

**this is**  
*thriving*

**rhythms to help  
you thrive**

**...yes, even now**

*To Thrive LA Church in God the Father and the Lord Jesus Christ:*

*Grace and peace to you.*

*<sup>2</sup>We always thank God for all of you and continually mention you in our prayers. <sup>3</sup>We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.*

*<sup>4</sup>For we know, brothers and sisters loved by God, that he has chosen you, <sup>5</sup>because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction. You know how we lived among you for your sake.<sup>6</sup> You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit. <sup>7</sup>And so you became a model to all the believers in Echo Park and Silver Lake...*

*We hope this guide helps you to excel more and more in your journey of faith.*

*With Love,*

*Your Pastors*

*(Adapted from 1 Thessalonians 1:1-7)*

## HOW TO USE THIS GUIDE

Are you surviving, striving, or thriving? We can't change our outward circumstances, but we can find hope and joy in Jesus that's stronger than any situation.

This 7-week discussion guide on 1 Thessalonians 1:1-7 is designed for those who want to hit reset on their routines. It's designed to help you establish new rhythms that strengthen your foundation from sand to stone so you can thrive in any storm.

This guide is designed for Thrive Groups (so bring it with you), but you can also go through it on your own or with a friend.

### Watch the Sermon

Live Sunday at 10am - [thrivea.online.church](http://thrivea.online.church)  
Archived - [thrivechurch.com/media](http://thrivechurch.com/media)

**Exploration Activity** – Each week has an activity designed for a group or with a friend to help you institute healthy rhythms

**Discussion** – Each week has related Bible reading and reflection/discussion questions designed to help you go deeper

**Join or Start a Group** - [thrivechurch.com/thrive-groups](http://thrivechurch.com/thrive-groups)

Text “Group” to 323-709-0711 for help getting placed in a group

# THIS IS THRIVING

## week 1: God is at work in your story

**ACTIVITY** - Kick off your new study with a celebration. The first night is a great night for new people to check it out or old members to reengage. Meet in a backyard or at the park. Play games in your zoom room or have everyone bring a favorite thing for a gift exchange. Whatever you do have fun!

**DISCUSS** - At some point in your hangout read 1 Thessalonians 1:2-3 as a jumping off point for a short time of reflection and gratitude.

*<sup>2</sup>We always thank God for all of you and continually mention you in our prayers. <sup>3</sup>We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.*

Make space for people to share about:

- one accomplishment that took faith from the past year
- one way they felt sacrificially loved this year, and/or
- one challenge their faith helped them to survive this year.

Invite everyone back to next week and invite guests to be part of your group text/email chain.

## PRAYER

# THIS IS THRIVING

## week 2: you are chosen + loved

**ACTIVITY** - Rotate with different “team captains” and practice picking teams from group as if you were going to do a variety of team activities (flag football, Pictionary, splitting up a teams to clean the garage and to organize the closet, a team to decorate for the party and a team to do the food, etc) \*\*Leader Note – make sure things stay positive and everyone is getting picked/affirmed some\*\*

## DISCUSS

- How does it feel to be picked and valued on a team? How does it feel to not get picked?

*<sup>4</sup> For we know, brothers and sisters loved by God, that he has chosen you, **1 Thessalonians 1:4***

- Do you typically think of your relationship with God more in terms of “I must choose to follow God” or more as “God chose to love me?”
- Paul calls his fellow believers “brothers and sisters.” What does it mean to you to be siblings? How does your church experience compare?
- In what ways does God demonstrate his love toward us?
- How can we help others to feel “chosen” like family in the way that God chooses and loves?

## PRAYER

## **BIBLE STUDY**

CHOOSE A CHAPTER OF THE BIBLE TO  
READ AND PICK A SCRIPTURE THAT  
SPEAKS TO YOU.

# S.O.A.P.

### **SCRIPTURE**

Write out a verse from that chapter that sticks out.

### **OBSERVATION**

How would you explain this verse? What's being said?

### **APPLICATION**

What does this verse mean to you? How can you apply it?

### **PRAYER**

Pray and ask God to help you implement this verse.

**BIBLE *study***

today is:

*I am grateful for*

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*I am praying for*

**SCRIPTURE**

*Observations*

*Application*

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**PRAYERFUL RESPONSE**

# THIS IS THRIVING

## week 3: rhythm of reading God's story

**DISCUSS** - What's the one word you would use to describe your honest attitude toward the idea of bible reading? (Guilt, Boredom, Feeling inadequate, Eagerness, Etc)

*<sup>5</sup> because our gospel came to you not simply with words...<sup>8</sup> The Lord's message rang out from you not only in Macedonia and Achaia—your faith in God has become known everywhere.... They tell how you turned to God from idols to serve the living and true God, <sup>10</sup> and to wait for his Son from heaven, whom he raised from the dead—Jesus, who rescues us from the coming wrath.*

### **1 Thessalonians 1:5,8,10**

Paul describes a church that doesn't just know about the Bible, but a church that is saturated with the story of God. The biblical story is oozing from every pore! What would have to change to make this more true of your life/family?

**ACTIVITY** - Learn how to have a quiet time – Journal through the bible with the SOAP method!

Everyone Read Colossians 3:1-17 and journal with the attached SOAP template.

Gather back together to share your answers.

- What's stopping you from adding a daily 15-minute SOAP routine to your schedule?

## PRAYER



# THIS IS THRIVING

## week 4: rhythm of living in God's presence

Share about a time when God felt especially powerful or close.

*our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction.... They tell how you turned to God from idols to serve the living and true God* **1 Thessalonians 1:5,8**

Paul says he knows their Christianity is legit because they turn to God and experience real answers to prayer and life change.

