

"Love Lifted Me Recovery Ministries"

First Thessalonians Bible Study — I Thessalonians 5:4-13

Lesson #8

**INSTRUCTIONS: Read the entire section of Scripture in First Thessalonians before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Most Scriptures used are from the New King James Version.

4-5 But you, **BRETHREN**, are **NOT in DARKNESS**, so that this Day should overtake you as a thief. You are all sons of **LIGHT** and sons of the day. We are not of the night nor of darkness.

• **John 3:19-21** "And this is the _____, that the _____ has come into the world, and men loved _____ rather than _____, because their deeds were _____."

• **John 8:12** "Then Jesus spoke to them again, saying, 'I am the _____ of the world. _____ who _____ Me shall _____ walk in _____, but have the _____ of _____.'"

• **Colossians 1:12-14** "Giving thanks unto the Father, who has _____ us to be partakers of the inheritance of the saints in _____; he has _____ us from the power of _____, and has translated us into the kingdom of the Son of His love; in whom we have _____ through His _____, even the _____ of sins."

Definition: "You, BRETHREN, are NOT in DARKNESS" – Darkness here means a SPIRITUAL darkness, but when we come to Christ, He gives us LIGHT. **Those who do NOT believe in Jesus are still in darkness**, and we all were once in darkness ourselves **UNTIL we received Jesus as Lord and Savior**, at which point **God DELIVERED us OUT of that darkness** into His light.

• **John 1:9-10** "That (Jesus) was the true _____ which gives _____ to every man who comes into the world. He was in the world, and the world was _____ through Him, and the _____ did _____ know Him."

• **Acts 26:18** "To _____ their eyes, and to turn them from _____ to _____, and from the power of _____ to God, that they may receive _____ of sins, and an inheritance among those who are sanctified by _____ in Me (Jesus)."

• **I John 1:5-7** "This is the message which we have heard from Him and declare to you, that God is _____ and in Him is no _____ at all. If we say that we have _____ with Him, and walk in _____, we _____ and do _____ practice the _____. But if we _____ in the _____ as _____ is in the _____, we have fellowship with one another, and the _____ of Jesus Christ His Son cleanses us from _____."

• **Ephesians 5:8** "For you were once _____, but _____ you are _____ in the Lord. _____ as _____ of _____."

• **Proverbs 4:18-19** "But the path of the just is like the _____ sun, that shines ever brighter unto the perfect day. The way of the _____ is like _____; they do _____ know what makes them _____."

6-8 Therefore **let us not SLEEP, as others do, but let us watch and be SOBER**. For those who SLEEP, sleep at NIGHT, and **those who get DRUNK are DRUNK at night**. But let us who are of the DAY **be SOBER, putting on the breastplate of FAITH and LOVE**, and as a helmet the hope of SALVATION.

• **Ephesians 5:14** "Therefore He says, '_____, you who _____, arise

from the _____, and Christ will give you _____.”

• **Romans 13:11-12** “And do this, _____ the _____, that now it is high time to _____ out of _____; for now our salvation (the return of Christ) is _____ than when we first believed. The _____ is far spent, the day is at hand. Therefore, let us cast _____ the works of _____, and let us put on the _____ - _____ of _____.”

Definition: “Be SOBER, putting on the breastplate of FAITH and LOVE” – This goes along with “Let us not SLEEP, as others do, but let us watch and be SOBER.” The “sleep” here means being spiritually LAZY, dull, and NOT PAYING ATTENTION. The “being SOBER” means not being drunk, of course, but also being **SERIOUS in our walk with the Lord**. The Christian life is a **BATTLE against the forces of Satan**, and we must put on the ARMOR of God and fight against the evil in this world.

• **Ephesians 6:13** “Therefore take up the whole _____ of _____, that you may be able to _____ in the _____, and having done all, to stand.”

• **II Corinthians 10:3-5** “For though we walk in the flesh, we do not _____ according to the flesh. For the _____ of our _____ are not carnal (merely HUMAN) but _____ in _____ for pulling down _____, casting down arguments and every high thing that exalts itself _____ the knowledge of God, bringing every thought into _____ to the obedience of Christ.”

