

KEEP CALM & CARRY ON

SERMON
STUDY
COMPANION

SEPTEMBER
2024

The bottom half of the page features a series of overlapping, wavy lines in shades of blue and teal, creating a sense of movement and depth. The lines are smooth and fluid, resembling waves or stylized patterns.

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SERIES OVERVIEW

Much of the New Testament is comprised of letters written by the Apostle Paul. After he brought the good news of Jesus to Thessaloniki and helped set up a church there, Paul wrote letters to the church to encourage, correct and challenge them.

In 1 and 2 Thessalonians, Paul addresses the core beliefs and practices of Christianity that we need to know in order to honor Jesus and impact the world. These 136 verses have a lot to say on what really matters about faith in Jesus.

“Keep Calm and Carry On” is based on a study by Levi Lusko. Join us on Sundays and throughout the week as we dive into Paul’s letters to the Thessalonian church and what they mean for us.

Sunday, Sept. 1

“The Word is Out”

Sunday, Sept. 8

“Never Give Up”

Sunday, Sept. 15

“Born for This”

Sunday, Sept. 22

“The Time Between”

Sunday, Sept. 29

“Keep Calm & Carry On”

HOW TO USE THIS STUDY COMPANION

Use this guide daily to dive deeper into our sermon series. We encourage you to keep it somewhere handy for you to refer to, along with a Bible to reference verses.

Don't worry too much if you miss a day — you can always go back or just move on to the next.

Write notes, reflections, questions or prayers on the following pages. The more you engage, the more you can learn!

WEEK 1: THE WORD IS OUT

When we encounter Jesus, everything changes. When our lives are transformed by the power of Jesus, people notice, the word gets out and the good news spreads.

SUNDAY, SEPT. 1

Scripture: 1 Thessalonians 1:3

MONDAY, SEPT. 2

Scripture: 1 Thessalonians 1-2

Reflection: What keeps you from encouraging other people and churches? What can you do to overcome this?

TUESDAY, SEPT. 3

Scripture: 1 Thessalonians 3-4

Reflection: List behaviors you see in mature Christians that inspire you to be more like Jesus.

WEDNESDAY, SEPT. 4

Scripture: 1 Thessalonians 5

Reflection: Write down an area in your life where you want to work on aligning your words and actions.

THURSDAY, SEPT. 5

Scripture: 2 Thessalonians 1

Reflection: How do you usually respond when times are tough? How much joy (or lack of joy) do you have in hard times?

