

MEDITATING ON THE WORD

Readings and Reflections in
1 and 2 Thessalonians

March 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.

Reading Tracker

March 2

March 3

March 4

March 5

March 6

March 9

March 10

March 11

March 12

March 13

March 14

March 17

March 18

March 19

March 20

March 23

March 24

March 25

March 26

March 27

March 30

March 31

March 2nd

1 Thessalonians 4:1-2

Additionally then, brothers and sisters, we ask and encourage you in the Lord Jesus, that as you have received instruction from us on how you should live and please God – as you are doing – do this even more. For you know what commands we gave you through the Lord Jesus.

Reflect

Write one concrete way you will seek to please God more this week.

Prayer

Ask God to show you specific ways to please Him more today.

March 3rd

1 Thessalonians 4:3-5

For this is God's will, your sanctification: that you keep away from sexual immorality, that each of you knows how to control his own body in holiness and honor, not with lustful passions, like the Gentiles, who don't know God.

Reflect

Honestly journal about your pursuit of holiness in thought, word, and body.

Prayer

Confess any areas of impurity in your life; pray for sanctification and self-control.

March 4th

1 Thessalonians 4:6-8

This means one must not transgress against and take advantage of a brother or sister in this manner, because the Lord is an avenger of all these offenses, as we also previously told and warned you. For God has not called us to impurity but to live in holiness. Consequently, anyone who rejects this does not reject man, but God, who gives you his Holy Spirit.

Reflect

Reflect on how personal sin impacts those around you.

Prayer

Pray for integrity in relationships and sensitivity to the Holy Spirit.

March 5th

1 Thessalonians 4:9-10

About brotherly love: You don't need me to write you because you yourselves are taught by God to love one another. In fact, you are doing this toward all the brothers and sisters in the entire region of Macedonia. But we encourage you, brothers and sisters, to do this even more,

Reflect

Write about a specific act of love you will show to a fellow believer this week.

Prayer

Thank God for teaching you brotherly love; pray it would increase.

March 9th

1 Thessalonians 4:13-14

We do not want you to be uninformed, brothers and sisters, concerning those who are asleep, so that you will not grieve like the rest, who have no hope. For if we believe that Jesus died and rose again, in the same way, through Jesus, God will bring with him those who have fallen asleep.

Reflect

Write about a loved one who has died in Christ and the hope you have.

Prayer

Thank God for the hope of resurrection; pray for comfort in grief.

March 10th

1 Thessalonians 4:15-17

For we say this to you by a word from the Lord: We who are still alive at the Lord's coming will certainly not precede those who have fallen asleep. 16 For the Lord himself will descend from heaven with a shout, with the archangel's voice, and with the trumpet of God, and the dead in Christ will rise first. 17 Then we who are still alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord.

Reflect

Describe what "caught up together... to meet the Lord" stirs in your heart.

Prayer

Pray with anticipation for Christ's return and eternal fellowship with him.

March 12th

1 Thessalonians 5:1-3

About the times and the seasons: Brothers and sisters, you do not need anything to be written to you. For you yourselves know very well that the day of the Lord will come just like a thief in the night. When they say, "Peace and security," then sudden destruction will come upon them, like labor pains on a pregnant woman, and they will not escape.

Reflect

Reflect on areas where you might be lulled into spiritual complacency.

Prayer

Pray to live in readiness for the day of the Lord.

March 13th

1 Thessalonians 5:4-6

But you, brothers and sisters, are not in the dark, for this day to surprise you like a thief. 5 For you are all children of light and children of the day. We do not belong to the night or the darkness. 6 So then, let us not sleep, like the rest, but let us stay awake and be self-controlled.

Reflect

List habits that help you stay spiritually awake and sober.

Prayer

Ask for alertness and self-control in spiritual matters.

March 16th

1 Thessalonians 5:7-8

For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we belong to the day, let us be self-controlled and put on the armor of faith and love, and a helmet of the hope of salvation.

Reflect

Write about how faith, love, and hope have guarded your heart recently. What does the hope of salvation mean to you?

Prayer

Pray that you would daily put on faith, love, and hope for spiritual protection.

March 17th

1 Thessalonians 5:9-11

For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep, we may live together with him.

