

# Living Holy Lives

## (1 Thess. 4:1–12)



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### SABBATH AFTERNOON

**Read for This Week's Study:** *1 Thess. 4:1–12; Matt. 25:34–46; Gen. 39:9; John 13:34, 35.*

**Memory Text:** “For God did not call us to be impure, but to live a holy life” (*1 Thessalonians 4:7, NIV*).

**Key Thought:** Though human sexuality is a gift from God, as with all gifts, it can be abused.

The three opening chapters of 1 Thessalonians focus primarily on the past. In chapters 4 and 5, however, Paul turns to the future. There were things that were lacking in the faith of the Thessalonian believers (*1 Thess. 3:10*), and he wants to help them remedy these deficits. The letter would begin the process, but more could be done only after Paul and the Thessalonians could get together again.

Beginning with 1 Thessalonians 4:1, Paul builds on the friendship he had affirmed in the first three chapters and offers practical advice for the Thessalonians' everyday life.

The main area of concern (but not the only one) in the verses for this week deals with sexual misconduct. Though we're not told what specifically prompted his admonition, Paul speaks very clearly about the need to avoid sexual immorality. He's very strong in his language here, saying that those who reject his instruction are, in fact, not rejecting him but the Lord. All one has to do, though, is look at the suffering that sexual misconduct has caused in so many lives to understand why the Lord would speak so strongly through Paul on this topic.

*\*Study this week's lesson to prepare for Sabbath, August 18.*

## Abounding More and More (1 Thess. 4:1, 2)

**Read** 1 Thessalonians 3:11–13 and 4:1–18. How does the content of chapter 4 expand on various parts of the prayer in 1 Thessalonians 3:11–13? What is the relationship between Paul’s prayer and his inspired words to the Thessalonians?

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Paul’s prayer in 1 Thessalonians 3:11–13 contains a number of key words that anticipate the content of 1 Thessalonians 4:1–18. The prayer is about “abounding” in “holiness” and mutual “love” in light of the second coming of Jesus. All these themes point to specific passages in chapter 4.

In our text for today (*1 Thess. 4:1, 2*) Paul picks up on the language of “abounding” in 1 Thessalonians 3:12, although the connection is masked by most modern translations. Modern translations have the commendable goal of making things more understandable in today’s language, but they may inadvertently hide connections that are explicit in the original. In the King James Version, the parallel between 1 Thessalonians 3:12 and 1 Thessalonians 4:1 is explicit; Paul invites the Thessalonians in both places to “abound more and more” in their love for each other and for everyone.

Paul began the work of building their Christian framework while he was with them, but now he is impressed by the Holy Spirit to fill in the gaps (*1 Thess. 3:10*) and clarify their understanding. The result would be “more and more” of what they were already attempting to do, which is to live a life worthy of their calling.

Paul begins chapter 4 with, “Finally, then” (*NKJV*). In chapters 4 and 5 he is building on the previous chapters, where his friendship with them is the basis for the practical counsel he will now give. They had made a good start. Now he wants them to continue growing in the truths that they had learned from him.

Two mentions of Jesus in this passage (*1 Thess. 4:1, 15*) are particularly interesting. They indicate that Paul was passing on the teaching of Jesus’ own words (which were later preserved in the four Gospels). Paul was offering more than just good advice. Jesus Himself commanded the behaviors that Paul was encouraging. Paul, as Christ’s servant, was sharing the truths He had learned from Christ.

**Read again** 1 Thessalonians 4:1. What does it mean to walk in a way that will “please God”? Does the Creator of the universe really care about how we behave? How can our actions actually “please God”? What are the implications of your answer?

## God’s Will: Holiness (1 Thess. 4:3)

First Thessalonians 4:3–8 forms a complete unit of thought. The will of God for each Thessalonian believer is “holiness” or “sanctification” (*1 Thess. 4:3, 4, 7, ESV*). What Paul means by holiness here is explained by the two following clauses. Each believer is expected to “avoid sexual immorality” and to “control his own body” (*1 Thess. 4:3, 4, NIV*). Paul concludes the unit of thought with three motivations to holy living (*1 Thess. 4:6–8*): (1) God is an avenger in these matters, (2) He has called us to holiness, and (3) He gives us the Spirit to help us. In today’s lesson and the next two, we will be looking at this passage in more detail.

**Read 1 Thessalonians 4:3 and 7. How are the two verses linked? What is the basic message of both, and how is that message relevant for us today?**

Verse 3 builds on verse 1, where Paul reminded the Thessalonians of how they were to “walk” (*NKJV*)—“live” in many translations—a Hebrew concept used to describe daily moral and ethical behavior. In verse 3 he uses another Hebrew concept to describe spiritual life and growth, “holiness” or “sanctification.”

