

MEDITATING ON THE WORD

A Month of Readings and
Reflections in 1 Thessalonians

February 2026

Before You Begin:

God's Word is a tremendous gift to us – it reminds us of who He is and how He is at work. This month we begin reading through 1 Thessalonians. The readings are going to be different than last month. We are slowing down. Some days we will be reading one or two verses! The purpose is to do just that – to slow down and to read carefully what is said. You'll find prompts after the reading that will cause you to stop and think. Then write down your thoughts! You'll also find prayer prompts to help you as you put these the truths into practice. Join us in making a priority of "Meditating Upon the Word" as we embrace 2026!

1 Thessalonians is one of the earliest letters that Paul wrote. The letter was written about AD 50-51 while Paul was on his second missionary journey. It was written to the church in the city of Thessalonica. This port city was a large cosmopolitan city during Paul's day. Filled with many different types of people, the city was known for its wealth, trade, and mixture of beliefs/philosophies. Paul preached the Gospel in the city, some became followers of Christ, and those who believed came together as the church at Thessalonica. After Paul preached, some in the city ran him out of town! He then wrote this letter to encourage the church to be faithful in their walk with Christ. You'll discover within this letter Paul's encouragement. Paul's also used the letter to teach them further, specifically about the Lord's return and about the resurrection.

February Bible Reading Tracker

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February 1st

Sermon Notes

Title:

Passage:

Preacher:

February 2nd

1 Thessalonians 1:1

Paul, Silvanus, and Timothy:

To the church of the Thessalonians in God the Father and the Lord Jesus Christ. Grace to you and peace.

Reflect

How important is the church to you? Identify individuals in your church community for whom you are thankful and why? Who has been an encouragement to you?

Prayer

Thank God for your church family and ask for grace and peace to fill your community.

February 3rd

1 Thessalonians 1:2-3

We always thank God for all of you, making mention of you constantly in our prayers. We recall, in the presence of our God and Father, your work produced by faith, your labor motivated by love, and your endurance inspired by hope in our Lord Jesus Christ.

Reflect

Describe a time when you did something God called you to do – and you needed to trust Him? What does it mean to live in light of faith, love, and hope?

Prayer

Ask God to help you be one whose work is by faith, whose labor is motivated by love, and whose endurance is inspired by hope.

February 4th

1 Thessalonians 1:4-5a

For we know, brothers and sisters loved by God, that he has chosen you, because our gospel did not come to you in word only, but also in power, in the Holy Spirit, and with full assurance.

Reflect

Describe the moment when you felt the impact of God's work in your life and decided to follow after Him.

Prayer

Thank God for taking the initiative to make salvation available for you.

February 5th

1 Thessalonians 1:5b-7

You know how we lived among you for your benefit, and you yourselves became imitators of us and of the Lord when, in spite of severe persecution, you welcomed the message with joy from the Holy Spirit. As a result, you became an example to all the believers in Macedonia and Achaia.

Reflect

Who has been the greatest example to you of one who lives for Christ – and why are they such a good example? For whom are you seeking to be a good example?

Prayer

Pray for those who have been good examples for you - those you imitate. Give thanks for them and ask for God's blessing on their lives. Pray that you would be a good example for others.

February 6th

1 Thessalonians 1:8-10

For the word of the Lord rang out from you, not only in Macedonia and Achaia, but in every place that your faith in God has gone out. Therefore, we don't need to say anything, for they themselves report what kind of reception we had from you: how you turned to God from idols to serve the living and true God and to wait for his Son from heaven, whom he raised from the dead – Jesus, who rescues us from the coming wrath.

Reflect

How important is one's reputation? What areas do you need God's work to be a great example to others? What difference does it make to live in light of Jesus' return?

Prayer

Pray that your testimony would spread and that you would live in eager expectation of Jesus' return.

February 7th

Pray and reflect on what the Lord has taught you this week.

February 8th

Sermon Notes

Title:

Passage:

Preacher:

February 9th

1 Thessalonians 2:1-2

For you yourselves know, brothers and sisters, that our visit with you was not without result. On the contrary, after we had previously suffered and were treated outrageously in Philippi, as you know, we were emboldened by our God to speak the gospel of God to you in spite of great opposition.

Reflect

What causes you to be fearful when you feel led to speak for God? What does God promise that would help you with your fear?

Prayer

Pray for boldness in sharing the gospel, even in opposition.

February 10th

1 Thessalonians 2:3-4

For our exhortation didn't come from error or impurity or an intent to deceive. Instead, just as we have been approved by God to be entrusted with the gospel, so we speak, not to please people, but rather God, who examines our hearts.

Reflect

How can impure motives cause us to do the right thing for the wrong reasons? What is an impure motive with which you struggle? (pride, position, etc.)

Prayer

Ask God to purify your motives and help you seek His approval above all.

February 11th

1 Thessalonians 2:5-6

For we never used flattering speech, as you know, or had greedy motives – God is our witness – and we didn't seek glory from people, either from you or from others.

Reflect

What happens when we do something to seek glory or attention? How can we avoid that attitude?

Prayer

Confess any greed or desire for praise; pray for contentment in serving humbly.

February 12th

1 Thessalonians 2:7-8

Although we could have been a burden as Christ's apostles, instead we were gentle among you, as a nurse nurtures her own children. We cared so much for you that we were pleased to share with you not only the gospel of God but also our own lives, because you had become dear to us.