Therefore encourage one another and build each other up as you are already doing.

Reflect

Name one person you will encourage or build up this week and how.

Prayer

Thank God for appointing you to salvation; pray that you would build up others.

March 18th

1 Thessalonians 5:12-13

Now we ask you, brothers and sisters, to give recognition to those who labor among you and lead you in the Lord and admonish you, and to regard them very highly in love because of their work. Be at peace among yourselves.

Reflect

Reflect upon those who have led well and made an impact on your life. How did they do that?

Prayer

Pray that you would honor and respect your spiritual leaders.

March 19th

1 Thessalonians 5:14-15

And we exhort you, brothers and sisters: warn those who are idle, comfort the discouraged, help the weak, be patient with everyone. See to it that no one repays evil for evil to anyone, but always pursue what is good for one another and for all.

Reflect

How can our church community help the disheartened and weak?

Prayer

Ask for patience and wisdom in ministering to various needs.

March 24th

1 Thessalonians 5:23-24

Now may the God of peace himself sanctify you completely. And may your whole spirit, soul, and body be kept sound and blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will do it.

Reflect

Reflect on an area where you need God to sanctify you completely.

Prayer

Entrust yourself to God's sanctifying work and faithfulness.

March 25th

1 Thessalonians 5:25-28

Brothers and sisters, pray for us also. Greet all the brothers and sisters with a holy kiss. I charge you by the Lord that this letter be read to all the brothers and sisters. The grace of our Lord Jesus Christ be with you.

Reflect

Paul emphasized the importance of community as a church family. Do you think your church community is important to you? How can you help grow the church community stronger?

Prayer

Pray for your church leaders and for unity in the body.

March 27th

2 Thessalonians 1:3-4

We ought to thank God always for you, brothers and sisters, and rightly so, since your faith is flourishing and the love each one of you has for one another is increasing. Therefore, we ourselves boast about you among God's churches – about your perseverance and faith in all the persecutions and afflictions that you are enduring.

Reflect

Describe evidence of growing faith or love you've seen in your life this past month.

Prayer

Praise God for growth in faith and love; pray for perseverance.

