

# Countdown to 2026! - “Testimony Sunday”

## 1 Thessalonians 5:16-18 (NIV)

### December 28, 2025

#### 1. 1 Thessalonians 5 Personal Story

- Repetition and Practice
- Mind vs. Heart

#### 2. V16 - Rejoice

- Not something can force or do on own
- “Be full of joy”

#### 3. V17 - Without Ceasing

- Problem?
- Illustration: Personal Story of Fasting and Prayer
- God changes us in the prayers to be able to give thanks

#### 4. V18 - All Circumstances

- **Introductory Question:** “*What is one thing you are thankful for from 2025?*”
- In both the highs and lows

#### 5. V18 - God’s Will

- Decision/Desire
  - **Takeaway: God is pleased when we give thanks**
  - Let us please God together as we share His testimonies in our lives
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#### Discussion Questions:

1. When was a time in 2025 you found it difficult to give thanks?
  2. What is a prayer you can turn to when you don’t know what to pray?
  3. How can knowing God’s will change the way you daily live life?
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## Personal Notes

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