

1 Thessalonians 5:16-24

16 Rejoice always, **17** pray without ceasing, **18** in everything give thanks; for this is the will of God in Christ Jesus for you. **19** Do not quench the Spirit. **20** Do not despise prophecies. **21** Test all things; hold fast what is good. **22** Abstain from every form of evil. **23** Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. **24** He who calls you is faithful, who also will do it.

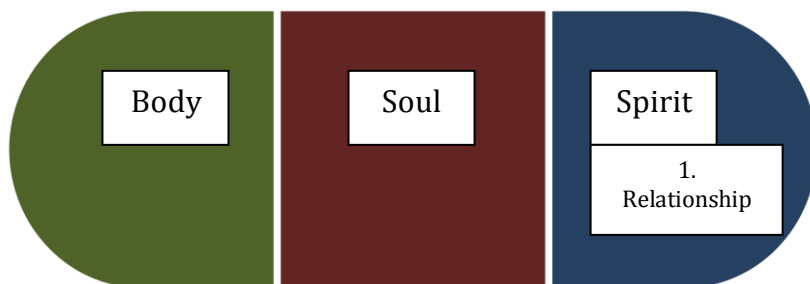
Introduction

A story was told of a Christian who shared that he felt there was no power for living. This person was convicted that there was more to it. He realized he knew God as a concept but he was missing out on a real experience of God. Then one day, while he was driving, the presence of God filled the vehicle and he just wept and wept. He wondered how he could know Christ for so long and yet missed Him.

Are you hungry and thirsty for His presence?

Key Verse: **1 Thessalonians 5:23**

Now may the God of peace Himself **sanctify you completely**; and may your **whole spirit, soul, and body** be **preserved blameless** at the coming of our Lord Jesus Christ.



Know that we are 3-part being, consisting of spirit, soul and body.

Soul – this is where we exercise 3 functions – mind, emotion and will. We are differentiated one from another by our personality, thoughts, emotions and experiences. Our souls are fractured due to sin and further fractured by the sins of our fathers. When we don't think right, we carry ungodly beliefs. Our minds have to be renewed. Our emotions have to be surrendered to the Holy Spirit and our will aligned to the will of the Father.

Spirit - We have to grow spiritually in our relationship with God. The first function of the Holy Spirit has to do with our relationship with God.

The relationship is strengthened through the following ways:

1. Intake of the Word.

This is done via meditation of the Word, remembering, studying, reading and hearing it.

2. Prayer connect.

1 Thessalonians 5:17 (today's passage)

Pray without ceasing

Ephesians 6:18

Praying always with **all prayer** and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

Pray the Word, declare what the Scriptures declare; pray in prayer tongues.

3. Build our altar of thanksgiving, praise and worship.

1 Thessalonians 5:16 (today's passage)

Rejoice always.

How can we rejoice always? Happiness depends on good things but to have joy is to have the fruit of the Holy Spirit. We rejoice when we connect with God in thanksgiving and worship. The joy of the Lord is our strength. Psalm 16:11.

1 Thessalonians 5:18 (today's passage)

In everything **gives thanks** for this is the will of God in Christ Jesus for you.

Romans 1:21

Because, although they knew God, they did not glorify Him as God, **nor were thankful**, but became **futile in their thoughts**, and their **foolish hearts were darkened**.

The verse above says that their thinking becomes futile, meaning it is of no value. Thankfulness is the beginning of wisdom.

Praise –

Hebrews 13:15

Therefore by Him let us continually offer the sacrifice of **praise** to God, that is, the **fruit of our lips**, giving thanks - **confessing to His name**.

