

1 Thessalonians 5:16-18

**3 Simple but difficult
commands!**



- Rejoice Always
- Pray Continually
- In ALL things give thanks

Rejoice Always:

Sachaq (*saw-khak*): laughing, playing,
playing music

Alaz (a-laz): jumping for joy

Gil (gheel): spinning/ dancing around



What's the difference between happiness and joy?

Happiness is dependent on circumstances

Joy is an inner feeling

We can rejoice because:

We are growing:

“because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope.”
(Romans 5:2-4).

God is in control:

“we know that in **all things** God works for the good of those who love him, who have been called according to his purpose.” (Rom. 8:28)

We can get through things with God’s help who supports us and gives us strength:

“I can do all things through Christ who strengthens me” (Phil. 4:13)

We are born again!



Pray continually:

Prayer is a key way we communicate with God. Prayer can bring about big changes in us and the world.

We need to make prayer a habit

“Christ actually meant prayer to be the great power by which His Church should do its work” (*The Ministry of Intercession*, Andrew Murray)

Desire to be close to God

Realise our dependence on Him

Protect our selves from evil, sin and temptation.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”
(Phil 4:6-7)

Give thanks in all circumstances:

What do we have to be thankful for?

There are some obvious things:

Christ's sacrifice, that he has paid for our sins.

Thankful that our sins have been forgiven

Resurrection: Freedom from the law and works.

But we also have....

The Bible

The Holy Spirit:

Each other

Paul is teaching us how to live a
full and abundant life in
anticipation of Christ's return!



Benediction:

May the Lord make us increase and abound in love for one another and for all, so that our hearts can be blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints.

Amen