**ACTIVITY** - Take a spiritual inventory:

- How powerful do you think your faith is?
- How deeply does the spirit of God convict you?
- How consistently do you turn to God instead of temporary substitutes?

**DISCUSS** - Read John 15:1-17. Spiritual maturity isn't about being perfect, it's about learning how to live with a continual awareness of God's presence and it's about consistently turning back to God (we call that "repentance").

What life rhythms could help you to stay genuinely connected to Jesus?

**PRAYER**

# THIS IS THRIVING

## week 5: rhythm of including others

*You know how we lived among you for your sake.<sup>6</sup> You became imitators of us and of the Lord,*

### **1 Thessalonians 1:5-6**

Including others is about authenticity (I can be fully known and loved) and hospitality (I can let you be fully known and loved) that creates a mutual safe space to grow into Christlike maturity.

- How many people are there that you can be totally open and honest with?
- Who prays for you when you need it?
- Do you tend to bottle up emotions or wear them on your sleeve?
- How can one person's vulnerability create space for others to be vulnerable?

**ACTIVITY** - Identify your five to thrive "social circle." Prayerfully commit to know and be known by these people in a genuine way.

**PRAYER** - Ask God to give you a "word of blessing" for each person on your five to thrive.

## Five To Thrive

pray for them daily

check in with them weekly

invite them to a hang out regularly

Identify five people God has placed in your life:  
Family, friends, co-workers, neighbors, church  
members, etc.

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# THIS IS THRIVING

## week 6: rhythm of loving others

*you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit.*

### **1 Thessalonians 1:6**

God doesn't shy away from those who are suffering. He brings comfort, hope and practical service to those who are hurting. Likewise the people of God are meant to bring supernatural joy into the broken spaces of this world. This is done through our words and actions, by doing our part serving in the church, but also in our work, rest, and play.

**ACTIVITY** - Break out in pairs to help each other fill out the "Find Your Calling" worksheet. Then come back together. Have partners share an "I See In You" encouragement about their partner with the group based on the worksheet.

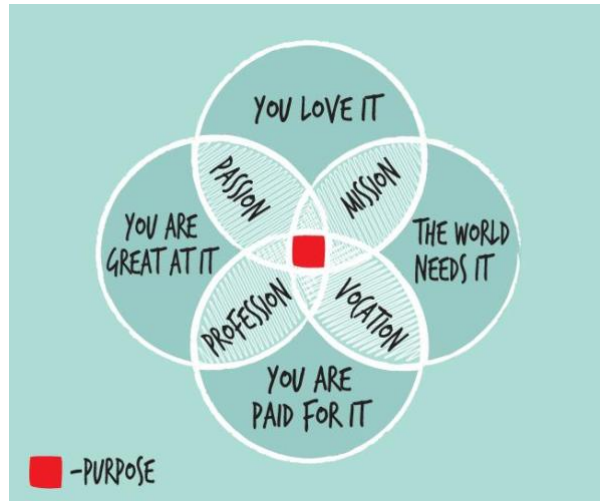
### **DISCUSS**

- In what ways has God specifically designed you to love the city?
- Who has God broken your heart for?
- How might God want to redeem your suffering for a greater purpose?
- How could you be more intentional or strategic in leveraging your blessings for eternal impact?

### **PRAYER**

## FIND YOUR CALLING

Help a partner think through the unique ways they've been shaped by God to make an impact in this world! Don't be afraid to speak words of life by sharing an "I SEE IN YOU" encouragement that God lays on your heart.



### YOU LOVE IT

- What are you passionate about?
- What kind of "work" makes you feel fully alive?
- What breaks your heart?

### YOU ARE GREAT AT IT

- People affirm this about you.
- These skills help projects to succeed.
- It comes natural or you've been trained.

### THE WORLD NEEDS IT

- What responsibilities do you have to your family?
- What have your spiritual leaders asked you to do?
- What problems in the world need to be solved?

### YOU GET PAID FOR IT

- How can you make a difference in people's lives at work?
- How could your work itself make a positive impact in the world?
- How could your choice of work help you be more effective or generous outside of work?

# THIS IS THRIVING

## week 7: rhythm of empowering others

*7 And so you became a model to all the believers in Macedonia and Achaia. **1 Thessalonians 1:7***

Every follower of Jesus is commanded to empower others to find abundant life in following Jesus. This includes helping people understand and experience the good news of Jesus (evangelism), helping them grow into Christlikeness (edification), and helping them use their gifts to serve God's purpose in the world (equipping). This isn't for all-star talented Christians, extra spiritual experts, or professional clergy... this is the reason God left us on earth.

### DISCUSS

- What's your immediate emotional reaction to this calling from God?
- What barriers keep you from being a disciple-maker?

Read 2 Corinthians 5:11-21

- How would "regarding no one from a worldly point of view" change your personal ministry confidence? How would it change your openness to the potential in others?
- Paul says he isn't trying to commend himself, but make an appeal for Jesus. In what ways can pride and self-focus undermine our mission in the world?
- Paul says it's the love of Jesus that compels him, and points to the death of Jesus as the heart of the good news. What are some of the ways that our motives and goals can get off track in our service to God?

**ACTIVITY** - Review your five to thrive from week 5 and consider how you could “B.L.E.S.S.” someone this week.

B – Bring them a gift/card

L – Listen to their story

E – Eat a meal with them

S – Serve them practically

S – Share part of God’s Story with them

**PRAYER**

*Thrive*<sup>LA</sup>

[thrivelachurch.com](http://thrivelachurch.com)



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