FRIDAY, SEPT. 6

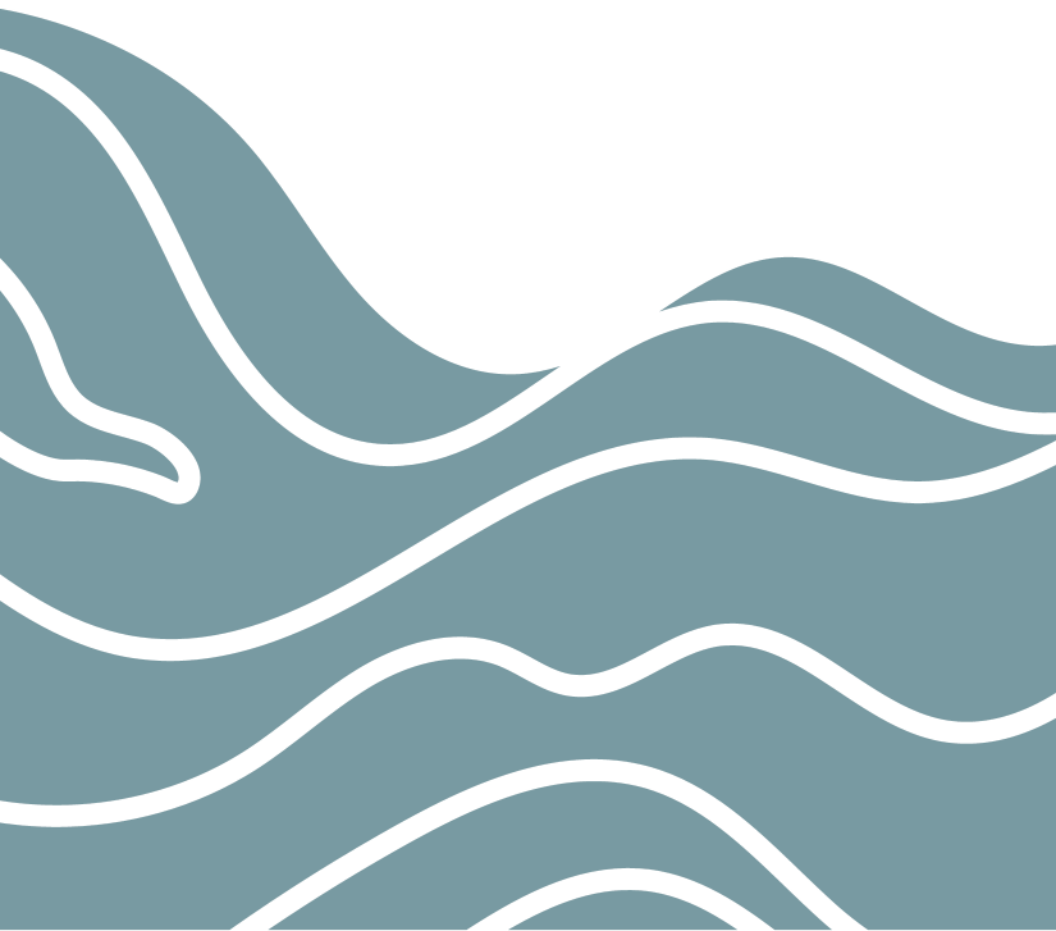
Scripture: 2 Thessalonians 2-3

Reflection: Write the names of 3-5 people you know who aren't yet followers of Jesus. Take time to pray for each one, asking God to open their hearts to the prompting and invitation of His Spirit.

SATURDAY, SEPT. 7

Scripture: 1 Thessalonians 1:3

Reflection: Honestly ask yourself if your words are thoughtful and gracious. Or, sharp and harsh? Seek to be as kind and gracious as you can with your words, and ask God to give you the strength, wisdom and patience to do so.



WEEK 2: NEVER GIVE UP

Followers of Jesus must stand strong, push forward, and never give up. As we hang in there, God holds us tight.

SUNDAY, SEPT. 8

Scripture: 1 Thessalonians 2:4

MONDAY, SEPT. 9

Scripture: 1 Thessalonians 1-2 (especially focus on 1 Thessalonians 2:1-2)

Reflection: How has God been with you and watched over you in a long period of struggle and suffering?

TUESDAY, SEPT. 10

Scripture: 1 Thessalonians 3 and 1 Thessalonians 2:3-6

Reflection: When have you given in to the temptation to please people more than God?

WEDNESDAY, SEPT. 11

Scripture: 1 Thessalonians 2:7-9

Reflection: How can you increase the care you extend to others? What specific things can you do to show deeper compassion and tenderness?

THURSDAY, SEPT. 12

Scripture: 1 Thessalonians 2:10-12

Reflection: How have people challenged you to stand strong in your faith and keep following the Savior boldly?