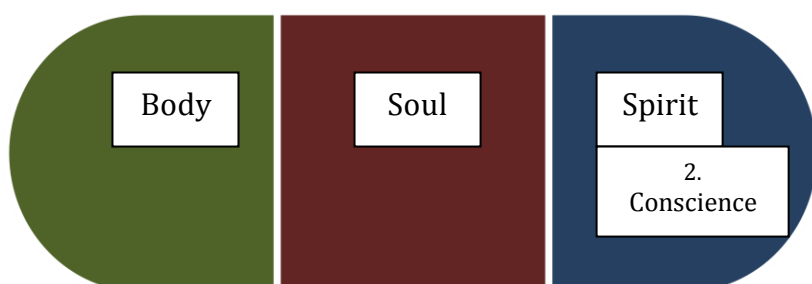
Praise is the fruit of our lips. When we sing the lyrics, we hit the ceiling. God wants us to go beyond that. He wants us to sing, pray and praise so as to break through. We will enlarge our praise vocabulary when we know the attributes of God.

Worship –

Romans 12:1

... **present your bodies a living sacrifice**, holy, acceptable to God, which is your reasonable service.

The bottom-line of worship is to surrender to God. This is coming to the end of ourselves. The Christian life is one of continual surrender and consecration.



The Holy Spirit sensitizing our **Conscience**.

The next function of the Holy Spirit has to do with our conscience.

1 Timothy 1:19 (NIV)

Holding on to faith and a **good conscience** ...

If our conscience is bad, faith leaks. If conscience is evil, we have no confidence to come before God as we will be filled with guilt. We will need to confess to cleanse it. 1 John 1:9. Our conscience can become more and more sensitive to God or it can become dulled and seared. Romans 9:1

Romans 9:1 (NIV)

I speak the truth in Christ - I am not lying, my **conscience** confirms it through the Holy Spirit -

1 Thessalonians 5:19 (today's passage)

Do not quench the Spirit

We can quench the Spirit. It is like blowing a flickering flame. The Spirit indwells us to grow in holiness and Christlikeness. He also enables and empowers us for ministry.

The Christians in Thessalonica were not hungry for the Holy Spirit. Acts 17:11. Those in Berea were more noble. They searched the Scriptures. We can be Christians who know the Word but know little of the power of the Spirit.

1. This is differentiated from **grieving** the Holy Spirit when we sin.

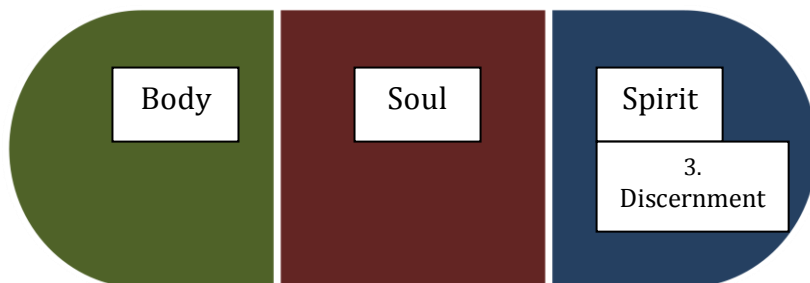
Ephesians 4:30

And **do not grieve the Holy Spirit** of God, by whom you were sealed for the day of redemption.

We grieve the Holy Spirit when we disobey, lie deceive, are angry, bitter, malicious and give ground to the devil. See Ephesians 4:22-32.

2. To quench the Spirit is to **cut off** the work and ministry of the Holy Spirit in our lives, situations and meetings.
3. We quench the Spirit when we are **cynical, skeptical, complaining, murmuring, ridiculing** and **saying** things about God's work we don't completely know and understand.

The 3rd function of the Spirit is discernment.



Hebrews 5:14

But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to **discern both good and evil**.

Hold tightly to Scriptures and your relationship with the Holy Spirit. Ponder if every message and prophetic word is from God. Learn to discern.

1 Thessalonians 5:20 (today's passage)

Do not despise prophecies.

Don't quench everything just because one or two prophetic words are wrong. 3 legs must align for personal prophecy – knowledge, understanding and wisdom.

In the New Testament, the Spirit of Prophecy is the testimony of Jesus.

1. Prophecies come in **2 broad ways**:

(A) Speaking forth the Word of God.

(B) Foretelling through spiritual gifts

like Word of Knowledge and Word of Wisdom.

2. The Fruit of Prophecy:

This must edify, exhort and encourage the person. This must be the outcome of personal prophecy.

