

**LESSON 5**  
***JUST LIKE THE GOOD OLD DAYS***  
***1 THESSALONIANS 4:1–12***



**1** What evidence do you see of low moral standards in today's society?

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**2** How have these low standards affected you?

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Read 1 Thessalonians 4:1–12 and the following notes:

☐ 4:1–8   ☐ 4:3

**3** What is God's will for us (4:3)?

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**4** What does it mean to "be holy" (4:3–6)?

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5 Why is it important for us to be holy (4:6–8)?

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6 What bearing does self-control have on living a holy life?

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In this section of his letter, Paul taught the Christians at Thessalonica how to avoid sexual immorality. The temptations they faced were real, and the peer pressure around them could not be ignored. So Paul reminded them that God had called them to holiness. Sexual sins can destroy marriages, ruin reputations, and remove Christians from opportunities to minister. Worst of all, sexual sins break our fellowship with God and invite his punishment. The need to maintain control over our own body, especially in an immoral society, is crucial.



7 Why is it important for a Christian to be self-controlled?

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8 What makes it difficult for any person to control his/her body (4:3–5)?

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**9** When is a person most vulnerable to losing control sexually?

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**10** How can a person become less vulnerable to sexual immorality?

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**11** What resources can a Christian depend on to help him or her stay pure?

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**12** What can you do this week to strengthen your resolve to stay pure?

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**A** What instructions and warnings did Paul remind the Thessalonians about (4:1–12)? How can you remember God's instructions to you?

**B** What were the Thessalonians instructed to do to win the respect of unbelievers (4:11, 12)? What actions enable Christians today to win the respect of unbelievers? How might you be more sensitive to this part of your witness?

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