March 30th

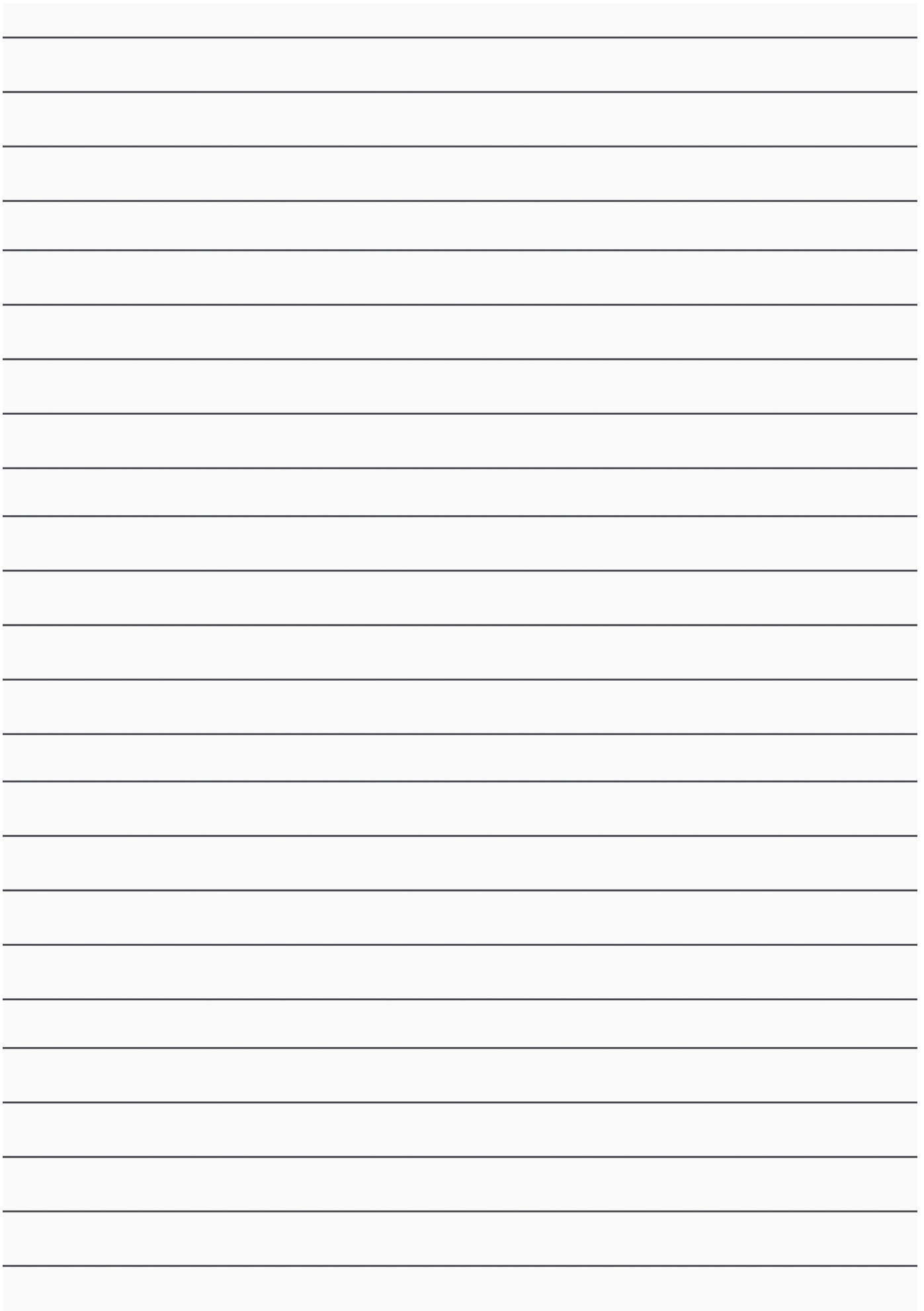
The Triumphant Entry Mark 11:1-11

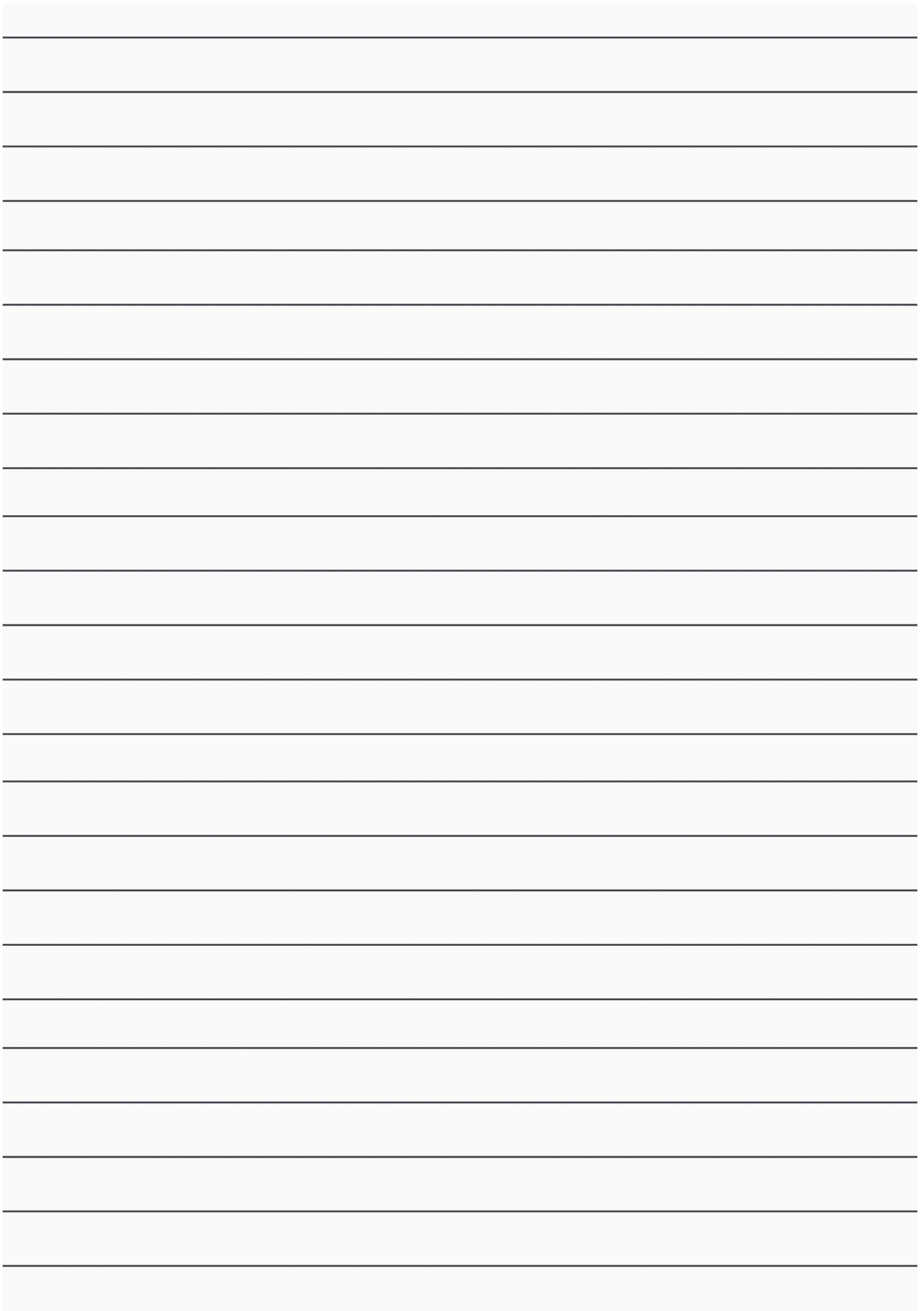
When they approached Jerusalem, at Bethphage and Bethany near the Mount of Olives, he sent two of his disciples and told them, "Go into the village ahead of you. As soon as you enter it, you will find a colt tied there, on which no one has ever sat. Untie it and bring it. 3 If anyone says to you, 'Why are you doing this?' say, 'The Lord needs it and will send it back here right away.'" 4 So they went and found a colt outside in the street, tied by a door. They untied it, 5 and some of those standing there said to them, "What are you doing, untying the colt?" 6 They answered them just as Jesus had said; so they let them go. 7 They brought the colt to Jesus and threw their clothes on it, and he sat on it. 8 Many people spread their clothes on the road, and others spread leafy branches cut from the fields. 9 Those who went ahead and those who followed shouted: 'Hosanna! Blessed is he who comes in the name of the Lord! 10 Blessed is the coming kingdom of our father David! 'Hosanna' in the highest heaven! 11 He went into Jerusalem and into the temple. After looking around at everything, since it was already late, he went out to Bethany with the Twelve.

March 31st

The Suffering Servant Isaiah 52:13-53:7

