

## **1 Thessalonians 5:16-24**

<sup>16</sup>Be joyful always; <sup>17</sup>pray continually; <sup>18</sup>give thanks in all circumstances, for this is God's will for you in Christ Jesus.

<sup>19</sup>Do not put out the Spirit's fire; <sup>20</sup>do not treat prophecies with contempt.

<sup>21</sup>Test everything. Hold on to the good. <sup>22</sup>Avoid every kind of evil.

<sup>23</sup>May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup>The one who calls you is faithful and he will do it.



### **SERMON NOTES**

November 15, 2009

T. Don Guthrie, preaching

### **Rules for the Race**

1 Thessalonians 5:16-24

We are alone!

*“Him who overcomes, I will make a pillar in the temple.”*  
(Revelation 3:12)

We are not alone!

*“Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”*  
(Hebrews 12:1)

Plural words! Team Rules

- **Rejoice!** (Psalm 118:24)

- **Pray!**

- **Give Thanks!**

- **Don't put out the fire!**

*“He will baptize you with the Holy Spirit and with fire.”*  
(Matthew 3:11)

- **Don't reject prophecy!**

- **Test everything!**

- **Trust!**

*“The one who calls you is faithful, he will do it.”* (v. 24)