



衛理公會福靈堂  
FOOCHOW METHODIST CHURCH

# ONE FAMILY IN CHRIST

**THESSALONIANS SERMON SERIES**

**1 JANUARY 2026 TO 25 JANUARY 2026**

## The Pastor's Message

Dear brothers and sisters, peace to you.

As we enter a new year, we invite you to join the whole church in establishing a simple yet enduring spiritual rhythm—daily Scripture reading, prayer, and meditation on God's Word. **Daily Manna Together** is not merely a Bible-reading journal, but an invitation to walk this spiritual journey side by side, allowing God's Word to continually nourish our lives and realign our direction amid busyness and change.

In 2026, Foochow Methodist Church enters the fourth year of our vision, **One Family in Christ**. As a church with a 129-year history, we are reminded of the need to return again and again to our foundations, discerning what truly sustains the life of the church. What enables the church to stand firm is not tradition, experience, resources or size, but whether we are deeply rooted in God's Word. For this reason, we look to the young Thessalonian church as our example—though facing persecution and cultural pressure, they remained Christ-centered, loved one another, and lived out their faith with perseverance, becoming a compelling witness to the communities around them.

This January, through Apostle Paul's exhortations to the Thessalonian church, we will revisit and renew the vision and mission of Foochow Methodist Church. Paul's emphasis on faith, hope, and love helped believers stand firm in turbulent times and continues to guide the church in living out God's calling in real-life contexts. This resonates deeply with our vision—**One Family in Christ**—and our mission: **to Grow in Christ, Glow in Love, and Go into the World**.

Drawing near to God's Word each day is not about completing a Bible reading plan, but about allowing our lives to be shaped. The pastoral team desires to walk alongside you—one passage a day, responding again and again to the Lord's call. May we journey together in unity, so that **One Family in Christ** may continue to be renewed, mature, and strengthened in the Lord, bringing glory to Christ and blessing to the world.

Daily Manna Together  
FMC Pastoral Team

## Introduction To The Book of Thessalonians

### ➤ 1 Thessalonians

**Writer:** Paul (with Silas and Timothy)

**Year Written:** Around AD 50–51

**Central Theme:** Encouragement in holy living and hope in Christ's return

### Summary

Paul writes to encourage new believers in Thessalonica. He praises their faith, urges them to live holy lives, and comforts them with teaching about Jesus' return and the resurrection of believers.

### Outline

1. Thanksgiving for the Thessalonians' Faith (1:1–10)
2. Paul's Ministry and Care for the Church (2:1–3:13)
3. Instructions for Holy Living (4:1–12)
4. The Return of Christ and Hope for Believers (4:13–5:11)
5. Final Exhortations and Blessing (5:12–28)

### ➤ 2 Thessalonians

**Writer:** Paul (with Silas and Timothy)

**Year Written:** Around AD 51–52

**Central Theme:** Correct teaching about the Day of the Lord and faithful endurance

### Summary

Paul corrects confusion about Christ's return, reminding believers that certain events must happen first. He encourages perseverance during persecution and warns against idleness.

### Outline

1. Encouragement in Persecution (1:1–12)
2. The Day of the Lord Explained (2:1–12)
3. Stand Firm in the Truth (2:13–17)
4. Warning Against Laziness (3:1–15)
5. Final Blessing (3:16–18)

## How To Practice Daily Devotions

God is a personal Spirit, and “Heavenly Father” is more than just a title—it reflects the deep reality that He is our loving and caring Father. Through the spiritual discipline of daily devotions, we come to know, communicate, and walk closely with Him.

Daily devotions involve setting aside specific times to draw near to God, to know Him, and to align with His will. Through reading the Bible, we come to understand His intentions, and we can respond to God in prayer and reflection. By dedicating time each day to read the Bible, pray, and meditate on God’s word, we allow God’s presence into our lives to guide us. Jesus often withdrew from the crowd and His disciples to commune with the Father in solitude, gaining strength and direction to fulfil His mission.

