# Prove All Things

## 1 Thessalonians 5:14-28

## Introduction

# Prove All Things

This is a command from God to prove all things in our lives.

What does it mean to prove all things? There are 42 verses in the King James Bible that talk about proving.

That includes all the variations: Prove, Proved, Proveth, Proving

The definition of Prove - To try, to test, Establish as truth  
to establish the existence, truth, or validity of (as by evidence or logic)

If someone tells you a fact that is really hard to believe. You would probably say. “**Prove** it!”   
If I told you that I can dunk a basketball on a 10ft rim, *(Who here thinks I can dunk on a 10ft rim)* you're probably going to say “Prove it!” *( I used to be able to do that, not any more)*

If I told you I can hold my breath for 5 minutes. You would say “Prove it!”

Here’s another example:

At your workplace, you work hard at your job to **prove** to your employer that you’re worthy of a promotion or raise; *(That’s not the only reason why we work hard.* ***Colossians 3:23*** *And whatsoever ye do, do it heartily, as to the Lord, and not unto men)* but nonetheless, we are proving our worth to our employer.  
  
On the flipside an Employer might want to **prove** you during a trial period. To see if you’re capable of doing the job. Sometimes it’s called a probationary period, or you start out as a probationary employee for a certain period of time. *(You don’t want to be a probationary employee for the federal government because they just fire you for no reason)*   
Your work is closely examined, scrutinized, tested, or **proved** to determine that you are capable.

In sports, when the main event takes place, *(Right now is march madness. College basketball. They play the entire season and it leads up to this main event.)* They are going to **prove** themselves. **Prove** the training. The long hours. Blood, sweat, and tears.  
Putting everything they practiced to the test.

## Biblical Examples of "Proving"

Those are some simple examples of proving things in the world today. Now I want to take a look at some Biblical examples in the Word of God. After we look at these examples, I'm going to go over 5 Things To Prove (or test) In Our Lives. Before we get to those 5 things, I want to look at some examples of proving in the Bible. Let's turn to the first place where the word "prove" *(or a form of the word prove)* is used in the Bible. *(Does anyone want to take a guess which book of the bible we first see this act of proving something?)* In Genesis Chapter 42.

### Joseph Proves His Brothers

This is the story of Joseph. Just to build a little bit of context, Joseph was sold into slavery by his brothers when he was young. They were very envious of him. Joseph went through hardships, being falsely accused, thrown into prison. But eventually, he ended up becoming the right hand man to Pharoh. No man was greater in authority than Joseph in all the land of Egypt except Pharoh himself.

There was a great famine in the land. No food. But through the wisdom of God, Joseph stored up food in preparation and in turn was able to provide food during that time.   
We pick it up where Joseph's brothers have come to Egypt looking for food…

**""Genesis 42:7-16**And Joseph saw his brethren, and he knew them, but made himself strange unto them, and spake roughly unto them; and he said unto them, Whence come ye? And they said, From the land of Canaan to buy food. **8** And Joseph knew his brethren, but they knew not him. **9** And Joseph remembered the dreams which he dreamed of them, and said unto them, Ye *are* spies; to see the nakedness of the land ye are come. **10** And they said unto him, Nay, my lord, but to buy food are thy servants come. **11** We *are* all one man's sons; we *are* true *men*, thy servants are no spies. **12** And he said unto them, Nay, but to see the nakedness of the land ye are come. **13** And they said, Thy servants *are* twelve brethren, the sons of one man in the land of Canaan; and, behold, the youngest *is* this day with our father, and one *is* not. **14** And Joseph said unto them, That *is it* that I spake unto you, saying, Ye *are* spies: **15** Hereby ye shall be **proved**: By the life of Pharaoh ye shall not go forth hence, except your youngest brother come hither. **16** Send one of you, and let him fetch your brother, and ye shall be kept in prison, that your **words may be proved**, **whether *there be any* truth in you**: or else by the life of Pharaoh surely ye *are* spies.""

So obviously Joseph knew his brothers were not spies, but he was **testing or proving** them to see if they had changed. Ultimately his brothers were sorry for what they did, and the dreams that Joseph had when he was young all came to pass. I encourage you to go through and read that whole story. It's one of my most favorite stories in the Bible.

Let's look at some more examples.

### God Proves His People

**""Deuteronomy 8:1-3**All the commandments which I command thee this day shall ye observe to do, that ye may live, and multiply, and go in and possess the land which the LORD sware unto your fathers. **2** And thou shalt remember all the way which the LORD thy God led thee these forty years in the wilderness, to humble thee, *and* to **prove thee**, to know what *was* in thine heart, whether thou wouldest keep his commandments, or no. **3** And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every *word* that proceedeth out of the mouth of the LORD doth man live.""

We see here that God proved the children of Israel for forty years in the wilderness, to know what was in their heart. Whether they would keep His commandments or not.

