[16] Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. [17] And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.
{NLT}

Hebrews 10:23–25
[23] Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. [24] Let us think of ways to motivate one another to acts of love and good works.[25] And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.
{NLT}

Romans 15:13
[13] I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.
{NLT}

✝ **Prayer:** Lord, thank You that our lives aren't defined only by what has or hasn't changed around us. Give us faith for the next step, love that keeps serving, joy that overcomes today's challenges, and hope that keeps our eyes looking ahead. Help us trust You with what we can't control and live faithfully with what You have placed before us today. Keep our hearts fixed on Jesus and our lives moving forward in hope. In Jesus' name, Amen.

Message Notes:
What Changes When Nothing Changes?
Series: Keep Moving
October 18, 2026
Kingswood Church
Rural Hall, NC
Dr. J. Frank Howard

✝ **1 Thessalonians 1:1-10**
[1] This letter is from Paul, Silas, and Timothy.
We are writing to the church in Thessalonica, to you who belong to God the Father and the Lord Jesus Christ. May God give you grace and peace.
[2] We always thank God for all of you and pray for you constantly. [3] As we pray to our God and Father about you, we think of your faithful work, your loving deeds, and the enduring hope you have because of our Lord Jesus Christ.
[4] We know, dear brothers and sisters, that God loves you and has chosen you to be his own people. [5] For when we brought you the Good News, it was not only with words but also with power, for the Holy Spirit gave you full assurance that what we said was true. And you know of our concern for you from the way we lived when we were with you. [6] So you received the message with joy from the Holy Spirit in spite of the severe suffering it brought you. In this way, you imitated both us and the Lord. [7] As a result, you have become an example to all the believers in Greece—throughout both Macedonia and Achaia.
[8] And now the word of the Lord is ringing out from you to people everywhere, even beyond Macedonia and Achaia, for wherever we go we find people telling us about your faith in God. We don't need to tell them about it, [9] for they keep talking about the wonderful welcome you gave us and how you turned away from idols to serve the living and true God. [10] And they speak of how you are looking forward to the coming of God's Son from heaven —Jesus, whom God raised from the dead. He is the one who has rescued us from the terrors of the coming judgment.
{NLT}

✝ **Mainline: The _____ may still be the _____, but _____ _____ _____ to _____.**

✝ **The Word…on the Word:**

Sometimes the hardest times in life aren't the ones where everything falls apart, but the ones where nothing seems to change. You keep praying, waiting, doing your best, and wondering if you're making any progress at all. First Thessalonians 1 reminds us that God can be doing important work in you even while the situation around you stays the same. Your faith can grow stronger, your love can become more active, your joy can stay alive, your life can encourage others, and your hope can keep moving forward. First Thessalonians 1:1-10 shows you how to keep growing while you're still waiting.

✝ **Think About This:**

(1) Paul describes faith that works, love that serves, and hope that endures; where do you see one of those qualities becoming more visible in your life right now? **{1 Thessalonians 1:2–3}**

(2) Paul reminds the Thessalonians that they are loved and chosen by God; how could that truth change the way you see yourself when life leaves you disappointed, rejected, or uncertain? **{1 Thessalonians 1:4–5}**

(3) The Thessalonians experienced joy from the Holy Spirit even while they were suffering; where could you receive God's joy today without waiting for everything around you to get better? **{1 Thessalonians 1:6–7}**

(4) The Thessalonians turned from what could not give them life to serve the living God; what are you depending on today that may be asking you to trust it more than you trust God? **{1 Thessalonians 1:8–9}**

(5) The Thessalonians kept looking forward because their hope was in the risen Jesus Christ; how can that same hope help you face something you are still waiting for today? **{1 Thessalonians 1:10}**

✝ **Three Real Life Applications:**

(1) Let Faith Get You Moving

{1 Thessalonians 1:2–3}

Do what you know to do today, and leave tomorrow in God's hands.

(2) Let Love Keep You Serving

{1 Thessalonians 1:3–5}

Your own struggle doesn't have to stop you from helping someone else through theirs.

(3) Let Hope Lead You Forward

{1 Thessalonians 1:10}

When you don't know what comes next, keep trusting the One who does.

✝ **Bible Passages for Further Study:**

Psalm 27:13-14

13 Yet I am confident I will see the Lord's goodness while I am here in
the land of the living. 14 Wait patiently for the Lord. Be brave and
courageous. Yes, wait patiently for the Lord.
{NLT}

Habakkuk 3:17-19

17 Even though the fig trees have no blossoms, and there are no
grapes on the vines; even though the olive crop fails, and the fields lie
empty and barren; even though the flocks die in the fields, and the
cattle barns are empty, 18 yet I will rejoice in the Lord! I will be joyful in
the God of my salvation! 19 The Sovereign Lord is my strength! He
makes me as surefooted as a deer, able to tread upon the heights.
{NLT}

Colossians 3:12-17

12 Since God chose you to be the holy people he loves, you must
clothe yourselves with tenderhearted mercy, kindness, humility,
gentleness, and patience. 13 Make allowance for each other's faults,
and forgive anyone who offends you. Remember, the Lord forgave
you, so you must forgive others. 14 Above all, clothe yourselves with
love, which binds us all together in perfect harmony. 15 And let the
peace that comes from Christ rule in your hearts. For as members of
one body you are called to live in peace. And always be thankful.