Sandy Run MBC

"The Hallmark of Hope"

Cultivating A Thankful Heart!

November 15, 2026
Scripture: 1 Thessalonians 5:16-18, *New King James Version (NKJV)*
Supporting Scriptures: Acts 17; 1 Thessalonians
Part 2: "Give Thanks In The Middle of It"

The Recap: Drawing on Psalm 103:1–5, David reminded us that a thankful heart remembers God's faithfulness. He urges us not to forget the Lord's benefits (vv. 2–5), focus on what seems missing, or take our blessings for granted and lose sight of God, the Giver and source of them all. Looking back, David saw these blessings not as isolated events but as a journey of God's grace—a grace that renewed his strength and nurtured trust, perseverance, and obedience. This made the psalm deeply personal: David understood the importance of thanking God in all circumstances, even in the midst of difficulty.

Context: This week, we turn to Paul's New Testament writings. As we learned in Part 2 of our last series, Paul visited Thessalonica during his second missionary journey. There, he taught from the Scriptures and encouraged new believers. Luke writes, "for three Sabbaths; reasoning with them from the Scriptures, explaining and demonstrating that the Christ had to suffer and rise again from the dead, and saying, 'This Jesus whom I preach to you is the Christ" (see Acts 17:2–3), which complemented David's writings in Psalm 22 (also read Isaiah 53 and Zechariah 12). These Old Testament writings are replete with evidence of the Messiah's character and the life of our Savior (see Luke 24:25-27). After leaving Thessalonica amid turmoil, Paul traveled through Berea to Corinth. From Corinth, he sent Timothy back to Thessalonica to check on the new believers. Timothy's encouraging report of their faith and perseverance prompted Paul to write his first letter to the Thessalonians one of his earliest surviving letters (read Acts 17:10–18:5). The report gave the letter a tone of thanksgiving, for Paul thanked God without ceasing because the young church had received his message not as the word of men, but as the truth—the word of God (see 1 Thessalonians 2–3).

Beloved, a commentor wrote this: "Persecution is demoralizing, but it can also be a cause for taking heart. Without resistance, how can growth be recognized? Trials and tribulations test character (see James 1:2-4). Absence of pressure may indicate a lack of growth. Paul's encouraging words still ring true today. The fellowship that comes from suffering together promotes Christian maturity." Therefore, as the apostle says in our lesson today, "Rejoice always, pray without ceasing in everything give thanks, for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:16-18 (NKJV)

Rejoice Beyond the Circumstance

16 Rejoice always,

Keep the Conversation Going

17 pray without ceasing,

Find A Reason to Give Thanks

18 in everything give thanks; for this is the will of God in Christ Jesus for you.

Our Mission Statement

To love and serve God through Jesus Christ our Savior by the power of the Holy Spirit. To be committed to reshaping the lives of our families, our church, and our communities through *biblical worship, discipleship, and evangelism.*

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