• **I Peter 5:8-9** “Be _____, be _____; because your adversary (enemy) the _____ walks about like a roaring lion, seeking whom (looking for someone) he may devour. _____ him, _____ in the _____.”

Definition: “THE ARMOR OF GOD” – Paul uses the illustration of the armor of the Roman soldier of that time. The armor protected the most VITAL parts of the soldier’s body.

Definition: “BREASTPLATE OF RIGHTEOUSNESS” – The breastplate was the part of the armor that protected the HEART. In the Bible, the heart usually represents our **EMOTIONS**. If we have a good understanding of the righteousness of God, and **the FACT that WE ARE RIGHTEOUS** because of what JESUS DID on the cross, it will protect our emotions - protect us from FEELINGS of being inadequate or worthless in God’s eyes.

• **II Corinthians 5:21** “For He (God the Father) made Him (Jesus) who knew no sin to _____ sin _____, that _____ might become the _____ of God in Him.”

• **Isaiah 59:17** “And He put on _____ like a _____, and a helmet of salvation on His head.”

• **Ephesians 6:14-15** “Stand, therefore, having girded your waist with _____, having put on the _____ of _____, and having shod your feet with the preparation of the gospel of peace.”

Definition: “Those who get DRUNK are DRUNK at NIGHT” – Again, we have the reference to “night” and darkness. Getting drunk or high on drugs is a **part of the life of DARKNESS**.

• **Ephesians 5 17-18** “Therefore do not be _____, but understand what the _____ of the Lord is. And do not be _____ with _____, in which is dissipation; but be _____ with the _____,”

• **Proverbs 23:31-32** “Do not _____ on the _____ when it is red, when it _____ in the cup, when it swirls round _____; at the last it bites like a _____, and _____ like a viper (snake).”

• **Proverbs 20:1** “_____ is a mocker, _____ drink arouses brawling (fighting), and whoever is _____ by it is _____.”

Definitions: “DISSIPATION” & “UNWISE” – Dissipation means “to use up foolishly”, being **WASTEFUL**, aimless living, “extravagant **pursuit of pleasure**”, which is **NOT WISE** use of our time here on earth.

Definition: “Filled with the Spirit” – Paul **contrasts** BEING DRUNK with BEING FILLED with the Spirit. INSTEAD of being drunk, which is to be “UNDER THE INFLUENCE” of alcohol, we are to be “UNDER THE INFLUENCE”, or CONTROLLED BY the **Holy Spirit**. In other Scriptures, it is also called “walking in the Spirit”, “letting the word of Christ dwell in you”, and “putting on the Lord Jesus Christ.” This is NOT a ONE-TIME experience, but a continuous YIELDING of ourselves to the Holy Spirit’s control in our lives. The literal translation of the Greek is “**keep being filled**” with the Spirit.

9-10 For **God did NOT appoint us to WRATH**, but to obtain salvation through our Lord Jesus Christ, who died for us, that **whether we WAKE or SLEEP, we should live TOGETHER with HIM**.

- **Romans 5:9** “Much more then, having now been _____ by His _____, we shall be _____ from _____ through Him (Jesus).”
- **Ephesians 5:6** “Let no one deceive you with empty words, for because of these things the _____ of _____ comes upon the sons of disobedience.”
- **Mark 5:38-39** “Then He came to the house of the ruler of the synagogue, and saw a tumult (uproar) and those who _____ and _____ loudly. When He came in, He said to them, ‘Why make this _____ and _____? The child is not _____, but _____.’”

Definition: “God did NOT appoint us to WRATH” – **The WRATH of God** is God’s ANGER against SIN – the PUNISHMENT that WE DESERVE for violating God’s laws and falling short of His perfect standards. **God’s wrath and punishment for sin ABIDES or REMAINS on anyone who REJECTS God’s ONLY WAY of escape from that wrath, which is through Jesus.**

- **John 3:35-36** ““The Father _____ the Son, and has _____ all things into His hand. He who _____ in the _____ has everlasting life; and he who does _____ the _____ shall not see life, but the _____ of _____ abides on him.”

