

Quiet Time Reflections

From Studies on the Go: The Letters of Philippians, Colossians, and 1 and 2 Thessalonians by Dr. David Olshine

Day one: 1 Thessalonians 4:1-2

1. What word or phrase jumps out to you? Why?
2. How did you live today to please God? How could you have lived better?
3. Think about instructions the Bible gives us on how to live. What's the most difficult for you at this moment?

Day two: 1 Thessalonians 4:3-5

1. What word or phrase jumps out to you? Why?
2. What does "sanctified" mean?
3. How can you use your body to honor God?

Day three: 1 Thessalonians 4:6-8

1. What word or phrase jumps out to you? Why?
2. How have you wronged someone this week? How could you have changed the outcome? What can you do to bring forgiveness?
3. Think about why God wants us to live holy lives. How does that make you into what God intends for you to be?

Day four: 1 Thessalonians 4:9-12

1. What word or phrase jumps out to you? Why?
2. What image comes to mind when you think of the word love? What do you think it means that "God is love"?
3. What does gaining others' respect do for your message of Jesus? Is gaining respect difficult or easy?

Day five: 1 Thessalonians 4:13-14

1. What word or phrase jumps out to you? Why?
2. Have you had a loved one pass away in your lifetime? What has helped you cope with the loss?
3. What do Jesus' death and resurrection have to do with us and the mission of the church?

Day six: 1 Thessalonians 4:15-18

1. What word or phrase jumps out to you? Why?
2. Do you believe Jesus will come back? Why or why not? How often do you think about Jesus returning? How can this be a source of joy?
3. What do you think about heaven and the afterlife? Do you think about it at all? Too little? Too much? Is thinking about heaven a way to escape life now for you, or is it a great relief and excitement?

Day seven: 1 Thessalonians 4:1-18

Read through the entire passage. Write down the one verse that impacted you the most this week. Commit the passage to memory.