

# SERMON NOTES

November 1, 2009

## Paul's Spiritual Health Self Exam

*(1 Thessalonians 5:12-24)*

### I. The Goal:

*(v. 23) Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.*

### II. The Indicators:

A. Respect and appreciation for your mentors  
*(v. 12) But we request of you, brethren, that you appreciate those who diligently labor among you, and have charge over you in the Lord and give you instruction,*

B. The congregation's responsibility  
*(vs. 13b) Live in peace with one another.*

C. Proactive in helping others  
*(vs. 14) We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.*

D. Characteristically joyful  
*(vs. 16) Rejoice always;*

E. Consistent in prayerlife  
*(vs. 17) pray without ceasing;*

F. Live with a grateful spirit  
*(vs. 18) in everything give thanks; for this is God's will for you in Christ Jesus.*

G. Open to God's leadership  
*(vs. 19) Do not quench the Spirit;*

H. Exercise discernment  
*(vs. 21) But examine everything carefully; hold fast to that which is good;*

I. Show godly self-control  
*(vs. 22) abstain from every form of evil.*