Reflect

Reflect upon a time when someone cared for you. In the space below, indicate how this person impacted your life. Name someone you can care for this week and how you can care for them.

Prayer

Thank God for spiritual mentors; pray to care for others gently and share your life.

February 13th

1 Thessalonians 2:9-10

For you remember our labor and hardship, brothers and sisters. Working night and day so that we would not burden any of you, we preached God's gospel to you. You are witnesses, and so is God, of how devoutly, righteously, and blamelessly we conducted ourselves with you believers.

Reflect

What is your work ethic like related to the things of Christ and His church? How does your work reflect your commitment to Christ?

Prayer

Pray for diligence in work as an act of worship and witness.

February 14th

Pray and reflect on what the Lord has taught you this week.

February 15th

Sermon Notes

Title:

Passage:

Preacher:

February 16th

1 Thessalonians 2:11-12

As you know, like a father with his own children, we encouraged, comforted, and implored each one of you to walk worthy of God, who calls you into his own kingdom and glory.

Reflect

Who has encouraged you in your faith? How can you encourage others towards godly living? Who can you encourage and how can you specifically encourage them?

Prayer

Ask God to help you encourage others to live worthy of His calling.

February 17th

1 Thessalonians 2:13

This is why we constantly thank God, because when you received the word of God that you heard from us, you welcomed it not as a human message, but as it truly is, the word of God, which also works effectively in you who believe.

Reflect

What does it mean to say that God's word is at work in us? How is God using His word in your life?

Prayer

Thank God for His living word; pray it would work powerfully in you.

February 18th

1 Thessalonians 2:14-16

For you, brothers and sisters, became imitators of God's churches in Christ Jesus that are in Judea, since you have also suffered the same things from people of your own country, just as they did from the Jews who killed the Lord Jesus and the prophets and persecuted us. They displease God and are hostile to everyone, by keeping us from speaking to the Gentiles so that they may be saved. As a result, they are constantly filling up their sins to the limit, and wrath has overtaken them at last.

Reflect

List current ways believers face opposition and how you can stand with them. How have you experienced persecution for your faith?

Prayer

Pray for persecuted believers worldwide and for strength in your own trials.

February 19th

1 Thessalonians 2:17-18

But as for us, brothers and sisters, after we were forced to leave you for a short time (in person, not in heart), we greatly desired and made every effort to return and see you face to face. So we wanted to come to you – even I, Paul, time and again – but Satan hindered us.

Reflect

How important is fellowship with others to you? How can you strengthen your relationships? With whom is God calling you to strengthen the relationship and how can you do that?

Prayer

Express your longing for fellowship; pray against hindrances to God's work.

February 20th

1 Thessalonians 2:19-20

For who is our hope or joy or crown of boasting in the presence of our Lord Jesus at his coming? Is it not you? Indeed you are our glory and joy!

Reflect

Who are those people that you have been able to encourage?
Who needs encouragement?

Prayer

Thank God for people He has used you to disciple; pray for their growth.

February 21st

Pray and reflect on what the Lord has taught you this week.

February 22nd

Sermon Notes

Title:

Passage:

Preacher:

February 23rd

1 Thessalonians 3:1-3

Therefore, when we could no longer stand it, we thought it was better to be left alone in Athens. And we sent Timothy, our brother and God's coworker in the gospel of Christ, to strengthen and encourage you concerning your faith, so that no one will be shaken by these afflictions. For you yourselves know that we are appointed to this.

Reflect

Recall a time when someone like “Timothy” encouraged you as you faced trials/difficulties.

Prayer

Pray for and thank God for those who strengthen you in faith during hard times.

February 24th

1 Thessalonians 3:4-5

In fact, when we were with you, we told you in advance that we were going to experience affliction, and as you know, it happened. For this reason, when I could no longer stand it, I also sent him to find out about your faith, fearing that the tempter had tempted you and that our labor might be for nothing.

Reflect

How can our expectation of coming difficulties prepare us?
What temptations do we struggle with that could derail us if left unchecked?

Prayer

Ask God to guard your faith against temptation and against stumbling in the midst of temptation.

February 25th

1 Thessalonians 3:6-7

But now Timothy has come to us from you and brought us good news about your faith and love. He reported that you always have good memories of us and that you long to see us, as we also long to see you. Therefore, brothers and sisters, in all our distress and affliction, we were encouraged about you through your faith.

Reflect

How does hearing about others' faith encourage us? What is a recent encouragement you have received?

Prayer

Thank God for reports of faith in others; pray for mutual encouragement.

February 26th

1 Thessalonians 3:8-10

For now we live, if you stand firm in the Lord. How can we thank God for you in return for all the joy we experience before our God because of you, as we pray very earnestly night and day to see you face to face and to complete what is lacking in your faith?

Reflect

How does prayer help you to stand firm? What is the greatest challenge you are facing now to stand firm in your faith?

Prayer

Pray to stand firm and for opportunities to impact others' faith.

February 27th

1 Thessalonians 3:11-13

Now may our God and Father himself, and our Lord Jesus, direct our way to you. And may the Lord cause you to increase and overflow with love for one another and for everyone, just as we do for you. May he make your hearts blameless in holiness before our God and Father at the coming of our Lord Jesus with all his saints. Amen.

Reflect

What can you do to make our church/community more loving?

Who do you feel that God is calling you to love more? What relationships are hindered by obstacles?

Prayer

Pray for that God would cause you to increase and overflow with love for one another.

February 28th

Pray and reflect on what the Lord has taught you this week.

Prayer Requests



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