

**PROFITABLE EXHORTATION**  
**1 Thess. 5:16-22**

**INTRODUCTION**

- A. The Church at Thessalonica.
  - 1. Acts 17:1-4 – Paul preached for three Sabbath's in a synagogue of the Jews.
  - 2. Jealous Jews “chased” Paul and Silas from Thessalonica to Berea.
    - a. The Jews followed them there and “chased” them from there, too.
  - 3. The church was made up of mostly Greek Gentiles and some Romans.
  - 4. His first letter to combat false ideas about the resurrection.
- B. Paul's letter of exhortation.
  - 1. Most, if not all, of Paul's letters have a call to walk the Christian life different from and separate from the way the world walks (Rom. 12-15; Gal. 5; Eph. 4:17-5; etc.).
  - 2. To exhort – is to call on, to beseech, admonish, urge to pursue some course of conduct, to caution earnestly.
  - 3. This is the instruction he left with Timothy, 2 Tim. 4:2, “*Preach the word; ... reprove, rebuke, and exhort,...*”
- B. Timothy to give heed to it, 1 Tim. 4:13.

**I. REJOICE ALWAYS, v. 16.**

- A. In the Lord, Phil. 4:4.
- B. Rejoice in the hope of glory, Rom. 5:2.
- C. Rejoice in obedience, Acts 8:39.
- D. Rejoice in suffering for Christ, Acts 5:41.
- E. A Christian's “cup overflows”, Ps. 23:5.

**II. PRAY WITHOUT CEASING, v. 17.**

- A. Jesus taught, men ought always to pray, Luke 18:1.
- B. Essential to wielding the word of the Spirit, Eph. 6:17-19.
- C. A Christian's way to get what he needs, 1 Jn. 3:22.

**III. IN EVERYTHING GIVE THANKS, v. 18.**

- A. Made with prayer and supplication (a wanting or a need), Phil. 4:6.
- B. The order: 1) Rejoice, 2) Pray, 3) Give thanks.
- C. Gratitude is necessary, but far too often omitted.
  - 1. Every circumstance, even when facing trials, Jas. 1:3.

**IV. QUENCH NOT THE SPIRIT, v. 19.**

- A. Some resist the Spirit, Acts 7:51.
- B. Some grieve the Spirit, Eph. 4:30
- C. Quench and grieve the spirit by refusing his directions.
  - 1. 2 Pet. 1:20-21
  - 2. When living lives contrary to his teaching.

**V. DESPISE NOT PROPHECYING, v. 20.**

- A. Prophecy is teaching, 1 Cor. 14:24-25.

1. At that time perhaps reference to revelation.
  2. No Scripture at that time (Thess. letter earliest.)
  3. Today, more of the idea of speaking for the mind and counsel of God.
- B. Despise not faithful teachers, Gal. 4:16.
- C. Ahab and Elijah, *“Is this you, you troubler of Israel?”* 2 Kings 18:17

#### **VI. PROVE ALL THINGS, v. 21.**

- A. Try *[test]* your teachers, 1 Jn. 4:1; Rev. 2:2.
1. Money changers “tested” the money given them. Act like experienced money changers!
  2. Testing according to God’s standards.
  3. The need to study God’s Word.
- B. Hold fast to that which is good, 1 Thess. 5:21.
1. Reject the false!

#### **VII. ABSTAIN FROM EVERY FORM OF EVIL, v. 22.**

- A. Christians dead to sin, Rom. 6:1-2; Col. 3:5.
- B. Abstain – to keep from; to refrain voluntarily, Gal. 5:19-21.
1. *“...which I forewarn you...that those who practice such things shall not inherit the kingdom of God.”*