



**THE  
LIVING  
END**

**末世与盼望**

**1 THESSALONIANS**  
**帖撒罗尼迦前书**

'May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.'

- 1 Thessalonians 3:12-13 -

# 1 THESSALONIANS: THE LIVING END

1 Thessalonians is a profound and insightful letter written by the apostle Paul to the early Christian community in Thessalonica. This letter is a treasure trove of wisdom, encouragement, and practical guidance for believers, making it a valuable resource for our spiritual growth and understanding of God's word.

One of the of Paul's earliest letters, 1 Thessalonians offers us a glimpse into the thoughts and concerns of the early Christian church. It also gives us a deeper understanding of the challenges faced by these first-century believers and how Paul's teachings helped them navigate their faith journey.

We will see Paul's heartfelt affection for the Thessalonian believers as he rejoices in their faith, love, and endurance in the midst of persecution and adversity. We hear about Paul's pastoral care, deep concern, and tender encouragement as he strengthens and guides this young congregation in their walk with Christ. Paul also provides profound insights into the second coming of Christ, offering comfort to those who are grieving and hope to those who are weary.

As we journey through these five chapters of 1 Thessalonians, we will uncover valuable lessons for today's world that will equip us to live out our faith in a manner pleasing to God and encouraging to fellow believers.

So, let us embark on this journey through 1 Thessalonians, seeking to deepen our understanding of God's Word and allowing its timeless truths to shape our lives as modern-day disciples of Christ.

Every blessing,

*Rev'd Christopher Bate*  
*Holy Spirit Algester*

又愿主叫你们彼此相爱的心，并爱众人的心都能增长，充足，如同我们爱你们一样，好使你们当我们主耶稣同他众圣徒来的时候，在我们父神面前，心里坚固，成为圣洁，无可责备。

帖撒罗尼迦前书3:12-13

## 帖撒罗尼迦前书 末世与盼望

帖撒罗尼迦前书是使徒保罗写给帖撒罗尼迦早期基督徒群体的一封信，见解深刻的书信。这封信是信徒智慧、鼓励和实际指引的宝库，使其成为我们灵命成长和理解上帝话语的宝贵资源。

帖撒罗尼迦前书是保罗最早的书信之一，让我们得以一窥早期基督教会的思想和忧虑。它也让我们更深入地了解这些第一世纪的信徒所面临的挑战，以及保罗的教导如何帮助引导他们的信仰之旅。

我们会看到保罗对帖撒罗尼迦信徒那份发自内心的爱，因为他在遭受逼迫和逆境中因他们的信心、爱心和忍耐而喜乐。我们听到保罗在加强和引导这群年轻会众与基督同行时的牧养关顾、深切关怀和温柔鼓励。保罗也对基督的再临提出了深刻的见解，为悲伤的人提供安，以及为疲倦的人带来希望。

当我们阅读帖撒罗尼迦前书的前五章时，我们将揭示对当今世界宝贵的教导，这些教导将使我们能够以讨上主喜悦和鼓励信徒同工的方式活出我们的信仰。

因此，让我们踏上帖撒罗尼迦前书的旅程，寻求加深对上帝的理解，并让其永恒的真理塑造我们作为现代基督徒的生活。

基斯比治牧师

圣公会阿扎斯特牧区灵风堂



**THE  
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**WEEK 1**

**Warming up:**

Which people are you particularly thankful for in your life? Why are you thankful for them?

**Read: 1 Thessalonians 1:1-10**

1. Who are the authors of this letter?
2. Why are Paul, Silas, and Timothy thankful for the church in Thessalonica?
3. In v.3, what causes the Thessalonians to work, labour and endure?
4. In vv.4 & 7, how did the Thessalonians receive and welcome the gospel?
5. When Paul, Silas, and Timothy were originally in Thessalonica during Paul's second missionary journey, they and the first members of the church there were persecuted and suffered. Read Acts 17:1-9. What happened to them?
6. For a small, persecuted church a long way from Jerusalem, how do you think they felt to know that they are a model for all believers and that their faith is known everywhere?
7. In vv.9-10, what do we know about the believers in Thessalonica?

