

1 Thessalonians Chapter 1

1 Paul, Silas and Timothy,

To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace and peace to you.

2 We always thank God for all of you, mentioning you in our prayers. 3 We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ. 4 For we know, brothers loved by God, that he has chosen you, 5 because our gospel came to you not simply with words, but also with power, with the Holy Spirit and with deep conviction. You know how we lived among you for your sake. 6 You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit. 7 And so you became a model to all the believers in Macedonia and Achaia. 8 The Lord's message rang out from you not only in Macedonia and Achaia—your faith in God has become known everywhere. Therefore we do not need to say anything about it, 9 for they themselves report what kind of reception you gave us. They tell 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 rescues us from the coming wrath.

1 Thessalonians 1 Chapter 1 “Ringing Out, Not Burning Out”

Group Discussion Questions:

1. What is an example you have seen of someone serving faithfully, with true "endurance?" What do you notice about their life?
2. What is an example you have seen of "burnout?" What do you notice about their life?
3. What habits have you found most helpful for staying spiritually strong? How are those habits part of your life right now?

Self-Diagnostic Question:

Could you be serving for reasons that are not "produced by faith, love and hope?" Here are some possible indicators:

- ✓ Do you find yourself often feeling "put out" or increasingly cynical by the fact that your efforts sometimes go unrecognized, thanked or appreciated?
- ✓ Do you find that your efforts to serve often comes at the expense of the health of other foundational relationships? (*Like your close friendships or your marriage?*)
- ✓ Is your time in service sometimes a "diversion" from dealing with problems in other areas of your life? Or is your service a "bartering" with God in order to keep him out of other areas of your life?
- ✓ Do you often feel "burned out?" (*Beyond occasional fatigue.*)

Hope for the “Burned Out Do-Gooder”

- ✓ Build friendships that are not simply based on a shared activity. (*"How are you doing?" more than "What are you doing?"*) Connection groups are ideal for this.
- ✓ Draw near to Christ and let the relationship with Him guide and strengthen your commitments to serve.
- ✓ Give yourself permission to say "no" to activities that you do not feel a clear sense of God's call to.