

Icebreaker: Finish this thought: Jesus' love is...

Sermon Title: "Medicine for the Well" – 1 Thessalonians 4:9-12

Group Discussion:

Read 1 Thessalonians 4:9-10a, John 13:35, & 1 John 4:7-12 & 4:16 – **Love is God-Taught**. Our love comes down from above. The Apostle John argues that because God is love, we are compelled to love. Discuss how the realization that love is an extension of God's spirit, rather than just a moral command, should change our approach when loving others and sharing the gospel, especially with people who may challenge us or be difficult to communicate with.

Read 1 Thessalonians 4:10b-11 & Luke 2:49 – **Love is Simple**. Lead a quiet life, mind our own business, and work with our hands. Paul tells the Thessalonians to make it their ambition to "lead a quiet life." How can "quietness" be an intentional act of love toward our neighbors and in our communities? Discuss how "minding our own business" can be a simple way of loving. For instance, how can gossip or meddling (i.e., the opposite of a quiet life) obstruct "God-taught love" discussed in the earlier verses? And how can we discern when the Lord wants us to speak up and be assertive?

Read 1 Thessalonians 4:12, Matthew 5:14-16, & Galatians 5:22-23 – **Love is Witness**. We are to live quietly rather than silently. Discuss how we can live a quiet life while letting our light shine. Light is more than our words; it involves tangible actions, so what specific "good deeds" in a modern workplace or community will serve as "light" without being "loud" or overbearing?

Read 1 Corinthians 13:8-13 – **Love Even More**. Since love is the only thing we take with us into eternity, how does that change the way we value our relationships versus our personal achievements or agendas? And because love is "the greatest of these," discuss how our weekly schedules might look different if we used love as our primary metric for accomplishment and happiness.

Spiritual Disciplines & Action Steps: Find resources for this sermon on our Church Center app: *Church Center / Home / Sermon Resources*, like *God's Love and Relationships, Love, & Discipleship*

As you venture into the new year, learn to "Love Even More" by "seeking first His Kingdom" (Matthew 6:33). Loving even more in 2026 does not mean doing everything; it does mean doing the next right thing: So, mentor someone, stay a little longer, give a little extra, forgive a little faster, cry a little harder, sing a little louder, pray more frequently, and study scripture more consistently (Galatians 5:22-24).