**Rubber hits the road: .**

Even though we are a small church in a country where Christianity is declining; how can our faith, love and hope encourage other believers both near and far?

**Prayer**

God of grace and peace, we thank you for working so powerfully amongst the Thessalonian people all those years ago and that they continue to encourage us in our faith. Please help us to grow in faith, love and hope, and to be courageous in the midst of adversity so that your people might be strengthened, and many might receive the new life you offer. By your grace and in your power we pray. Amen.



THE  
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WEEK 1

## 热身：

在你的生命中，你特别感谢哪些人？为什么要感谢他们？

## 阅读：帖撒罗尼迦前书 1:1-10

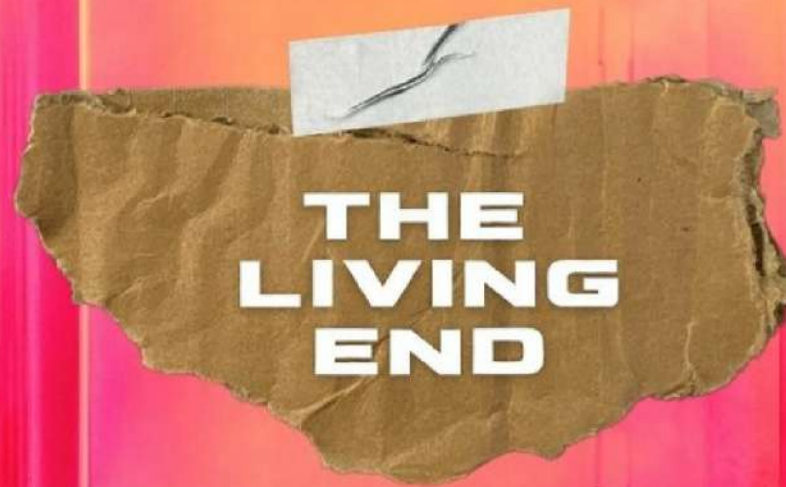
1. 这封信的作者是谁？
2. 为什么保罗、西拉和提摩太为帖撒罗尼迦教会而感恩？
3. 在第 3 节中，什么使帖撒罗尼迦信徒工作、劳苦和坚忍？
4. 在第 4 节和第 7 节中，帖撒罗尼迦信徒如何接受并欢迎福音？
5. 当保罗、西拉和提摩太在保罗第二次宣教旅行期间最初来到帖撒罗尼迦时，他们与当地教会的第一批成员都受到迫害和苦难。阅读使徒行传 17:1-9，他们发生了什么事？
6. 对于一个距离耶路撒冷很远、受迫害的小教会来说，当他们知道自己是所有信徒的榜样并且他们的信仰在各地广为人知时，你认为他们会有什么感觉？
7. 在第 9-10 节中，我们对帖撒罗尼迦的信徒，知道了甚么？

## 实践：

尽管我们是在基督教日渐衰落的国家中的一个教会；我们的信心、爱心和盼望如何可以鼓励无论在远或是近的其他信徒？

### 祷告

恩典与和平的上帝，我们感谢祢多年前在帖撒罗尼迦人民中大能的工作，并以此继续鼓励我们的信仰。请帮助我们在信心、爱和希望上成长，并在逆境中保持勇气，使祢的信徒得到力量，让许多人可以接受祢提供的新生命。靠着祢的恩典与力量。阿门。



**WEEK 2**

### **Warming up:**

Has anyone ever tried to peddle a product to you with selfish motives? What was the result?

### **Read: 1 Thessalonians 2:1-12**

1. How does Paul feel about his previous visit to Thessalonica?
2. What can we learn from this passage about the way Paul conducted his ministry?
3. What does v.4 tell us about Paul's focus in his ministry?
4. What do vv.8-12 tell us about how Paul conducted his ministry?
5. How can this passage inform and shape the way we serve and lead people in church?

### **Read: 1 Thessalonians 2:13-20**

1. How does Paul feel about the Thessalonians? How have they received the word of God?
2. What has happened to the people since they became Christians?
3. What does Paul long for in vv.17-19?
4. What does this passage show us about the importance of relationships in the church today?
5. How can this passage teach us to discern the difference between the true Gospel and a gospel peddled for profit?
6. How are we to respond to opposition to the Christian faith today?