A typical definition of *holiness* is “set apart for sacred use.” But Paul gives the term more specific meaning in this letter. Holiness is the condition the Thessalonians will be in at the return of Jesus (*1 Thess. 3:13*). But in chapter 4 Paul chooses a form of the concept that emphasizes process rather than outcome. It is a noun of action: “sanctifying” more than “sanctification.” It is the will of God that we be engaged in this process (*1 Thess. 4:3*).

Paul clearly does not endorse a law-free gospel. There are behavioral requirements for those who are in Christ. In verse 7, the opposite of “holiness” is “uncleanness” (*NKJV*) or “impurity” (*ESV*). As Paul goes on to explain in verse 3: “you should avoid sexual immorality” (*1 Thess. 4:3, NIV*). The word for “sexual immorality” is *porneia* in the Greek, which would today cover everything from pornography to prostitution, to any sexual activity outside of marriage.

While salvation is by God’s grace through faith, the Christian life is to be a growing life, constantly striving for the perfection that has been promised us in Christ.

**The gift of sexuality is powerful evidence of God’s love for us. Yet, this gift has been so abused that, for many, it has become a curse, a cause of great suffering and sorrow. What choices can we make that will help to protect us from the potential damage that abuse of this gift can bring?**

## Not Like the Gentiles (1 Thess. 4:4, 5)

**Read** 1 Thessalonians 4:4, 5. What message do you find in these verses? What do they say to you, personally?

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Although the moral philosophers discussed in lesson 3 attacked many forms of sexual excess, Gentile society as a whole had little or no sexual restraint in Paul's day. According to the well-known pagan orator Cicero, "If there is anyone who thinks that youth should be forbidden affairs even with courtesans, he is doubtless eminently austere . . . but his view is contrary not only to the licence of this age but also to the customs and concessions of our ancestors. For when was this not a common practice? When was it blamed? When was it forbidden?"—Quoted in Abraham Malherbe, *The Letters to the Thessalonians*, The Anchor Bible, vol. 32B (New York: Doubleday, 2000), pp. 235, 236.

In today's world many find sexual restraint of any kind distasteful. They feel that passages such as 1 Thessalonians 4:4, 5 were relevant mainly in some other time and place. But the ancient world was no more sexually restrained than our world is today. Paul's message would have been no more acceptable in the wider society then than it is now.

Paul's solution to the problem of sexual excess is that every man should "possess his vessel" (1 Thess. 4:4). The word translated as "possess" normally means "acquire" in the Greek. The meaning of "acquire his vessel" is unclear. If by "vessel" Paul means "woman" (it was a common ancient expression for woman; see 1 Pet. 3:7), he is saying that every man should seek honorable marriage in order to avoid sexual promiscuity.

But most modern translations understand that the word *vessel* refers to the man's own body. In that case the phrase "possess his vessel" should be interpreted as "control his own body" (NIV).

In either case, Paul clearly confronts the moral laxness of his own age. Christians are not to behave as the "Gentiles" do. The norm of the wider society is not to be the norm for us. Sex is holy, set apart for marriage between a man and a woman. As Paul goes on to point out in 1 Thessalonians 4:6, sex can never be a casual matter. When indulged in outside of the norms established by God, it is inevitably destructive. Who hasn't seen in the lives of others, or in their own lives, just how destructive this gift can be when abused?

## According to God’s Design (1 Thess. 4:6–8)

**Read** 1 Thessalonians 4:6–8. What is Paul saying about sexual immorality?

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A man who had been sexually active outside of marriage said to a pastor: “As a young man, I learned to see sex and love as one and the same thing. When I got married, however, I discovered that premarital sex destroys not only your body (I got a venereal disease) but also your mind. Although we are now Christians, my wife and I have had to struggle with the mental and emotional behaviors I brought into our marriage from the past.”

The Bible’s restrictions are not there because God wants to prevent us from enjoying ourselves. Rather, the restrictions protect us from the physical and emotional damage that occurs as a result of sexual immorality. We restrain ourselves sexually because we care about the impact of our lives on others. Every person is a soul for whom Christ died; they are not to be sexually exploited, in any way. To do so is to sin not only against that person but to sin against God, as well (*see Gen. 39:9*). Sex is not only about how we treat others but how we treat Christ in the person of others (*see also Matt. 25:34–46*).

