

Cell Group Discussion Questions

Series in First Thessalonians
Final Instructions, part 2
“God-Empowered Spiritual Growth”
1 Thessalonians 5:16-28

1. Read 1 Thessalonians 5:16-28 together.
2. How is this list (vv. 16-28) of exhortations more a list of solutions than just a mere to-do list?
3. Knowing that rejoicing, praying and giving thanks are godly responses to all circumstances, what are fleshly responses? Give examples for both bad and good circumstances.
4. What life circumstances have fostered your spiritual growth?
5. Review the list of the names and attributes of God and share how this knowledge makes rejoicing, praying and giving thanks a natural and an appropriate response for all circumstances.
6. Share particular instances when God's Word ministered to you directly and caused spiritual growth in your life?
7. How do we understand and balance the fact that God is empowering our spiritual growth with our own responsibility to obey?

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I. Spiritual Growth through Circumstances (vv. 16-18)

II. Spiritual Growth through God's Word (vv. 19-22)

III. Why should we care to achieve peace with one another? (vv. 23-24)

Thirty Days of Praying the Names and Attributes of God

Use the following list of God's names and attributes to guide your time set apart with Him. Read the daily description about God and the accompanying passage. Worship God, focusing on Him and His qualities. (adopted from Navigator Ministry)

1. **God is Jehovah.** The name of independent being—"I AM WHO I AM"—only belongs to Jehovah God. As we consider His greatness, we fall down in fear and awe of this One who possesses all authority. Exodus 3:13-15
2. **God is Jehovah-M'Kaddesh.** This name means "the God who sanctifies." A God separate from all that is evil requires that the people who follow Him be cleansed from all evil. Leviticus 20:7,8
3. **God is infinite.** We cannot speak of measure, amount, size, or weight and at the same time be speaking of God, for He is beyond measurement. God has no beginning, no end, and no limits. Romans 11:33
4. **God is omnipotent.** God has power. Since God is also infinite, whatever He has must be without limit; therefore, God has limitless power. Jeremiah 32:17,18, 26,27
5. **God is good.** The goodness of God is what disposes Him to be kind, benevolent, and full of good will toward all creation. Psalm 119:65-72
6. **God is love.** God's love is so great that He gave His only Son to bring us into fellowship with Him. God's love not only encompasses the world, but embraces each of us personally and intimately. 1 John 4:7-10
7. **God is Jehovah-jireh.** This name means "the God who provides." Just as He provided yesterday, He will provide tomorrow. He grants deliverance from sin, the oil of joy for the ashes of sorrow, and eternal citizenship in His Kingdom. Genesis 22:9-14
8. **God is Jehovah-shalom.** This name means "the God of peace." God could never give to others a peace that exceeds understanding if He Himself were not perfect, unailing peace. Judges 6:16-24
9. **God is immutable.** All that God is, He has always been. All that He has been and is, He will ever be. He cannot change because He is perfect and will remain perfect. Psalm 102:25-28
10. **God is transcendent.** We must not think of God as highest in an order of beings. This would be to grant Him eminence, even pre-eminence, but this is not enough. He is transcendent—existing beyond the created universe. Psalm 113:4,5
11. **God is just.** God rules with absolute justice. Not fooled by appearances, God is fair, equitable, and impartial in all of His judgments. Psalm 75:1-7
12. **God is holy.** God's holiness is not simply the best we know made infinitely better. God is absolutely untainted. His holiness stands apart—unique and incomprehensible. Revelation 4:8-11
13. **God is Jehovah-rophoe.** This name means "Jehovah heals." God alone has the remedy for the healing of mankind. The Gospel is concerned with the physical, moral, and spiritual healing of all people. Exodus 15:22-26
14. **God is self-sufficient.** He is the One who contains all, who gives all that is given, but who Himself can receive nothing that He has not first given. Acts 17:24-28
15. **God is omniscient.** God knows all that can be known. His knowledge includes every possible thing that exists, has ever existed, or will ever exist. Psalm 139:1-6
16. **God is omnipresent.** God is everywhere—close to everything, next to everyone. "'Do not I fill heaven and earth?' declares the Lord." Psalm 139:7-12
17. **God is merciful.** God's compassion is infinite and inexhaustible. In the mercy of His provision in Christ, He took upon Himself the judgment that was due us. He waits and works now for all people everywhere to turn to Him, not wanting any to be lost. Deuteronomy 4:29-31
18. **God is sovereign.** God is in control of our lives. His sovereignty is the attribute by which He rules His entire creation. To be sovereign, God must be all-knowing and all-powerful. 1 Chronicles 29:11-13
19. **God is Jehovah-nissi.** This name means "God our banner." We may go from triumph to triumph and say, "Thanks be to God, who gives us the victory through our Lord Jesus Christ" (1 Corinthians 15:57). Exodus 17:8-15
20. **God is wise.** All God's acts are done in infinite wisdom. He always acts for our good, which is to conform us to Christ. Our good and His glory are inextricably bound together. Proverbs 3:19,20
21. **God is faithful.** Our hope for the future rests upon God's faithfulness. Because He is faithful, His covenants will stand and His promises will be honored. Psalm 89:1-8
22. **God is wrathful.** God's wrath is never capricious, self-indulgent, or irritable, as human anger often is. Instead, it is a right and necessary reaction to objective moral evil. Nahum 1:2-8
23. **God is full of grace.** Grace is the good pleasure of God that inclines Him to grant merit where it is undeserved and to forgive debt that cannot be repaid. Ephesians 1:5-8
24. **God is our Comforter.** Jesus called the Holy Spirit the "Comforter." Paul writes that the Lord is "the God of all comfort." 2 Corinthians 1:3,4
25. **God is El-Shaddai.** This name means "God Almighty." It is best understood as God who is all-sufficient and all-bountiful—the source of all blessings, fullness, and fruitfulness. Genesis 49:22-26
26. **God is Father.** The Creator of the universe cares for each one of us as if we are the only child He has. Jesus taught us to pray, "Our Father" (Matthew 6:9). The Spirit of God taught us to cry, "Abba, Father," as in the intimacy of the family. Romans 8:15-17
27. **God is the Church's head.** God the Son, Jesus, is the head of the Church. The head—as the part of the body that sees, hears, thinks, and decides—gives the orders that the rest of the body lives by. Ephesians 1:22,23
28. **God is our intercessor.** Knowing our temptations, God the Son intercedes for us. He opens the doors for us to boldly ask Him for mercy. Thus, God is both the starting point and ending point of true prayer. Hebrews 4:14-16
29. **God is Adonai.** This name means "Master" or "Lord." God as Adonai calls all God's people to acknowledge themselves as His servants, recognizing His right to command them as the Lord of their lives. 2 Samuel 7:18-20
30. **God is Elohim.** This name means "Strength" or "Power." He is transcendent, mighty, and strong. Elohim is the great name of God, signifying supreme power, sovereignty, and a covenant relationship that He is ever faithful to keep. Genesis 17:7,8