



## 1 Thessalonians: Chapter 4

### *A Life of Faith*

### *Session 14: More and More*

*by Mary Kane*

1 Finally then, brethren, we urge and exhort in the Lord Jesus that you should abound more and more, just as you received from us how you ought to walk and to please God;

2 for you know what commandments we gave you through the Lord Jesus.

3 For this is the will of God, your sanctification: that you should abstain from sexual immorality;

4 that each of you should know how to possess his own vessel in sanctification and honor,

5 not in passion of lust, like the Gentiles who do not know God;

6 that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified.

7 For God did not call us to uncleanness, but in holiness.

8 Therefore he who rejects this does not reject man, but God, who has also given us His Holy Spirit.

9 But concerning brotherly love you have no need that I should write to you, for you yourselves are taught by God to love one another;

10 and indeed you do so toward all the brethren who are in all Macedonia. But we urge you, brethren, that you increase more and more;

11 that you also aspire to lead a quiet life, to mind your own business, and to work with your own hands, as we commanded you,



12 that you may walk properly toward those who are outside, and that you may lack nothing.

13 But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope.

14 For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.

15 For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. I

6 For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first.

17 Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.

18 Therefore comfort one another with these words.

"1 Thessalonians 4 (New King James Version)." Blue Letter Bible. Sowing Circle. Web. 12 Mar, 2015. <<http://www.blueletterbible.org/Bible.cfm?b=1Th&c=4&p=0&rl=0&t=NKJV>>.

Hebrew and Greek definitions are taken from Blue Letter Bible. Sowing Circle. Web. 12 Mar, 2015. <<http://www.blueletterbible.org/Bible.cfm?b=1Th&c=4&p=0&rl=0&t=NKJV>>.



I am so glad you are joining me for session 14 of A Life of Faith. Please take a few moments and pray to our Father in Heaven. Ask Him to forgive you of any sin that is on your heart and to teach you specifically from His Holy Word this day. When you have finished praying, please write your initials on the line \_\_\_\_\_.

Please read 1 Thessalonians chapter 4. Please mark, highlight, or underline the text as God directs your heart.

**What was most meaningful to you from your first reading of chapter 4?**

**How does God want you to apply what you learned to your life?**

Please read verse 1 again. Underline the words *urge* and *exhort*.

**What does Paul urge and exhort us to do?**

He urges and exhorts us to *abound more and more* ... hmm ... abound in what? To figure out what we are to *abound in* we must go back to the last two verses of chapter three. (We must remember when Paul wrote 1 Thessalonians, he did not include any chapter numbers or breaks in the letter). Please read them below.

12 And may the Lord make you increase and abound in love to one another and to all,  
just as we do to you,  
13 so that He may establish your hearts blameless in holiness before our God and  
Father at the coming of our Lord Jesus Christ with all His saints.”

In the text above, please underline what we are to *increase and abound in*. All of the resources and commentators I researched agree with what is obviously stated in verse 12; we are to abound more and more in love. Go back to page one and draw a red heart above the words *more and more*.

Why do we need to abound *more and more* in love to one another? Because as we walk out our life upon the earth, we walk hand and hand with other





Christians who, like us, are sinners in desperate need of grace. Living in unity with each other and sharing the gospel with the lost requires an overwhelming overpowering of love.

People don't need more and more judgment, harshness, bitterness, or wrath. We need more and more love. The love of Christ overcomes hate, hurt, sin, shame, insult, and sickness. No one was ever drawn to Jesus because of condemnation. Love nailed Jesus to the cross. Love—not science, not philosophy, not logic—redeems sinners from guilt and frees them to live for Christ. Love conforms us to the image of Jesus.

**What has the love of Christ done for you?**

**Who has shown you the love of Christ?**

The Greek word for *abound* is *perriseuo* means "to be great, to have in abundance, to excel, to excel more than, to furnish richly."

How do we receive this abundant love of God? By being abundantly in His word and His presence. Do you have a challenging person in your life who drains you of your reserves? Someone who seems to get on your last nerve? You need to be *more and more* in God's presence.

**How can you get more and more of God's presence?**

Please read verse 1 again.

I Finally then, brethren, we urge and exhort in the Lord Jesus that you should abound more and more, just as you received from us how you ought to walk and to please God;

*More and more* which transliterates as *mallon* means "much, by far, more, to a greater degree."

Do you think God is serious about His command to love one other? He has given us an over abundance of love and grace with which to accomplish this task. He has supplied everything we need to love as He loves.





**Who in your life is easy to love?**

**Do you need to access God's love to love these special people?**

Since we usually love the easy people in our lives from our own resources, is there anything they may be missing by not being loved from an outpouring of God's love?

**Why does God want you to abound in love for others (1 Thess. 3:13)?**

**How will "abounding in love" keep your heart holy and blameless?**

When we love others as God wants us to, we will be less apt to sin against them and therefore become more holy and blameless.

Please go back to verse one and put plus signs by *more and more*. We have learned one thing—we are to abound in *more and more* in love. Please read through chapter 4 again and look for other things we are to abound in *more and more*. When you find another quality, please circle it, and mark it with a plus sign. Now, please list all the qualities below.

**Review the items you wrote above. Which one attracts your attention the most? Why?**

**What steps do you need to take in order to "abound more and more"?**



## More and More

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Let's do a little research about the phrase *more and more*. Please look up the following verses and record what you learn about *more and more*.

We can become *more and more* ...

**2 Chronicles 33:23**

**2 Chronicles 36:14**

**Psalms 71:14**

**Hosea 13:2**

**Philippians 1:9**

Go back and consider the answers you just wrote. Now please finish the summary statement about *more and more*.

**We will either become more and more ...  
or more and more ....**

Think over your life and current challenges and opportunities. What do you need *more and more* of?

I need more and more \_\_\_\_\_.

I long to become more and more \_\_\_\_\_.

I need God to provide more and more \_\_\_\_\_.

This situation I'm facing requires more and more \_\_\_\_\_.



*More and More*

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We will look at one final verse today. Please read Galatians 5:22-23 written below.

"22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law."

Please highlight the fruit of the Spirit in which you wish to abound.

Fruit of the Spirit is developed by the indwelling of the Holy Spirit and abiding in the Presence of God. The more and more we long to be like Christ, the more and more we need to be filled with the Spirit and in His Presence. "He must increase, and I must decrease." Less and less me equals more and more Jesus.

Thank you for joining me today for Bible study. I pray you become more and more like Jesus.

by Mary Kane  
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