

Stand Firm

Getting Healthy: Mentally

Standing Firm in Turbulent Times

2 Thessalonians 2:13-17

13But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as firstfruits to be saved through the sanctifying work of the Spirit and through belief in the truth. 14He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ.

15So then, brothers and sisters, stand firm and hold fast to the teachings [traditions] we passed on to you, whether by word of mouth or by letter.

16May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, 17encourage your hearts and strengthen you in every good deed and word. (NIV)

When facing tough times in life, we need something to hold on to so that we can stand firm. The Apostle Paul encourages us to remember six teachings to that end found in v.13-14:

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Sit and think on it

When Life Gets Tough

What were the circumstances around a time in your life when you / your faith was shaken? How were you affected emotionally and physically? How did it impact you spiritually?

Read: 2 Thessalonians 2:13-17

What effect do you think the Apostle Paul’s words in v.13 had on this group of young believers who were facing tough times? How are you impacted by the notion that you are “chosen” by God? That you are “saved through the sanctifying work of the Spirit”?

What does being “called” through the gospel mean (v.14)? What are the ramifications of being called by God? Describe some of the relational blessings and some of the family responsibilities.

What is involved in “sharing in the glory of Jesus Christ” (v.14)?

One of Paul’s purposes in writing this letter was to remind this group of young believers who were facing very challenging circumstances “to hold to the teachings / traditions” (v.15) that he and his team had passed on to them. How does grasping the truth in times of adversity assist us in our spiritual walk?

Which of the six teachings / traditions that Paul refers to in this passage and that we covered on Sunday morning, serve to encourage you?

Where do you need encouragement and strength in your life from God right now (v.16-17)?

Who in your life needs encouragement and strength from God right now? The Apostle Paul wrote the Thessalonian believers a letter and prayed for them to that end. What can you do to encourage and strengthen your friend / family member / colleague / neighbor / teammate / fellow student?



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