FRIDAY, SEPT. 13

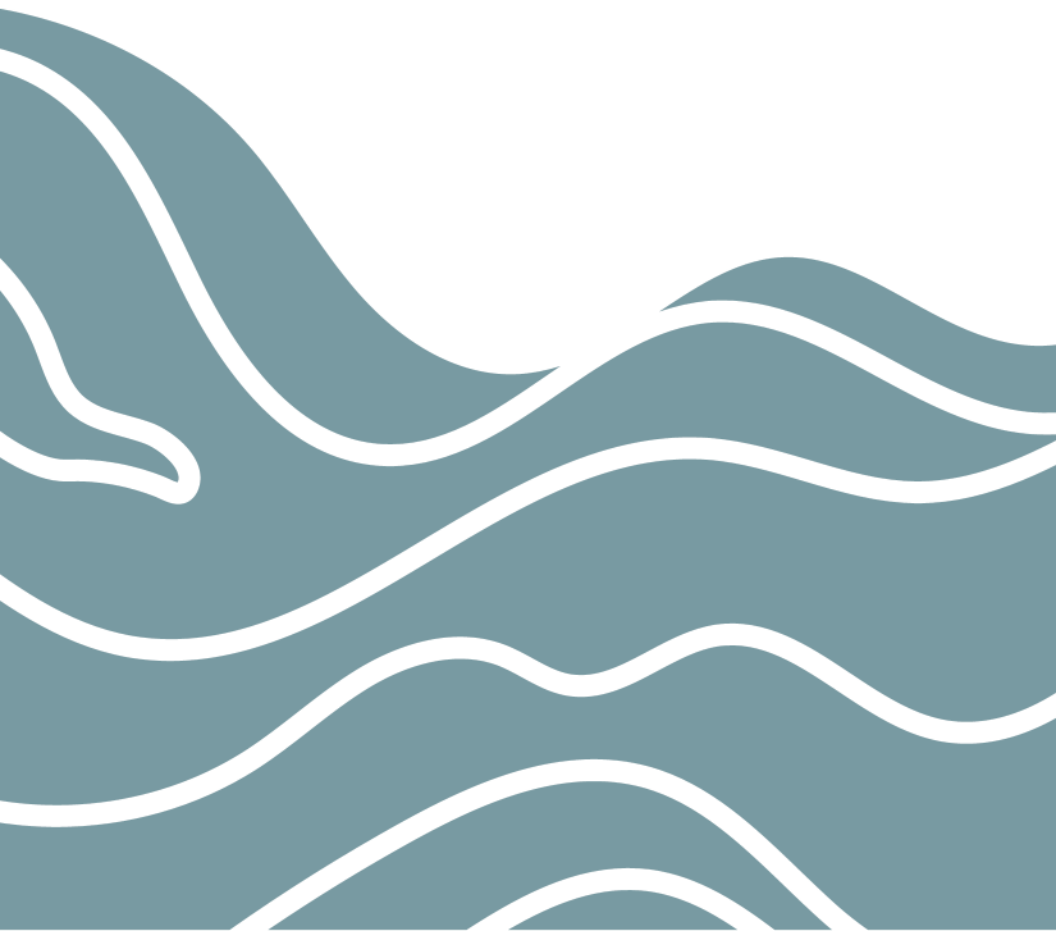
Scripture: 1 Thessalonians 2:13-16

Reflection: What habits, disciplines or patterns have you established that help you engage with the text and truth of the Bible?

SATURDAY, SEPT. 14

Scripture: 1 Thessalonians 2:4

Reflection: Think back over the past seven days. How has the enemy enticed you to give up? How have you been encouraged to keep following Jesus?



WEEK 3: BORN FOR THIS

God has given each of us a purpose. As we explore our own purpose, we can also discover that every Christian is born for something special.

SUNDAY, SEPT. 15

Scripture: 1 Thessalonians 3:12

MONDAY, SEPT. 16

Scripture: 1 Thessalonians 3:1-4 and
2 Corinthians 11

Reflection: What are some of the biggest struggles and challenges you've faced in your Christian journey?

TUESDAY, SEPT. 17

Scripture: 1 Thessalonians 3:1-4 and
Acts 16:16-40

Reflection: What challenging situations are you facing right now? How can you adjust your responses to adversity so that others can see the presence and power of Jesus through you, even in hard times?

WEDNESDAY, SEPT. 18

Scripture: 1 Thessalonians 3:5-11 and
1 Corinthians 13

Reflection: Consider the Christians in your life who have been great models of care and affection. How can you learn from their examples as you seek to love others?

THURSDAY, SEPT. 19

Scripture: 1 Thessalonians 3:12-13 and
Hebrews 5:11-6:12

Reflection: Who has been a major factor in your spiritual progress? What have they done to help you grow, stay on track and continue growing in your faith?

FRIDAY, SEPT. 20

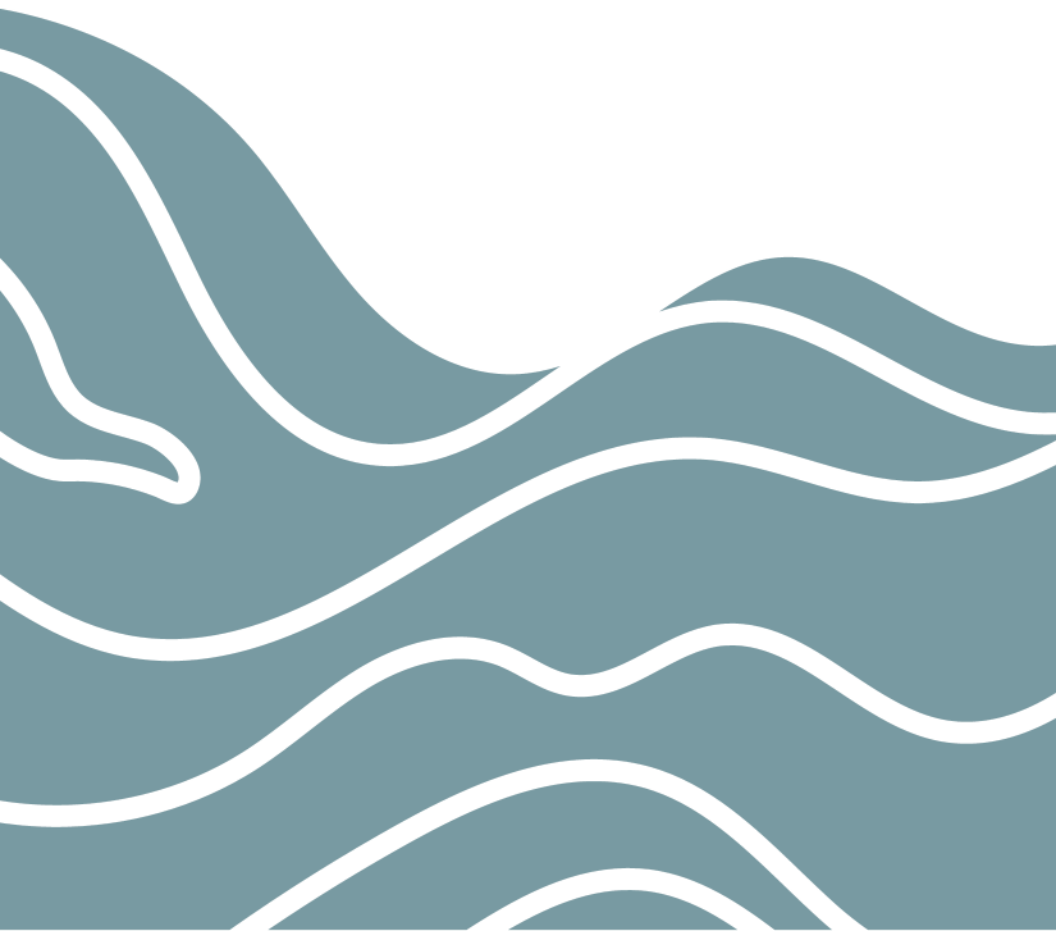
Scripture: 1 Thessalonians 3:12-13 and
Ephesians 4