Sex, ultimately, bears upon our relationship with God. It is the Gentiles who do not know God who live lives of passionate lust (*1 Thess. 4:5*). It is ignorance of God that produces immoral behavior. Those who ignore the Bible’s teachings on this subject reject not only those teachings, but they also reject the call of God and even God Himself (*1 Thess. 4:8*).

On the other hand, when we follow God’s design, sex becomes a beautiful illustration of the self-sacrificing love that God poured out on us in Christ (*see also John 13:34, 35*). It is a gift of God and, enjoyed according to God’s will for us, it can powerfully reveal the kind of love that God has for humanity and the kind of closeness that He wants with His people.

**We are told in 1 Thessalonians 4:7 to live a “holy life.” What is your understanding of what this means? Is this talking about more than just sexual conduct? If so, what else might it include?**

## Mind Your Own Business (1 Thess. 4:9–12)

**Read 1** Thessalonians 4:9–12 and 3:11–13. What aspects of the earlier passage does Paul reaffirm in today’s text?

The Greeks had a number of words for “love,” two of which are found in the New Testament. *Eros* (not found in the New Testament) is the Greek word from which we get the word *erotic*. It refers to the sexual side of love. *Agape* is the form most used in the New Testament, as it refers to the self-sacrificing side of love. It is often used in relation to Christ’s love for us as manifested at the Cross.

Another Greek word for love, *philos*, is highlighted in our passage for today. Paul reminds the Thessalonians of what they already know about “brotherly love.” The Greek word behind brotherly love is the word from which the city of Philadelphia gets its name. In the Gentile world *philadelphias* referred to love for blood relations. But the church extended this meaning to include love for fellow believers, the Christian family of choice. This kind of familial love is taught by God and is a miracle of God’s grace whenever it happens.

**Read 1** Thessalonians 4:11, 12. In your own words, describe Paul’s admonition to the Thessalonians regarding business and employment in the urban context.

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The Thessalonian church seemed to have a number of lazy and disruptive individuals. Enthusiasm for the second coming of Jesus may have led some members to quit their jobs and become dependent on Gentile neighbors. But being ready at all times to witness does not mean being disruptive, nosy, or lazy on the job or in the neighborhood. For some outsiders, the closest they will ever come to the church is the impression they take away from the behavior of known Christians in their everyday lives.

Paul’s solution to the Thessalonian problem was to encourage them to be ambitious (“aspire”), not for power or influence but to live a “quiet life” (4:11) that would involve minding one’s own business and working with one’s hands. In the ancient world, manual labor was the primary means of self-support. In today’s world Paul would probably say, “Support yourself and your family and save a little extra to help those in legitimate need.”

**How could we apply Paul’s words in these verses to our own lives, our own immediate context?**

**Further Study:** “Love is a pure and holy principle, but lustful passion will not admit of restraint and will not be dictated to or controlled by reason. It is blind to consequences; it will not reason from cause to effect.”—Ellen G. White, *Mind, Character, and Personality*, vol. 1, p. 222.

“[Love] is pure and holy. But the passion of the natural heart is another thing altogether. While pure love will take God into all its plans, and will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol. In all the deportment of one who possesses true love, the grace of God will be shown.”—Ellen G. White, *The Advent Review and Sabbath Herald*, September 25, 1888.

“Those who would not fall a prey to Satan’s devices, must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind must not be left to dwell at random upon every subject that the enemy of souls may suggest. The heart must be faithfully sentineled, or evils without will awaken evils within, and the soul will wander in darkness.”—Ellen G. White, *The Acts of the Apostles*, p. 518.

## Discussion Questions:

- ❶ In *The Acts of the Apostles*, p. 518 (see today’s Further Study), Ellen White talks about “guarding the avenues of the soul.” What are some practical ways that believers can do this? What implications does this principle have for our choices in entertainment and education?
- ❷ In 1 Thessalonians Paul frequently uses the phrase “more and more” to describe growth in character and Christian behavior. What can churches do to encourage this kind of “more and more”?
- ❸ If a young person asked you to give at least two practical reasons why he or she should “wait until marriage” before sex, what would you say, and why?

**Summary:** In the first 12 verses of chapter 4, Paul tackles a couple of the most difficult problems found in most churches, particularly urban churches. Sexuality is a very private matter; yet, there is abundant peril to the church when sexual immorality is not confronted. Equally important is the kind of church the world sees in the neighborhood and workplace. Paul’s guidelines in these matters are as important today as they were in his time.