### I. The Purpose of Daily Devotions

- a. To draw closer to God and communicate with Him. In these end times, God calls us to be awake and alert, using His Word to sustain us. “I rise before dawn and cry for help; I have put my hope in your word. My eyes stay open through the watches of the night, that I may meditate on your promises.” (Psalm 119:147-148, NIV)
- b. To receive guidance and light for our lives. “Your word is a lamp to my feet and a light for my path.” (Psalm 119:105, NIV)
- c. To renew our minds to live out our new life in Christ. By studying the scriptures, God’s servants are thoroughly equipped for every good work and taught to live righteously. “All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.” (2 Timothy 3:16-17, NIV)

## 2. Preparation for Daily Devotions

- **Time:** Select a time when you can be undisturbed and alone, whether in the morning or in the evening for reflection.
- **Place:** Find a quiet, distraction-free space where you can focus.
- **Materials:** Have your Bible, a notebook for recording reflections, and a pen ready.
- **Mindset:** Approach God with a calm and open heart, prepared to hear from Him and encounter Him.

## 3. Spiritual Discipline

Daily devotions as a spiritual discipline is not meant to be rigid or legalistic, just as our relationships with family members are not meant to feel burdensome. Time spent with our Heavenly Father should feel genuine and heartfelt. For those starting out, simple and practical methods can help cultivate meaningful spiritual habits and deepen our relationship with our Heavenly Father.

## Daily Scripture Readings

Date	Verses	Date	Verses
1/1	1 Thess 1:1–5	16/1	1 Thess 5:16-28
2/1	1 Thess 1:6-10	17/1	Weekly Reflection
3/1	Weekly Reflection	18/1	Sermon- 1 Thess 5:1–11
4/1	Sermon- 1 Thess 1:1–10	19/1	2 Thess 1:1-4
5/1	1 Thess 2:1-8	20/1	2 Thess 1:5-12
6/1	1 Thess 2:9-16	21/1	2 Thess 2:1-12
7/1	1 Thess 2:17-20	22/1	2 Thess 2:13-16
8/1	1 Thess 3:1-5	23/1	2 Thess 3:1-18
9/1	1 Thess 3:6-13	24/1	Weekly Reflection
10/1	Weekly Reflection	25/1	Sermon- 2 Thess 3:6–13
11/1	Sermon- 1 Thess 3:1–13		
12/1	1 Thess 4:1-12		
13/1	1 Thess 4:13-18		
14/1	1 Thess 5:1-11		
15/1	1 Thess 5:12-15		



## I Thessalonians 1:1–5

Paul greets the Thessalonian believers, giving thanks for their faith, love, and hope that are evident in their lives. He reminds them that the gospel came to them not only in words, but with power, the Holy Spirit, and deep conviction, which are clear evidence that God has chosen them.

### Reflection Questions:

1. Where do you see faith, love, and hope currently growing in your life?
2. How might the Spirit be inviting you to receive the gospel with deeper conviction?

Reflection



Application &  
Prayer



## I Thessalonians 1:6-10

Despite hardship, the Thessalonians joyfully received the gospel and became examples to believers across the region. Their transformed lives became a testimony to God's work, as they turned from idols to serve the living God and wait for Christ's return.

### Reflection Questions:

1. What might it look like for your life to be a testimony of turning to God today?
2. In what ways does the hope of Christ's return shape your priorities?

Reflection



Application &  
Prayer





3/1  
(Sat)

## Weekly Spiritual Reflection

Reflection



Application &  
Prayer



4/1  
(Sun)

## Sunday Service: I Thessalonians 1:1-10

Sermon Topic: Grow in Christ

*"Be still, listen, and respond to God."*

Notes



Application &  
Prayer



**5/1**  
(Mon)

## I Thessalonians 2:1-8

Paul recalls his ministry among them, which was marked not by deceit or self-interest but by courage, sincerity, and gentleness. Like a nursing mother, he and his co-workers shared not only the gospel but their lives.