Definition: “Whether we WAKE or SLEEP, we should live TOGETHER with HIM” – This “wake and sleep” refers to **being ALIVE or being DEAD**. As we saw in our last lesson, Jesus (and Paul here, also) usually refers to physical death as “sleep.” **When Jesus returns, whether we’ve already died, or are STILL ALIVE, those who have died will be resurrected and we will ALL be with the Lord for eternity.**

- **I Thessalonians 4:16-17** “For the Lord Himself will _____ from _____ with a shout, with the voice of an archangel, and with the trumpet of God. And the _____ in _____ will _____ (Christians who have died will be RESURRECTED). Then _____ who are _____ and remain shall be caught up (taken up) together _____ in the _____ to meet the _____ in the air. And thus we shall _____ be _____ the _____.”
- **Daniel 12:2** “And many of those who _____ in the _____ of the earth shall _____, some to everlasting _____, some to shame and everlasting contempt (abhorrence).”
- **I Corinthians 15:20-22 & 26** “But now Christ is _____ from the _____, and has become the firstfruits of those who have fallen _____ (in death). For since by man (Adam) came _____, by Man (Jesus) came also the _____ of the _____. For as in _____ all _____, even so in Christ all shall be made _____.”
- **John 6:39-40** “This is the will of the Father who sent Me, that of _____ He has given Me I

should lose nothing, but should _____ it up at the last day. And this is the will of Him who sent Me, that everyone who sees the _____ and _____ in Him, may have _____ life; and I will _____ him up at the _____ day.”

- 11 Therefore **COMFORT each other and EDIFY one another**, just as you also are doing.
• **II Corinthians 1:3-4** “_____ be the God and Father of our Lord Jesus Christ, Father of mercies and God of all _____, who _____ us in all our _____, that we may be able to _____ those who are in any _____, with the _____ with which we ourselves are _____ by _____.”

Definition: “That WE may be able to COMFORT those who are in any TROUBLE” – Sometimes, we wonder why God allows us to go through times of difficulties, trials, tribulations and troubles, but He is not only strengthening us in our faith, but **preparing us to be able to COMFORT OTHERS**. That’s not saying that a pastor or someone can’t even counsel people unless he or she has been through the same things, but our counsel and giving comfort is MUCH MORE effective and believable if we can say, **“I’ve been through what you’re going through,”** or at least something similar. We can ALWAYS give counsel and comfort from God’s word, but **our EMPATHY comes from having had life-experiences** that we can SHARE with others, too.

• **II Corinthians 11:24-27** “From the Jews five times I received forty stripes minus one (a severe whipping). Three times I was _____ with rods; once I was _____; three times I was _____; a night and a day I have been in the deep; in journeys often, in perils (danger) of waters, in perils of _____, in perils of my own countrymen (the Jews), in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in _____ and _____, in fastings often, in cold and nakedness -- “

Definition: “EDIFY one another” – To **EDIFY** means to build up, which is the opposite of tearing someone down. It means to give encouragement, not criticism.

• **Ephesians 4:29** “Let no _____ proceed out of your _____, but what is _____ for necessary _____, that it may impart _____ to the hearers.”

- 12-13 And we urge you, brethren, to **recognize THOSE who LABOR among you, and are OVER YOU in the Lord and ADMONISH you**, and to **ESTEEM them very HIGHLY in love** for their WORK’S sake. Be at peace among yourselves.

• **I Corinthians 16:15-18** “I urge you, brethren – you know the household of Stephanas, that it is the firstfruits of Achaia, and that _____ have _____ themselves to the _____ of the _____ – that you also _____ to such, and to _____ who _____ and _____ with us. I am glad about the coming of Stephanas, Fortunatus, and Achaicus, for what was lacking on your part they _____. For they refreshed my spirit and yours; therefore _____ such _____.”

Definition: “THOSE who LABOR among you, and are OVER YOU in the Lord and ADMONISH you” – To **ADMONISH** means to correct, **to remind by way of a WARNING**, or to urge or encourage someone. When a pastor, counselor or just a more mature believer **ADMONISHES** us, **we should show them RESPECT, and not get angry or make excuses**. We should also “highly esteem” and **HONOR** those who are missionaries and workers and ministers in God’s kingdom