## The Lesson in Brief

► **Key Text:** *1 Thessalonians 4:1–12*

► **The Student Will:**

**Know:** Accept that God’s plan for his or her life includes a call to holiness in all aspects of life, including sexual activity.

**Feel:** Be convicted to let God take control of both the public and private parts of his or her life.

**Do:** Take the necessary steps to turn from evil and to allow God’s will to be done in his or her life.

► **Learning Outline:**

### I. Know: Called to Holiness

**A** There is hardly a letter written by the apostle Paul that does not include a warning against sexual immorality. What makes this particular sin worthy of such inspired attention?

**B** Twice Paul tells the Thessalonian converts to lead lives that please God “more and more” (*4:1, 10, NKJV*). What does this repeated phrase tell us about the experience of the Thessalonians and the nature of the Christian life, in general?

### II. Feel: True Love for Others

**A** Paul warns against transgressing and wronging another person in regard to the issue of sexual immorality. What kinds of transgressions and wrongs does Paul have in mind? And how can we avoid committing them?

**B** Why can’t sexual immorality and genuine love reside together?

### III. Do: Abstain From Immorality

**A** The call to abstain from sexual immorality is accompanied by the instruction to control the body in holiness and honor. What advice would you give to someone in order to help him or her control his or her body in holiness and honor?

► **Summary:** In a world plagued by uncontrolled sexual lust and perversion, God desires that His followers lead holy lives that are sexually pure and edifying of others.

## Learning Cycle

### ► **STEP 1—Motivate**

**Key Concept for Spiritual Growth:** Christians should not be ruled by sexual passion but by the desire to please God, living a holy life marked by sexual restraint and purity.

**Just for Teachers:** The sensitive and personal nature of this week’s lesson will likely make many class members uneasy, including, perhaps, the teacher. While this may be the case, as Christians we can no longer afford to avoid the issue of sexual behavior simply because it makes us uncomfortable. God’s Word has much to say on this topic, and its counsel is desperately needed. Young and old, single and married, believer and unbeliever, all struggle with this issue. Do not miss the opportunity this lesson provides for the bringing of conviction, healing, and hope to those who struggle in this area.

Human sexuality is one of the most beautiful, powerful, and yet mysterious forces in the universe. It can bind a man and a woman together as one, creating a unique bond of intimacy and love that lasts a lifetime. In stark contrast, it can also produce a lifetime of pain and suffering, if it becomes the means of exploiting others in order to satisfy one’s own sexual passions. Unfortunately, more often than not, the pages of history are strewn with stories of men and women who have experienced the evil of the latter rather than the beauty of the former.

If sex is so beautiful and powerful when approached in the right way but so devastating when misused, where should people go for guidance and direction? Some turn to popular celebrities or talk-show personalities; others look in magazines, search the Internet, or seek advice from friends. Unfortunately, very few turn to the Bible or, at least, take its counsel seriously. According to a recent poll of undergraduate students at Yale University, 71 percent of respondents said their religious views did “not at all” affect their sexual behavior. Of the remaining students, 19 percent said their religious views affected their sexual behavior “a little,” and a mere 10 percent said religion influenced their sexual behavior “a lot.”—<http://www.yaledailynews.com/news/2010/feb/11/for-faithful-few-a-balancing-act/>.

The results from the poll taken at Yale University suggest that many students have interpreted all the “rules” about sexual behavior in the Bible to mean that God is “against” sex and that He does not want us to enjoy it. Unfortunately, the church has, at times, helped to enforce this perception by characterizing sex as dirty and unholy. Nothing, however, could be further

from the truth. God created sex. The reason He has so many rules about it is that He places such a high value on it. He also knows that, because of sin, sex often becomes distorted and abused. God’s desire is for us to experience sex in its fullest and most beautiful sense, and that comes only when we embrace it in the manner in which He gave it to us in the beginning.

**Consider This:** What can Christian families and churches do to help young and older people alike see the value and importance of following God’s instructions in the Bible regarding sexual behavior?

## ► STEP 2—Explore

### Bible Commentary

#### I. The Situation in Paul’s Day (Review 1 Thessalonians 4:1–3 with the class.)

One of the particular challenges Paul faced as the apostle to the Gentiles was the problem of sexual immorality in the ancient world. As the lesson points out, sexual immorality is a translation of the Greek word *porneia*, referring to any deviant form of sexual behavior that is contrary to the will of God, including premarital sex, adultery, prostitution, pornography, et cetera. The Gentiles were hungry for the gospel; many of them struggled to distance themselves from sexual practices that were an accepted part of the daily culture that surrounded them. Consider the way in which F. F. Bruce summarizes the relationships available to a man in the pagan world:

“A man might have a mistress . . . [*hetaera*] who could provide him also with intellectual companionship; the institution of slavery made it easy for him to have a concubine . . . [*palace*], while casual gratification was readily available from a harlot . . . [*porn*]. The function of his wife was to manage his household and to be the mother of his legitimate children and heirs.”—*Word Biblical Commentary, 1 and 2 Thessalonians* (Waco, Tex.: Word Books, 1982), vol. 45, p. 82.