### Reflection Questions:

1. What does genuine, Christlike ministry look like in your relationships?
2. How might you embody gentleness and sincerity in serving others this week?

Reflection



Application &  
Prayer



## I Thessalonians 2:9-16

Paul reminds them of his hard work and blameless conduct while preaching the gospel. He rejoices that they received God's word as God's word. Like other churches, they also suffered for their faith, sharing in Christ's pattern.

### Reflection Questions:

1. How does receiving Scripture as God's word shape your response to it?
2. What challenges have you faced for obeying Christ, and what kept you steady?

Reflection



Application &  
Prayer



## I Thessalonians 2:17-20

Paul expresses his deep longing to reunite with the Thessalonians. Though hindered, his love for them remains strong. They are his joy, crown, and glory in the Lord.

### Reflection Questions:

1. Who has been part of your spiritual journey, and how can you give thanks for them?
2. How might you express Christlike affection and encouragement to someone today?

Reflection



Application &  
Prayer



## I Thessalonians 3:1-5

Concerned for their faith amid affliction, Paul sends Timothy to strengthen and encourage them. Trials were expected, but Paul wants to ensure they are not shaken.

Reflection Questions:

1. What pressures today threaten to unsettle your faith?
2. Who around you needs strengthening in their walk with Christ?

Reflection



Application &  
Prayer



9/1

(Fri)

## I Thessalonians 3:6-13

Timothy brings good news of their faith and love, bringing Paul great comfort. Paul prays that God will renew their love, strengthen their hearts, and establish them blameless at Christ's coming.

### Reflection Questions:

1. Where do you desire God to deepen your love for others?
2. What might help you grow in blamelessness before God?

Reflection



Application &  
Prayer



**10/1**  
(Sat)

## Weekly Spiritual Reflection

Reflection



Application &  
Prayer



**11/1**  
(Sun)

## Sunday Service: I Thessalonians 3:1-13

Sermon Topic: Glow in Love

*"Be still, listen, and respond to God."*

Notes



Application &  
Prayer





12/1

(Mon)

## I Thessalonians 4:1-12

Paul urges them to live in a way that pleases God, especially in holiness, sexual purity, and brotherly love. They are to live quietly, work diligently, and behave properly toward outsiders.

Reflection Questions:

1. What area of your life is the Spirit calling to greater holiness?
2. How can you express brotherly love in simple, practical ways?

Reflection



Application &  
Prayer



## I Thessalonians 4:13-18

Paul comforts believers concerning those who have died. Because Jesus died and rose again, the dead in Christ will rise, and all believers will be united with the Lord forever. This is a truth meant to comfort one another.

### Reflection Questions:

1. How does the hope of resurrection reshape your view of loss or suffering?
2. Who can you encourage today with the hope of Christ's return?

Reflection



Application &  
Prayer



14/1  
(Wed)

## I Thessalonians 5:1-11

The day of the Lord will come unexpectedly. Believers are children of light, called to be awake, sober, and protected by faith, love, and hope. God has destined them for salvation, not wrath.

### Reflection Questions:

1. What helps you stay spiritually awake and alert?
2. How can you strengthen someone's faith, love, or hope this week?

Reflection



Application &  
Prayer



## I Thessalonians 5:12-15

Paul instructs the church to respect their leaders, live in peace, and care for the weak and troubled. They are to avoid retaliation and pursue good toward everyone.

### Reflection Questions:

1. What steps can you take to build peace and unity in your church community?
2. Who might God be calling you to support or encourage today?

Reflection



Application &  
Prayer



16/1

(Fri)

## I Thessalonians 5:16-28

Paul gives final exhortations: rejoice always, pray continually, give thanks, do not quench the Spirit, test everything, hold on to good, avoid evil. God Himself will sanctify them completely and keep them blameless.