### **Rubber hits the road:**

How can we encourage one another to 'live a life worthy of God' this week?

#### **Prayer**

Loving Father God, we thank you for your Word written for us. Thank you for your church which has preserved it for us. Help us to be faithful ministers of your gospel of grace to our family, friends, and neighbours. In Jesus' name we pray. Amen!



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WEEK 2

## 热身：

是否有人曾出于自私的动机试图向您兜售产品？结果如何？

## 阅读：帖撒罗尼迦前书 2:1-12

1. 保罗对之前造访帖撒罗尼迦有何感想？
2. 我们可以从这段关于保罗事工的方式学到什么？
3. 第 4 节告诉我们什么关于保罗传道工作的甚么重点？
4. 第 8-12 节告诉我们保罗如何执行他的事工？
5. 这段经文如何引导和塑造我们在教会中服事和带领人们的方式？

## 阅读：帖撒罗尼迦前书 2:13-20

1. 保罗对帖撒罗尼迦人有何看法？他们如何接受上帝的话？
2. 自从人们成为基督徒以来，他们发生了什么事？
3. 保罗在第 17-19 节中渴望什么？
4. 这段经文向我们展示了今日教会中甚么关系的重要性？
5. 这段经文如何教导我们分辨真正的福音和为了获利而兜售的福音之间的差异？
6. 今天我们该如何响应对基督教信仰的反对？

## 实践：

本周我们如何鼓励彼此「过配得上上帝的生活」？

## 祷告

慈爱的天父上帝，我们感谢祢为我们写下的话语。感谢祢的教会为我们保存了祢的话。求你帮助我们成为向我们的家人、朋友和邻居传播祢恩典福音的忠实传道人。奉耶稣的名。阿门！



**THE  
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**WEEK 3**

**Warming up:**

Has there ever been a time when you were worried about someone but couldn't go see them? How did you feel?

**Read: 1 Thessalonians 3:1-13**

1. What stands out to you in this passage?
2. Why did Paul send Timothy back to Thessalonica in vv.1-5?
3. What concern did Paul have for the Thessalonian church?
4. What did Paul think might undercut the faith of the new believers at Thessalonica?
5. In vv.6-7, how had Paul's work among the Thessalonians fared during his absence?
6. How were the Thessalonians an encouragement to Paul?
7. How might the Thessalonians' steadfastness in the face of persecution apply to challenges we face today?
8. How might Paul's joy over the Thessalonians' faith encourage us in our spiritual journey?
9. How can the Thessalonians' perseverance inspire Christians facing challenges today?
10. In vv.11-13, what did Paul pray would grow and prosper among the Thessalonians?

**Rubber hits the road:**

What steps can you and we as a church take to ensure that our faith remains steadfast, like the Thessalonians', in the face of adversity?

**Prayer**

Almighty God, we thank you that you are a gracious and loving God; increase and overflow our love for you and each other and all whom we meet. Strengthen our hearts so that we may be blameless and holy in your presence when our Lord Jesus Christ comes with all his holy ones.

Amen.





THE  
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WEEK 3

## 热身：

你是否曾经有过很担心某个人却无法去看他的经验？你当时感觉怎么样？

## 阅读：帖撒罗尼迦前书 3:1-13

1. 这段经文中什么让你印象最深刻？
2. 为什么保罗在第 1-5 节差派提摩太回到帖撒罗尼迦？
3. 保罗对帖撒罗尼迦教会有何挂虑？
4. 保罗认为会有什么东西能削弱帖撒罗尼迦新信徒的信心？
5. 在第 6-7 节中，保罗不在期间，他在帖撒罗尼迦教会的工作进展如何？
6. 昔日，帖撒罗尼迦教会如何鼓励保罗？
7. 帖撒罗尼迦教会面对迫害时的坚定不移可以如何应用在我们今天面临的挑战？
8. 保罗因帖撒罗尼迦教会的信心而感到的喜乐会如何鼓励我们踏上属灵的旅程？
9. 帖撒罗尼迦教会的坚忍可以如何激励今天面临挑战的基督徒？
10. 在第 11-13 节中，保罗祈求什么能够在帖撒罗尼迦教会中成长、兴盛？

