



Ingleside Notes

The Power of Encouragement

Sunday, March 10, 2019 • Tim McCoy, Lead Pastor

Based on **1 Thessalonians**

A Chapter a Day

<input type="checkbox"/> Sunday, March 10	1 Thessalonians 2
<input type="checkbox"/> Monday, March 11	1 Thessalonians 3
<input type="checkbox"/> Tuesday, March 12	1 Thessalonians 4
<input type="checkbox"/> Wednesday, March 13	1 Thessalonians 5
<input type="checkbox"/> Thursday, March 14	2 Thessalonians 1
<input type="checkbox"/> Friday, March 15	2 Thessalonians 2
<input type="checkbox"/> Saturday, March 16	2 Thessalonians 3

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1 Thessalonians 1

Paul, Silvanus, and Timothy,

To the church of the Thessalonians in God the Father and the Lord Jesus Christ:

Grace to you and peace.

²We give thanks to God always for all of you, constantly mentioning you in our prayers, ³remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ. ⁴For we know, brothers loved by God, that he has chosen you, ⁵because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction. You know what kind of men we proved to be among you for your sake. ⁶And you became imitators of us and of the Lord, for you received the word in much affliction, with the joy of the Holy Spirit, ⁷so that you became an example to all the believers in Macedonia and in Achaia. ⁸For not only has the word of the Lord sounded forth from you in Macedonia and Achaia, but your faith in God has gone forth everywhere, so that we need not say anything.

⁹ For they themselves report concerning us the kind of reception we had among you, and how you turned to God from idols to serve the living and true God, ¹⁰ and to wait for his Son from heaven, whom he raised from the dead, Jesus who delivers us from the wrath to come. (ESV)

When are we likely to need encouragement?

1. When we are just _____.

- The Thessalonians were new believers (cf. Acts 17:1-9).

2. When the times are _____.

- They “received the word in much affliction” (1:6)
- Paul had declared the gospel to them “in the midst of much conflict” (2:2)
- They “suffered the same things from [their] own countrymen” as the believers in Judea “did from the Jews” (2:14)
- Paul was concerned that they would be “moved by these afflictions” (3:3)

3. When we experience a significant _____ or a _____.

“But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope” (4:13, ESV).

4. When we are in the _____ — when the exhilaration of the start is behind us and the joy of the end is not yet in sight.

*“The long, dull, monotonous years of middle-aged prosperity or middle-aged adversity are excellent campaigning weather for the devil.” C.S. Lewis, **The Screwtape Letters***

5. When we are uncertain about the _____ — about next steps and how it will end.

Now concerning the times and the seasons, brothers, you have no need to have anything written to you. ²For you yourselves are fully aware that the day of the Lord will come like a thief in the night. (5:1-2)

How does God bring us encouragement?

1. Through the _____ of his word – the gospel.

⁴ For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. (Romans 15:4, ESV)

2. Through the _____ of the Holy Spirit.

¹³ May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Romans 15:13, ESV)

3. Through other _____ – especially other followers of Christ.

⁸ But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation. ⁹ For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, ¹⁰ who died for us so that whether we are awake or asleep we might live with him. ¹¹ Therefore encourage one another and build one another up, just as you are doing. (5:8-11, ESV)

What are the ways we can encourage one another?

1. By expressing gratitude for one another (1:2a).
2. By praying for one another (1:2b-3).
3. By treating each other like family (1:4a).
4. By reminding one another of our identity in Christ – we are loved by God, chosen by God, empowered by God's Spirit (1:4b-5a).
5. By our example for one another (1:5b-7).
6. By celebrating the influence and genuineness of one another's faith in Christ (1:8-10).
7. _____ -- "Therefore encourage one another with these words" (4:18).
8. Acts of _____ -- "seek to do good to one another and to everyone" (5:15).
9. _____ -- that express value (Philippians 4:18).
10. _____ -- just being there; presence.

Sometimes biblical encouragement will feel like . . .

- The _____ of a _____.

But we were gentle among you, like a nursing mother taking care of her own children. ⁸ So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us. (2:7-8)

- The _____ of a _____.

¹¹ For you know how, like a father with his children, ¹² we exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God, who calls you into his own kingdom and glory. (2:11)

How do you assess yourself today?

Overall I feel . . .

Discouraged			Encouraged	
Very	Somewhat		Somewhat	Very
1	2	3	4	5

My level of encouragement tends to be rooted most in . . .

Things seen & transient			Things unseen & eternal	
1	2	3	4	5

I make it a point to encourage others . . .

Seldom	Sometimes		Often	Regularly
1	2	3	4	5

I want God to transform me by his truth & his Spirit . . .

Rarely				Daily
1	2	3	4	5