It is within this context that Paul has to continually remind Gentile believers that while the world might not frown on such behavior, it was not pleasing to God. And it wasn’t that they should just not partake of it as much—Paul counsels them to “abstain” (*1 Thess. 4:3*) from it. The word for “abstain” that Paul uses means “to avoid all contact” with sexual immorality; “to stay away” from it completely. In his letter to the Corinthians, Paul urges the believers to “flee sexual immorality” (*1 Cor. 6:18, NKJV*). Paul does not want his point to be missed. Sexual sin is not to be played with. Once it grabs hold of a person, it is difficult to escape its deadly grip.

**Consider This:** How can Christians embrace God’s will to be sexually pure without being “puritanical”? How can we discourage the idea that sex is dirty or unholy?

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## II. God’s Design for Sexual Behavior *(Review 1 Thessalonians 4:1–12 with the class.)*

A wise parent knows that forbidding a type of behavior is not sufficient by itself. One also must provide positive instruction regarding what to do instead. Paul follows the same course. Instead of simply telling the new converts to stay far away from sexual immorality, he gives them positive instructions on how sexual desires should be fulfilled.

Instead of letting their passions carry them from one sexual encounter to another, Paul says that the proper context for sex is within marriage, and even there it must be exercised with self-control and “honor” (*1 Thess. 4:4, 5, NKJV*). As the lesson points out, verse 4 literally says that each of the Thessalonians are to “acquire his [own] vessel.” While this phrase is ambiguous, three factors indicate that it is best seen as a reference to marriage.

First, the word *vessel* is often used metaphorically in the New Testament in reference to human beings (*compare Acts 9:15, 2 Cor. 4:7, 1 Pet. 3:7*). Second, the Greek verb for “acquire” is also used in the Greek translation of the Old Testament in reference to the process of acquiring a wife (*Ruth 4:10*). Finally, Paul says virtually the same thing, though in much clearer terms, to the Gentile believers in Corinth. After telling them to “flee sexual immorality,” Paul says, “Because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband” (*1 Cor. 7:2, ESV*). This is not to say, obviously, that sex is the only reason to get married. Paul has much to say elsewhere about the importance of love within a marriage. His point here is simply that sex is to be reserved for marriage.

Paul’s final instruction is that, even within marriage, sexual behavior should be expressed in holiness and honor. A marriage license does not provide a spouse with the right to make sexual demands of his or her companion. Marriage is to be a sacred bond in which a man and a woman come together in sexual intimacy that glorifies God and edifies each other.

**Consider This:** A sexual-satisfaction survey discovered that the married couples surveyed experienced a much higher degree of sexual satisfaction (72 percent) than those surveyed who were engaged in sexual activity outside of marriage. What factors do you think lead to a higher sexual satisfaction within marriage instead of outside it?

### ► STEP 3—Apply

#### Thought Questions:

- 1 What stories in the Old Testament provide positive and/or negative illustrations of sexual behavior? What can we learn from these situations?
- 2 In what sense is the motive of pleasing God a better guiding principle than simply giving someone a list of rules to follow?

#### Application Questions:

- 1 The Bible’s warning against sexual immorality is very clear—abstain from such behavior. In light of this, what decisions do you need to make regarding relationships that you are involved in or things you may read or watch?
- 2 In what ways have you felt wronged sexually by others? How does it make you feel to know that, as Paul says, the “Lord is an avenger in all these things” (*1 Thess. 4:6, ESV*)?
- 3 Many of us have not acted with the degree of sexual purity and integrity that God desires of us. What hope can be found in the story of David’s horrible sin of adultery and in his song of repentance in Psalm 51?

### ► STEP 4—Create

**Activity:** Share the following hypothetical situation with your class and use it as the basis for discussing the lesson:

A friend of yours argues that our society has too many puritanical hang-ups relating to sex and suggests that a lot of our problems would end if we would just start treating sex like any natural desire and make it comparable to drinking a glass of water. He says that if we took away all the religious taboos, stopped making people feel guilty, and allowed free sexual relations, everyone would be better off. What would you say in return?