## 实践：

作为一个教会，你和我们可以采取什么步骤来确保我们的信仰像帖撒罗尼迦教会一样在逆境中保持坚定？

### 祷告：

全能的上帝，我们感谢祢，祢是一位有恩典有慈爱的神；求你增加并充满我们对祢、对彼此、以及所有我们遇到的人的爱。坚固我们的心，好让当我们的主耶稣基督和祂所有的圣徒降临时，我们可以在祢面前是圣洁且无可指摘。阿门。



**WEEK 4**

### **Warming up:**

What sorts of things do you say to someone when you are trying to encourage them?

### **Read: 1 Thessalonians 4:1-12**

1. In v.1, what does Paul say about how the Thessalonians are living? What else does he encourage them to do?
2. Why is it important that Paul's instructions about Christian living come by the authority of Jesus?
3. What does it mean to be sanctified?
4. In vv.3-7, what reasons does Paul give for avoiding sexual immorality?
5. In vv.9, who taught the Thessalonians to love each other? What else does he encourage them to do?
6. In vv.11-12, what does Paul say that their ambition should be? Why?

### **Read: 1 Thessalonians 4:13-18**

1. Why shouldn't the Thessalonians grieve those who have died?
2. How would you summarise Paul's explanation of Jesus' return in vv.14-17?
3. What encouragement would these words give to believers?

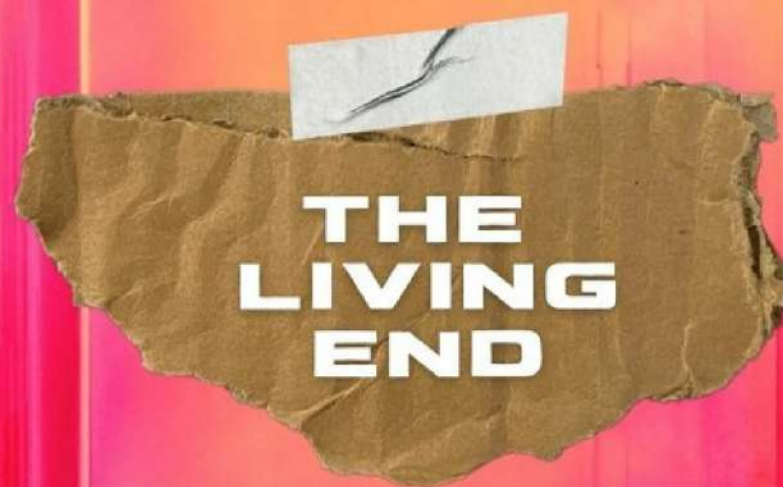
### **Rubber hits the road:**

How does the knowledge of Jesus' return impact the way that you live each day?

#### **Prayer**

Lord God, you are the Alpha and the Omega – the beginning and the end. May we be daily encouraged as we consider the eternal hope found in you. We pray that our hope would lead us to love you more and more, and that our lives would please and honour your name.

Amen.



WEEK 4

## 热身：

当你尝试鼓励某人时，你会对他们说些什么？

## 阅读：帖撒罗尼迦前书 4:1-12

1. 在第 1 节中，保罗对帖撒罗尼迦教会的生活有何看法？他还鼓励他们做什么？
2. 为什么保罗认为，基督徒生活的指示是来自耶稣的权柄，是这么重要？
3. 成圣是什么意思？
4. 在第 3-7 节中，保罗给了避免淫乱的理由是什么？
5. 在第 9 节中，谁教导帖撒罗尼迦教会要彼此相爱？他还鼓励他们做什么？
6. 在第 11-12 节中，保罗说他们的立志应该是什么？为什么？

## 阅读：帖撒罗尼迦前书 4:13-18

1. 为什么帖撒罗尼迦教会不该为死者哀悼？
2. 你会如何总结保罗在第 14-17 节中对耶稣再来的解释？
3. 这句话会为信徒带来什么鼓励呢？

## 实践：

耶稣再来的消息如何影响你每天的生活方式？

### 祷告：

上帝，祢是阿拉法和俄梅戛一开始和结束。愿我们因在祢身上找到的永恒希望而每天都受到鼓舞。愿我们的希望会让我们越来越爱祢，而我们的生活会讨祢喜悦并荣耀祢的名字。阿门。



**THE  
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**WEEK 5**

**Warming up:**

Do you have anyone in your life who is preparing for something big in the future? How do they go about their preparations?

