

SLEEPWALKING
BIG IDEA: Christians are to be awake and alert when Jesus returns.
DATE: Wednesday, October 28 and Sunday, November 1, 2026
SCRIPTURE: 1 Thessalonians 5:1-11 (CSB)

OPENING QUESTION

Have you ever experienced sleepwalking? Or know someone who did? What was it like? What happened?

SETTING THE STAGE

Jesus Christ both unites and divides. Those who have trusted Him as Savior are united in Christ as God's children. When Jesus Christ returns in the air, we shall be "caught up together" (1 Thess. 4:17) never to be separated again. But Christ is also a divider. Faith in Jesus Christ not only unites us to other believers, it also separates us spiritually from the rest of the world. There is a difference between believers who are looking for the Lord's return and the people of the world; it is this theme that Paul developed in this section. His purpose was to encourage believers to live holy lives in the midst of their pagan surroundings. He did this by pointing out the contrasts between believers and unbelievers. And he wanted to be sure the believers were awake and alert.

SCRIPTURE READING

1 Thessalonians 5:1-11 (CSB)

About the times and the seasons: Brothers and sisters, you do not need anything to be written to you. [2]For you yourselves know very well that the day of the Lord will come just like a thief in the night. [3]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. [4]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. [7]For those who sleep, sleep at night, and those who get drunk, get drunk at night. [8]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. [9]For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, [10]who died for us, so that whether we are awake or asleep, we may live together with him. [11]Therefore encourage one another and build each other up as you are already doing.

DISCUSSION

KNOWLEDGE AND IGNORANCE
READ: 1 Thessalonians 5:1-2

Have you ever had someone break into your home or car? How did that affect you? Why did Jesus and Paul pick this very specific image to describe the day of the Lord?

EXPECTANCY AND SURPRISE
READ: 1 Thessalonians 5:3-5

What is significant about the world being "caught by surprise" in these events, and in the end-time to come? How does this truth speak to those who have tried to predict specific events of the end-time? Why is it so important to our faith that we don't know the day and time of future events?

What's the difference between being ready for Heaven vs. being ready for the judgment seat of Christ?

How does living in expectation of Jesus' return make life better for believers? What are the practical results of living expectantly?

SOBERNESS AND DRUNKENNESS
READ: 1 Thessalonians 5:6-8

When you think of living soberly what comes to mind?

According to these verses what are characteristics of people of the day vs. people of the night?

Do you agree that outlook determines outcome? How does it apply to this message from Paul? What does it mean to be a "sober-minded believer"? Where does passion for faith come into that mind-set?

SALVATION AND JUDGMENT
READ: 1 Thessalonians 5:9-11

What are the implications for believers if the church is raptured to heaven prior to the tribulation period? What are the implications if the tribulation occurs first?

What are the privileges of being "in the know" with God's plans for the end of the world as we know them? What are the responsibilities?

GOING FORWARD

Don't be caught sleepwalking through life. Be awake and alert and ready for the second coming. *"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." (1 Thess. 5:23-24)*

Wiersbe, Warren. *Be Ready: Living in Light of Christ's Return.* David C. Cook, ©1979
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