

GRACE GROUP GUIDE WINTER WEEK #3

FEBRUARY 1, 2026 | 1 Thessalonians 1

DISCUSSION GUIDE

1-MIN OVERVIEW

1 Thessalonians 1 introduces many of the themes in the letters of 1 and 2 Thessalonians. From hope (1:3) to persecution (1:6) to living as examples (1:7) to the return of Christ (1:10), Paul sets the tone for what's to come. Overflowing in this chapter are words of prayer and gratitude for the Thessalonian church, prompted by their humble faith in the spite of opposition. It would seem they found the secret to unstoppable hope, regardless of circumstances, that spread everywhere they went.



WARM UP

1. *Hope is knowing something better is coming regardless of what is currently happening. What is one thing you are looking forward to in the next year? Why does it excite you, and would happen if it fell through?*



KNOW IT

Watch the Bible Project Video for 1 Thessalonians (<https://bibleproject.com/videos/1-thessalonians>)

+ To find this video without the link, simply search Google for "Bible Project 1 Thessalonians"

Read 1 Thessalonians as a group. Consider standing while reading the Scripture. After reading, pray together for illumination (Holy Spirit-given insight) using Psalm 119:105 as a guide; "Your word is a lamp for my feet and a light on my path."

1. *1 Thessalonians 1:1 is an introduction of the letter to the church. Who is mentioned? Who is the audience and what is their culture like? What does "grace and peace" mean to Paul and the Thessalonians?*

2. *In 1 Thessalonians 1:3, Paul has three pairs of words that connect virtues with concrete actions. What are these pairs and how does each virtue (through Jesus) produce each action? What is the significance of these virtues in the other writings of Paul in the New Testament?*



SHARE IT

1. *Reread 1 Thessalonians 1:4-7. How does the idea that God has "chosen you" (1:4) lead believers to become "imitators" (1:6), to welcome "the message with joy" (1:6), and to become examples (1:7) to all the believers*

around us? How does God's decision to save/rescue/adopt you manifest your affection and action towards others?



LIVE IT (For Group Leaders to Develop)

1. *If you're a group leader, please take time before the group meets to consider ways that 1 Thessalonians 1 leads those in your group to live out the promises/commands/truths/mission revealed in this section of Scripture. Come up with 1-2 questions that will drive discussion for your specific group for where they are in life (i.e. families, women, men, young adults, etc.). Be sure to consider how this Scripture leads you/them to the Gospel (life, death, resurrection, ascension, and future return of Jesus) and how that good news helps us live out the truths of 1 Thessalonians 1.*

Suggested Daily Reading and Reflection

Passages for Next Week: Day 1: 1 Thess. 2:1-2, Day 2: Acts 16:16-40, Day 3: 1 Thess. 2:13-16, Day 4: Ephesians 4:1-16

Memory Verse: Romans 14:8

Opening Prayer *Dear God, open my eyes so I may see wondrous things in your word. (Psalm 119:18). May your Holy Spirit help me to understand and apply it to my life for your glory. In Jesus' name. Amen.*

 **Observe - 1st Reading** Read the passage to get the general flow. What does the passage say? Write 1-2 sentences summarizing key thought(s). Also, write down a verse you think is significant.

 **Digging Deeper - 2nd Reading** Underline action words and repeated phrases. Answer the questions: Who... is the author? are the recipients? are the key people? What events, teachings, commands, promises do you see? Why was the passage written? What problems are addressed?

 **Searching for Gold - 3rd Reading** Write down key words, themes, and observations. Dig for meaning in repeated phrases or theological terms. How does this passage ultimately point to Jesus?

 **Respond** Since God's Word is true, is there something new about God to ponder, commands to obey, promises to claim, sins to avoid, challenges to face, or examples to follow? Pick one of these and spend time writing how this truth can affect the way you think and live.

 **Connect** with God on what you learned. Praise Him for who He is (consider attributes of God revealed in reading). Thank Him for what He's done. Listen to Him. Confess sin. Bring requests to Him.



Memory Verse Choose one verse from reading and write it down each day.