**Read: 1 Thessalonians 5:1-11**

1. In v.1, why do you think Paul writes 'about times and dates we don't need to write to you'?
2. What analogies does Paul use for the 'day of the Lord'?
3. What are some of the contrasts drawn in vv.4-11? What are we being told about how we should live?

**Read: 1 Thessalonians 5: 12-28**

1. In these final verses Paul gives words of encouragement. How many encouragements can you find?
2. Who are vv.12-14 about? What does this mean for us today?
3. What are the parallels between Jesus' teaching and Paul's? (see Matthew 5:43-48; Mark 12:30-31; Luke 6:27-36; John 13:34)
4. What is Paul teaching about the Holy Spirit and prophecy in vv.19-21? How can we respond when someone says they've heard from God?

**Read: 1 Thessalonians 5:23-28**

1. What do vv.23-28 tell us about how we are to care for each other?
2. What is sanctification and what value does it hold for Christians?
3. A 'holy kiss' was a form of greeting in the ancient world. How can we greet people in a way that conveys God's love but doesn't freak them out or give them the wrong idea today?

**Rubber hits the road:**

What are some applications that you can take from our 1 Thessalonians series that will help you live in preparation for Jesus' return?

**Prayer**

Loving Heavenly Father, thank you that you are always faithful and always keep your promises. Thank you for the hope found in Christ's death, resurrection, and his promise to return in glory. Help us, by the inspiration of your Holy Spirit, to live in light of Jesus' return and to serve you with gladness.

Amen.



THE  
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WEEK 5

## 热身：

你生命中有人正在为未来的大事做准备吗？他们的准备工作进度如何？

## 阅读：帖撒罗尼迦前书 5:1-11

1. 你觉得为什么保罗在第1节中写道「关于那时候和日期，不用人写信给你们」？
2. 保罗用什么模拟来形容「主的日子」？
3. 第 4-11 节有何对比？我们被告知该如何生活？

## 阅读：帖撒罗尼迦前书 5:12-28

1. 在这最后几节经文中，保罗给了鼓励的话。你能找到多少鼓励？
2. 第 12-14 节是关于谁的？对今天教会中的这些人来说，这又意味着什么呢？
3. 耶稣的教导（参考马太福音5：43-48；马可福音12：30-31；路加福音6：27-36；约翰福音13：34）和保罗在这些经文中的教导有何相似之处？
4. 保罗在第 19-21 节中关于圣灵和预言的教导是什么？当有人说他们听到了上帝的声音时，我们该如何回应？

## 阅读：帖撒罗尼迦前书 1 5:23-28

1. 第 23-28 节告诉我们如何互相关心？
2. 什么是成圣？它对基督徒有什么价值？
3. 「圣洁的吻」是古代世界的一种问候方式。今天，我们怎么能以一种既能传达上帝的爱又不会吓到他们或给他们带来错误想法的方式来问候人们呢？
4. 实践：
5. 您可以从我们的《帖撒罗尼迦前书》系列中获得哪些应用来帮助您为耶稣再来做好准备？

## 祷告：

慈爱的天父，感谢祢始终信实并信守承诺。感谢祢使我们在基督的受死、复活和祢荣耀中再来的应许中找到了盼望。帮助我们，在祢圣灵的启示下，生活在耶稣再来的光明中，并高兴地为祢服务。阿门。

愿赐平安的上帝亲自使你们全然成圣！  
又愿你们的灵与魂与身子得蒙保守，  
在我们主耶稣基督降临的时候，  
完全无可指摘！  
那召你们的本是信实的，  
他必成就这事。

- 帖撒罗尼迦前书 5:23-24 -

'May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.'

- 1 Thessalonians 5:23-24 -



**Sunnybank**  
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