He was getting a progress report on them and he wanted to give them words of encouragement in his two letters that he wrote. These people were undergoing trials and persecutions, and so Paul encourages the reader to rejoice, give thanks, and pray continually.
- We can apply Paul's words of encouragement to ourselves and his recommendations as well. Rejoicing, giving thanks, and praying can have significant benefits to our lives. Doing these things help our brains. They calm our stress levels and put us at ease.
- It is easy to see that encouragement from others can benefit us. We rely on words of affirmation and encouragement as we press on in our lives, especially through tough times. Just as important as it is to receive words of encouragement, we need to give words of encouragement as well. We are not the only people who undergo trials and tribulations, and as we know the benefits of encouragement, we should actively give encouragement to those around us.

### Discuss:

1. Read 1 Thessalonians 1:1-10
2. How do you think the gospel comes with power? How does the gospel empower and convict a person?
3. How does suffering and tough times affect your faith?
4. Who is a Christian that you admire?
5. How does the faith of someone else inspire or encourage you in your journey?
6. Has someone complimented you on your faith? How does that feel?
7. Read 2 Thessalonians 1:1-3
8. Are there people that you think you have grown closer to during times of suffering or tough times? Why do you think suffering and tough times draw people together?
9. Read 2 Thessalonians 11-12
10. What do you see the difference between regular actions and "deeds prompted by faith"?
11. Who is someone that you are praying for that is going through suffering or tough times?

Pray: Invite members of your group to share prayer requests. Give a short prayer thanking God for your group discussion and asking God to be with the requests that have been shared.

### Read at Home: Verses about Suffering

- 1 Peter 4:12-19
- John 9
- 2 Corinthians 12:1-10