13 See, my servant will be successful; he will be raised and lifted up and greatly exalted. 14 Just as many were appalled at you – his appearance was so disfigured that he did not look like a man, and his form did not resemble a human being – 15 so he will sprinkle many nations. Kings will shut their mouths because of him, for they will see what had not been told them, and they will understand what they had not heard. CHAPTER 53
1 Who has believed what we have heard? And to whom has the arm of the Lord been revealed? 2 He grew up before him like a young plant and like a root out of dry ground. He didn't have an impressive form or majesty that we should look at him, no appearance that we should desire him. 3 He was despised and rejected by men, a man of suffering who knew what sickness was. He was like someone people turned away from; he was despised, and we didn't value him. 4 Yet he himself bore our sicknesses, and he carried our pains; but we in turn regarded him stricken, struck down by God, and afflicted. 5 But he was pierced because of our rebellion, crushed because of our iniquities; punishment for our peace was on him, and we are healed by his wounds. 6 We all went astray like sheep; we all have turned to our own way; and the Lord has punished him for the iniquity of us all. 7 He was oppressed and afflicted, yet he did not open his mouth. Like a lamb led to the slaughter and like a sheep silent before her shearers, he did not open his mouth.







METAIRIE

BAPTIST CHURCH

WWW.METAIRIEBC.ORG - 504.835.2611 - CONNECT@METAIRIEBC.ORG

401 CODIFER BLVD., METAIRIE, LA 70005

Bible Study: 9:15 AM | Worship Service: 10:30 AM