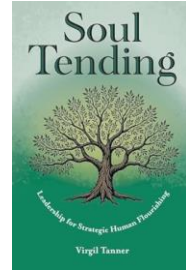




A Case Study In Thriving: The Thessalonians

January 18, 2026 * Pastor Bear Clifton



1. We've talked about spiritual *thriving* or *flourishing* for several weeks now. What is your sense of what the Bible means when it talks about this?

2. There are at least three great obstacles that are always trying to keep us from thriving:

The _____ of life.

Battles against our _____.

_____ for our faith.

3. Christians in the 1st-century dealt with these things all the time, yet they thrived. See 2 Corinthians 4:7-9 and Acts 8:1-8 as examples of this.

4. How dark did things get for Virgil Tanner in that season when he was not thriving?

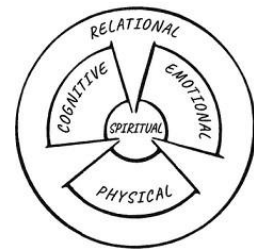
5. When you're in a "dark night of the soul", what *should* and *shouldn't* you do?

6. When God finally breaks through, it's not just so we'll feel good. Often it's to give us new direction and strength. What were two critical lessons that the Lord taught Tanner and his team about thriving when life throws its worst at us?

We do it together by cultivating a mindset of _____-Care.

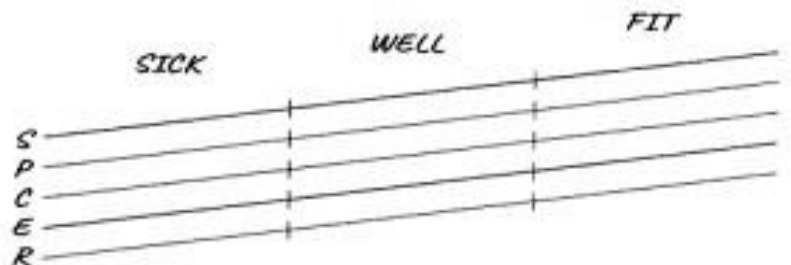
And we also cultivate a mindset of _____-Care.

7. Tanner and his team developed a system to support these ideas. What are some of the thriving lessons behind this chart?



8. They developed the following “5 Dimensions” chart on which each team member was to do a monthly self-care assessment as part of their devotions. What are some of the thriving lessons behind this chart?

9. Take a prayerful moment to fill out the chart for yourself right now.



10. To *Self-Care* into *Community-Care*, what do you think he urges his people to do next? Take a wild guess! You'll never figure it out in a thousand years!

The Thessalonians: A Case Study In Thriving

What's the background story to Paul writing this letter?

As we read 1 Thessalonians chapter 1, look for the following three things:

1. Proof That They Are Thriving
2. The 3 Obstacles To Thriving
 - a. Sorrows of Life
 - b. Battles Against Our Sin
 - c. Suffering For Our Faith
3. 3 Spiritual Practices To Help Overcome These Obstacles
 - a. _____
 - b. _____
 - c. _____