Reflection: What are three or four characteristics of Jesus (as He lived, walked on this earth and ministered) that you would like to grow in?

SATURDAY, SEPT. 21

Scripture: 1 Thessalonians 3:12

Reflection: Focus on one person in your life who is a Christian and one who is not. How can you show God's love to each of these people in the coming week?



WEEK 4: THE TIME BETWEEN

Use the time between now and Jesus' return to honor people and God in every possible way.

SUNDAY, SEPT. 22

Scripture: 1 Thessalonians 5:16-18

MONDAY, SEPT. 23

Scripture: 1 Thessalonians 5:1-11 and
1 Corinthians 15

Reflection: What is one way you can prepare to live for Jesus in the coming year, knowing that He might not return for years, decades or even centuries?

TUESDAY, SEPT. 24

Scripture: 1 Thessalonians 5:12-13 and
1 Samuel 24

Reflection: Think of a person who has a role of authority over you, but you have a hard time honoring them. What are some small ways that you can encourage and pray for this person?

WEDNESDAY, SEPT. 25

Scripture: 1 Thessalonians 5:14 and John 13

Reflection: What people has God placed in your life who need you to increase your willingness to honor and serve them? Write a brief list of their names below.

THURSDAY, SEPT. 26

Scripture: 1 Thessalonians 5:15-18 and
Philippians 4

Reflection: Think about the places you go in a normal week. What actions can you take in the coming week to be a conduit of God's goodness, kindness and blessing in these places? Be specific about where and how you can honor people.

FRIDAY, SEPT. 27

Scripture: 1 Thessalonians 5:19-28 (read three times)

Reflection: Focus on one or two urgings or encouragements from the passage that you know God wants to make a reality in your life.

SATURDAY, SEPT. 28

Scripture: 1 Thessalonians 5:16-18

Reflection: Which of the three invitations in this passage is most challenging for you? What is a next step forward you can take to help you honor God in the flow of your life?



WEEK 5: KEEP CALM AND CARRY ON

In the second letter, Paul encouraged believers to press into God's will, even in hard times.

SUNDAY, SEPT. 29

Scripture: 2 Thessalonians 2:15

MONDAY, SEPT. 30

Scripture: 2 Thessalonians 1

Reflection: What are you thankful for as you think of First Church and the experience you've had walking through this series?

TUESDAY, OCT. 1

Scripture: 2 Thessalonians 2

Reflection: What kind of teaching about the second coming of Jesus gives a healthy and balanced outlook that makes believers calm and helps them live each day for Jesus?

WEDNESDAY, OCT. 2

Scripture: 2 Thessalonians 3

Reflection: What are signs that a person is busy serving Jesus, working hard and basing their life on solid biblical theology?

THURSDAY, OCT. 3

Scripture: 2 Thessalonians 2:15

Reflection: As we wrap up this series, how can you continue to hold fast to God's Word with fresh conviction?



*Opening Doors with Christ, One Another
and Our Neighbors*

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