

“How to Excel”

1 Thessalonians 4:1-12

Ever hear this? “I am praying to find God’s will for my life.”

God’s will for us, and thus the way to please Him, is that we excel more and more...

#1 ...in sanctification or, in this context, sexual purity. Verses 1-8.

- What it means:

- How we do it:

#2 ...in loving others. Verses 9, 10.

- What it means:

- How we do it:

#3 ...in responsible living. Verses 11, 12.

- What it means:

- How we do it:

For Instance:

Question: What is the EQ* in your life?

*EQ stands for “Excelling Quotient.” It is the amount of ongoing growth, excelling, striving, and maturing that is happening in your life.

- An “EQ” of 1 is “habitually just camped on the level where I am.”
- An “EQ” of 5 is “periodically climbing up in maturity as it is convenient.”
- An “EQ” of 10 is “continually pressing on with energy, sacrifice, and zeal to spiritual and emotional and intellectual and relational maturity.”

“Walking Papers”

Practical helps for walking the Christian walk each day this week.

Core Truth: God’s will for us and thus the way to please Him is that we excel more and more...in sexual purity and in loving others and in responsible living.

Each day this week please read: 1 Thessalonians 4:1-12

- **Today.** What would you say is your personal “EQ?” Please see the explanation of “EQ” at the bottom of previous page. Why are you there? What should you do now?
- **Monday.** Are there areas where your level of sexual purity is not honoring to God? Thought life? Pornography? Adultery? Wandering eyes? _____? What do you need to do?
- **Tuesday.** What will you do in order to excel more and more in sexual purity? What will you change? Who will you get to help? What goals will you set?
- **Wednesday.** Please reflect on this definition of love: “Love is a heart-level commitment to another person’s wellbeing that results in continually acting for their wellbeing.” What do you think about this definition? Are there any applications for you in your current relationships? What will you do?
- **Thursday.** Please read Ephesians 5:25. How did Jesus “love the church?” “So what?” in your life?
- **Friday.** Can you define your own life as “quiet, attending to your own business, working diligently, providing for your own needs, and behaving properly toward unbelievers?” If not is there one thing you will change?
- **Saturday.** In preparation for tomorrow please read 1 Thessalonians 4:13-18.

Note for Connection Groups: The full study guide for small group and personal study is available at: www.cypressbible.org (Quick Menu / Connect / Sermon Based Small Group Material).

Application Papers

Message of November 14, 2010 “How to Excel” 1 Thessalonians 4:1-12 by Dave Gibson

Some possible applications of the truths from God’s Word—there are many others.

Core Truth: *God’s will for us, the way to please Him, is that we excel more and more...*

#1 ...in sanctification or, in this context, sexual purity. Verses 1-8. If I am:

- A fourth grader—not listen to impure conversations and jokes at school.
- A middle school student...ask your parents to put a purity filter on your PC.
- A senior high student... ask your parents to put a purity filter on your PC.
- A college student...never spend time in privacy with your boy/girl friend.
- A young single...find an accountability person to help you with moral purity.
- A 30’ish mother... move all the computers in your house into public areas.
- A 40’ish father...talk to your kids about sexuality and temptations.
- An empty nester...put a purity filter on your computer.
- A widow...mentor a young woman in the area of modest dress and purity.
- A retiree...mentor a younger person in the area of sexual purity.

#2 ...in loving others. Verses 9, 10.

- A fourth grader...take action to help a kid who is teased and outcast.
- A middle school student...take action to help a kid who is teased and outcast.
- A senior high student...take action to help a kid who is teased and outcast.
- A college student...help a student who is struggling in some way.
- A young single...recruit some friends to start a helps ministry.
- A 30’ish mother...act in new ways to increase the emotional health of your kids.
- A 40’ish father...take new actions to increase the spiritual growth of your family.
- An empty nester...give sacrificially of time and money to help people in poverty.
- A widow...reach out to support other women who have lost their husbands.
- A retiree...renew your sacrificial actions to love your family members.

#3 ...in responsible living. Verses 11, 12.

- A fourth grader...do your homework and clean your room without being asked.
- A middle school student... do your homework and clean up without being asked.
- A senior high student: do your homework and your chores without being asked.
- A college student...take Financial Peace University and get your finances in order.
- A young single...cut out one activity that is contributing to a chaotic lifestyle.
- A 30’ish mother...become more industrious in the care of your family and home.
- A 40’ish father...lead your family to a quiet and diligent family lifestyle.
- An empty nester...model a quiet, diligent, godly, responsible lifestyle.
- A widow...mentor a younger woman in the area of living a quiet life.
- A retiree...mentor some younger people in responsible living.