1 Corinthians 14:3 (NKJV)

But he who prophesies speaks edification and exhortation and comfort to men.

3. We are to weigh prophecies.

1 Corinthians 14:29

Let two or three prophets speak, and let the others judge.

We need to weigh prophecies. There must be knowledge, understanding and wisdom. We need to weigh, interpret and learn how to apply. There must be alignment.

1 Thessalonians 5:21 (today's passage)

Test all things, hold fast what is good.

Hebrews 5:14

But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

Sometimes, we may be led to stop praying for some people. We need to discern what is from God, the evil one and that from the flesh.

1 Thessalonians 5:22 (today's passage)

Abstain from every form of evil.

Romans 12:21

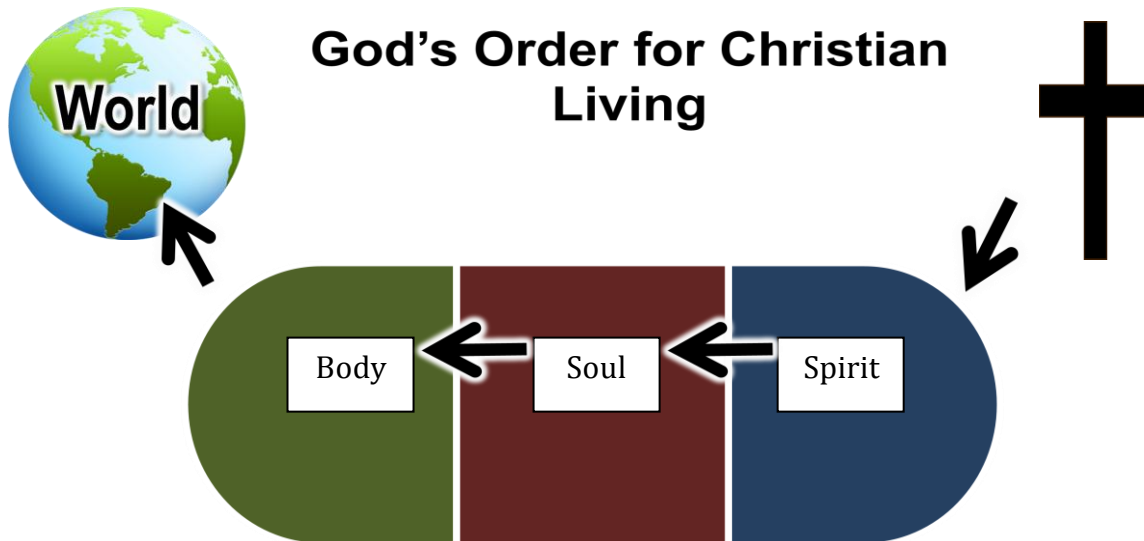
Do not be overcome by evil, but overcome evil with good.

In every quarrel, there are two sides of the story. Hold on to good, abstain from every form of evil.

1 Thessalonians 5:23 (Today's passage)

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

The key lies in what is directing your life. Is the Holy Spirit directing you? If your mood is dominant, the high probability is that you will be carnal. If the Holy Spirit is directing, then we will be whole as we live in the physical body and in the community. The faculties of the soul must be subjected to the Spirit, meaning that our feelings are to be subjected to God. Otherwise we will be ruled by our feelings and then there will be problems. We don't need to have someone press the emotional button and let us get angry.



Proverbs 4:23 tells us that above all else, guard your heart. How we respond and decide is a function of who is our Lord.

The Christian life is a life of consecration.

1 Thessalonians 5:24 (Today's passage)

He who calls you is faithful, who also will do it.

God will intervene. Judgment belongs to Him. As we surrender to Him, He will intervene and work all things for good. The promise comes when we work through the verses from 16-22.

End.

Questions for discussion

1) How can we strengthen our spirit-man?

2) How can we better connect with God?

3) In what ways do we quench and grieve the Holy Spirit? How can we be more sensitive to Him so as not to keep doing so?

4) What does it mean to be spiritually vibrant? How can we be so?

5) Share other things that you have gleaned from the message.