



# Morningside Church

## Sermon Discussion Guide

**Title: Truths for Troubled Hearts**

**Date: November 3, 2024**

**Scripture Text: 1 Thessalonians 4:13-18**

### **Notes:**

At times we may wonder what happens when we die. For the Christian, there may be thoughts of when will Jesus return; what will that be like; if I die before He returns will I miss out. Paul sought to assure and comfort his readers as he describes the events around Jesus' return, specifically related to the rapture. The rapture is when God takes His people, the church, to heaven in a twinkling of an eye. Following the rapture, the tribulation begins (Rev. 3-6). For the Christian we have a hope that the lost does not have. Our hope is in the assurance of salvation, based on God's grace through faith. It was by this assurance Paul seeks to comfort his readers as he provides *truths for troubled hearts*.

#### **I. The Purpose of the Passage (1 Thess. 4:13, 18)**

Paul is seeking to inform his readers of the truth about death. Unlike those who don't accept the redemptive work of Christ, who have no hope; the Christian upon death will immediately be with Jesus. Death for the unbeliever is a forever goodbye. But for the Christian, it's a 'see ya later'. One day we will all be together with Jesus.

- The word 'asleep' in [vs. 13](#) is metaphorical for the Christian. How so?
- Paul wants his readers to be comforted by the words in this passage. How are these words comforting for the Christian?
- Paul is not condemning grief. So, how is the grief of the Christian different from the grief of a non-Christian?
- Given this assurance and hope that we have; how should that affect your day-to-day life?

#### **II. The Basis of Belief (1 Thess. 4:14-15)**

Paul states the basis of believing what he is saying is "the word of the Lord". God gave Paul special instruction which he is sharing with his readers: since we believe that Jesus died and rose again, just as He did, so will we. God demonstrated His power over death by raising Jesus and He can do the same for us ([1 Cor. 6:14](#)). [2 Cor. 5:8](#) states that to be absent from the body is to be present with the Lord. Once we die, our spirit is immediately with Jesus, while our old body is dead. It is at the point of the rapture, as described in this passage, that we are united with our new glorified bodies.



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### **Notes:**

- What are questions you've had about death and what happens when we die?
- How has Paul's description of death (i.e. falling asleep) given you comfort?
- How can knowing what happens when we die motivate us to engage others for the gospel?

### **III. The Revelation of the Rapture ([1 Thess. 4:16-17](#))**

Paul gives a detailed description of the events surrounding the rapture. First, Christ descends from heaven. His descension is accompanied by a shout, the voice of the archangel (probably Michael) and a trumpet. There will be no mistake what is happening!! Next, those who have previously died will be raised first, followed by those who are still alive. Sidenote, based on the phrase "*we who are alive*" shows how Paul thought Christ's return could be at any moment, even during his life. We are then reintroduced to Jesus 'wearing' our new heavenly bodies.

- What do you think things will be like for those left behind after the rapture?
- Look up [Matt. 24:36-44](#). Jesus warns his disciples that no one knows the day or hour ([vs. 36](#)), but we are to be ready (alert) ([vs. 44](#)).
  - How ready are you for the rapture?
  - What does it mean to be alert, in anticipation of the rapture?
  - What do you need to do to be ready for the rapture?

"If you are a believer today and are trusting Christ, you are next on the program of God — as far as prophecy is concerned. I believe it is tissue-thin between where we stand today and the Rapture of the church. There are no signs, no Tribulation, no *anything* to be fulfilled before Jesus takes the church out of the world. "

J. Vernon McGee

"This should comfort the saints upon the death of their friends, that, although death has made a separation, yet their souls and bodies will meet again; we and they shall meet together again: we and they with all the saints shall meet our Lord, and be with him for ever, no more to be separated wither from him or from one another for ever. "

Matthew Henry