



1 Thessalonians 4

A Life of Faith

Session 16: The Quiet Life

1 of 7

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



The Quiet Life

2 of 7

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.

16 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. 15 Jun, 2015. <[http://www.blueletterbible.org/Bible.cfm?](http://www.blueletterbible.org/Bible.cfm?b=1Th&c=4&p=0&rl=0&t=NKJV)

[b=1Th&c=4&p=0&rl=0&t=NKJV](http://www.blueletterbible.org/Bible.cfm?b=1Th&c=4&p=0&rl=0&t=NKJV)>.



The Quiet Life

3 of 7

Hi! Thank you for coming back for Session 16 of a Life of Faith, The Quiet Life. Please take a few minutes to reflect on your life and ask the Holy Spirit to reveal anything you need to ask forgiveness for. Ask God to give you life changing insight into His Holy Word.

Please read 1 Thessalonians 4. Write your initials on the line when you have finished _____.

For today's study we are focusing on the quiet life.

What images come to your mind when you hear the phrase *quiet life*?

Because of my profession (I am a teacher) and my personality, quietness is very high on my priority list. When I have time for myself, I often choose to walk in the woods alone. I crave the peace and quiet the forest provides. In the quietness of the woods, I can hear God's voice as He speaks words of healing and wholeness over me; He renews my soul.

In the chart below please write synonyms and antonyms for the word *quiet*. Make notes on anything else God brings to mind about the *quiet life* as you fill in the chart below.

Synonyms	Antonyms



What do you need to add to your life to make it a *quiet life*?

What do you need to subtract from your life to make it a *quiet life*?

Please go back to verse 11 and draw a symbol for quietness above the words *quiet life*.

Please read verse 11 again. According to what you just read, what must we do to obtain a *quiet life*?

We must *aspire*. In the Greek, *aspire* is rendered as *philotimeomai* which means "to be fond of honor, to be actuated by the love of honor, to strive earnestly, to be ambitious." This word also means to study.

What must we study?

In the original Greek the word **quiet** transliterates as *hēsychazō* which means "to keep quiet, to cease and rest from labor, said of those who are not running hither and thither, but stay at home and mind their business."

Many times I have heard or spoken the words, "mind your own business." Most often this phrase is uttered in a very negative manner. To my surprise, I discovered *idios*, Greek for "mind your own business," means something very different from our American definition. *Idios* means "of pertaining to oneself, belonging to oneself, and one's own things. It also means, *to think upon what the Holy Spirit is teaching*."

What is the Holy Spirit teaching you right now?

What the Holy Spirit is teaching you right now is most likely very different from what the Holy Spirit is teaching me.

Glance over the definition of *quiet* at the top of this page.



The Quiet Life

5 of 7

What **business** has God given you to mind? In other words, what is your calling in life?

How does minding your own business help you lead a **quiet life**?

God has given you your own particular work to do as you live out your life upon planet earth. We do not need to concern ourselves with managing our neighbors' calling, our co-workers' calling or our children's calling.

At this stage of your life what is your calling concerning your ...

family:

work:

ministry:

marriage:

children:

Write a one statement summary of God's calling on your life:

Please read verse 11 again. Of what two things is the quiet life comprised?

Please go back to verse 11 on page one, and draw symbols above the words *mind* and *hands*. Living the quiet life requires *mind* and *hands*; thinking and doing.

As Christians, what should we be thinking? What should we be doing?



The Quiet Life

6 of 7

We will know we are living the quiet life when we are focused on our own calling.

The quiet life is not an invisible life, or an ineffective life. *The quiet life is not a silent life.* It is a life devoid of distractions, in which, by personal choice, the clamor of the world is silenced so one may focus on Christ and speak His Words to a lost and hurting world.

To gather a little more information about the quiet life, please read 1 Timothy 2:1-2, and record two other requirements of a quiet life.

How can we become more godly?

In order to become like someone we must be constantly in their presence; studying their words, actions, thoughts and deeds. For 21st century Christians, this means we must be constantly in His word.

List 4 ways you can get more of God's Word in your life and put a check mark by one you will do today.

1. _____
2. _____
3. _____
4. _____

Please read 1 Thessalonians 4:12 again.

What is the final outcome of the quiet life (1 Thess. 4:12)?

To those who are on the outside, the quiet life speaks loudly of the Gospel. In the original Greek, the word *outside* means "to be without"; without Jesus, without a Savior, without a hope.



Before you accepted Christ for your Savior, what were you without?

Before I was saved, I was without peace; I could not endure quietness. I never wanted to be alone. I needed noise and busyness to drown out the pain that echoed relentlessly in my heart. Now that I am saved, quietness is one of my greatest needs; for it is in the quietness that I can hear my Father speaking nourishing words of blessing, joy, and peace into the broken places of my heart and life. It is in the quiet that He calls me to lie down beside still waters in green pastures, and live a quiet life.

In closing, please go find a quiet place, where you won't be disturbed for 10-15 minutes (if possible!) and sit in the quiet.

Thank you for joining me today for Bible study. God bless you.
Mary Kane

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