ChristChurch London Life Group Discussion Outline – 05/04/09
"Living under pressure" – David Stroud

Read 1 Thessalonians 3:1-6

1. Paul faced the challenge of taking God's mission forward whilst at the same time ensuring that the church in Thessalonica was cared for. What are some of the challenges we face as we seek to be outward looking as well as building community & friendships with each other? How can we be more effective in loving one another whilst also loving those who don't know Jesus yet? (Think about the different sorts of people your lifegroup is connected to… each other, people on the fringes of church and people on our connections lists).

2. The Thessalonians were suffering "trials" (v3) that had left them weak, discouraged & unsettled. Paul was concerned that this had left them vulnerable to temptation. In what ways are you under pressure at the moment? Have there been any times in your life when you've had to overcome temptation whilst going through a difficult time?

3. Timothy was sent by Paul to relieve the pressure (v2). All of us are called to be "Timothy's" at different times. Discuss some of the ways in which we can encourage & strengthen others? How does this affect the way we build friendships & love one another?