### Reflection Questions:

1. Which of these practices (rejoicing, praying, or thanking) needs renewal in your life?
2. How can you remain open to the work of the Spirit each day?

Reflection



Application &  
Prayer



17/1  
(Sat)

## Weekly Spiritual Reflection

Reflection



Application &  
Prayer



18/1  
(Sun)

## Sunday Service: I Thessalonians 5:1-11

Sermon Topic: Go Into The World

*"Be still, listen, and respond to God."*

Notes



Application &  
Prayer



19/1

(Mon)

## 2 Thessalonians 1:1-4

Paul thanks God for the Thessalonians' growing faith and love. Their endurance in suffering stands as a testimony of God's work among them.

Reflection Questions:

1. Where do you see God deepening your faith or love amid challenges?
2. How might perseverance become a witness to others?

Reflection



Application &  
Prayer





20/1  
(Tue)

## 2 Thessalonians 1:5-12

Their suffering points to God's righteous judgment, which will ultimately bring relief to believers and justice against evil. Paul prays that God will make them worthy of His calling and empower their faith.

### Reflection Questions:

1. How does the promise of God's justice shape the way you respond to hardship?
2. What part of God's calling do you need strength to live out today?

Reflection



Application &  
Prayer



## 2 Thessalonians 2:1-12

Paul corrects confusion about the Lord's return. Before that day, rebellion and deception will arise, led by the "man of lawlessness." Believers are warned not to be unsettled but to stand firm in the truth.

### Reflection Questions:

1. What helps you stay anchored in truth when faced with confusion or fear?
2. Are there voices or influences you need to discern more carefully?

Reflection



Application &  
Prayer



## 2 Thessalonians 2:13-16

God has chosen them for salvation through the Spirit's sanctifying work and belief in the truth. Paul urges them to stand firm and hold to the teachings given to them, assuring them of God's comfort and strength.

### Reflection Questions:

1. What practices help you hold firmly to God's word?
2. How have you experienced God's encouragement recently?

Reflection



Application &  
Prayer



23/1

(Fri)

## 2 Thessalonians 3:1-18

Paul asks for prayer that the gospel may spread quickly. He warns against idleness and urges believers to work quietly and responsibly. He commands the church not to enable disorderliness but to treat the disobedient with restorative love.

### Reflection Questions:

1. What does faithful, responsible living look like in your setting?
2. How can you offer correction or guidance in a way that is restorative, not harsh?"

Reflection



Application &  
Prayer



24/1  
(Sat)

## Weekly Spiritual Reflection

Reflection



Application &  
Prayer



25/1  
(Sun)

## Sunday Service: 2 Thessalonians 3:6-13

Sermon Topic: One Family in Christ

*"Be still, listen, and respond to God."*

Notes



Application &  
Prayer





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FOOCHOW METHODIST CHURCH

# ONE FAMILY IN CHRIST

## THESSALONIANS SERMON SERIES

The year 2026 marks the fourth year of Foochow Methodist Church's vision, "One Family in Christ." As a 129-year-old church, we are all the more called to return to our first love and learn from the young Thessalonian church. Despite persecution and cultural pressures, they held firmly to Christ, loved one another deeply, and remained steadfast in their mission. Though small in number, they shone brightly throughout Macedonia and Achaia.

May this four-week series strengthen us anew—to Grow in Christ amid challenges, to Glow in Love for one another in all relationships, and to Go into the world courageously in obedience to God's mission—so that "One Family in Christ" may be renewed, matured, and empowered in the Lord.

Date	Topic	Scripture	Preacher
04/01	Grow in Christ	1 Thess 1:1-10	Rev Dr Niam Kai Huey
11/01	Glow in Love	1 Thess 3:1-13	Rev Lau Chong Yaw
18/01	Go into the World	1 Thess 5:1-11	Pr Tham Yong Zheng
25/01	One Family in Christ	2 Thess 3:6-13	Ps Alvin Ong