**""Exodus 20:18-20**And all the people saw the thunderings, and the lightnings, and the noise of the trumpet, and the mountain smoking: and when the people saw *it*, they removed, and stood afar off. **19** And they said unto Moses, Speak thou with us, and we will hear: but let not God speak with us, lest we die. **20** And Moses said unto the people, Fear not: for God is come **to prove you**, and that his fear may be before your faces, that ye sin not.""

God proved Himself to Israel through His presence. This is why it's so important to read and study God's Word over and over again so we can be reminded of God's unimaginable power. We can't comprehend being in the presence of God*.* ***Hebrews 10:31*** *It is a fearful thing to fall into the hands of the living God.*

### David Did Not Prove Saul's Armour

**""1 Samuel 17:38-40**And Saul armed David with his armour, and he put an helmet of brass upon his head; also he armed him with a coat of mail. **39** And David girded his sword upon his armour, and he assayed to go; **for he had not proved *it***. And David said unto Saul, I cannot go with these; **for I have not proved *them***. And David put them off him. **40** And he took his staff in his hand, and chose him five smooth stones out of the brook, and put them in a shepherd's bag which he had, even in a scrip; and his sling *was* in his hand: and he drew near to the Philistine.""

David was not comfortable wearing Saul's armour because he had not tested or proved it. He was more comfortable with his staff and sling and his reliance on the LORD. God always uses the weak, the lowly, the few, the humble, to bring down the mighty. Why is that? To reveal His power. To prove His might. No flesh shall glory in His presence.

### Daniel and His Friends Are Proved

**""Daniel 1:5**And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king.""

**""Daniel 1:8-17**But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. **9** Now God had brought Daniel into favour and tender love with the prince of the eunuchs. **10** And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which *are* of your sort? then shall ye make *me* endanger my head to the king. **11** Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, **12 Prove thy servants**, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. **13** Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. **14** So he consented to them in this matter, and proved them ten days. **15** And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. **16** Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

**17** As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.""

Daniel did not want to defile himself by eating the kings meat and drinking his wine. So he asked to be proved for 10 days of eating just pulse and water. Pulse is basically seeds from legumes. For example: chickpeas, lentils, black beans, kidney beans, and peanuts. Legumes have a lot of protein. God gave Daniel wisdom and great faith to undergo that test and keep his integrity before God.

### Jesus Proves Philip

**""John 6:1-6**After these things Jesus went over the sea of Galilee, which is *the sea* of Tiberias. **2** And a great multitude followed him, because they saw his miracles which he did on them that were diseased. **3** And Jesus went up into a mountain, and there he sat with his disciples. **4** And the passover, a feast of the Jews, was nigh. **5** When Jesus then lifted up *his* eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? **6** And this he said **to prove him**: for he himself knew what he would do. **7**  Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little.""

Jesus was testing Philip's faith. Obviously Jesus already knew what Philip was thinking, but ultimately He asked him for both Philip's and our learning. The disciples were constantly seeing Jesus do miracles, yet they very quickly forgot what he was capable of doing. We also do the exact same thing in our lives.   
Even after God has done so much in our lives we often forget and lack faith just like the disciples did at times.

## Five Things to Prove in Your Life

Now that we've seen some biblical examples of proving, I want to look at 5 things we can prove, test, and try in our own lives.

God wants us to prove or try all things in our life.

**""1 Thessalonians 5:18-21**In every thing give thanks: for this is the will of God in Christ Jesus concerning you. **19** Quench not the Spirit. **20** Despise not prophesyings. **21** **Prove all things**; hold fast that which is good.""

All things in our lives should be proved and tried. There are things in this world that are bad for us. Both Physically and Spiritually. The things that we let in, think of the 5 senses (taste, touch, smell, sight, hearing) all those things that we allow into our bodies and mind, those things will affect what we put out.

For example, there is a lot of bad music in this world. Music that promotes violence, and sexual immorality. It's filled with cursings and blasphemies against God. If you listen to that music, it WILL affect your attitude and the way you treat others. The way you think about others. It will change your behavior because you are being influenced by evil. You might think, "Nah, that music won't affect me", but it will.   
I promise you that.

""**1 Corinthians 15:33**Be not deceived: evil communications corrupt good manners.""

**""2 Timothy 2:16**But shun profane *and* vain babblings: for they will increase unto more ungodliness.""

**""Ephesians 4:29**Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.""

If you struggle with your attitude, anger, having bad thoughts toward other people, it would be a good idea to evaluate, the music that you listen to. We all need to do that. We need to prove, test, and try the things we allow into our ears.

We are commanded to prove all things. Music is just one thing. Think about all the things in our lives that we are subjected to, all the senses, the things that we allow in. Everything needs to be proved to make sure it is good and pleasing to God.

It's very important that we do this. So I want to give you 5 things to prove in your life. This is a good starting place. If you prove these 5 things, you will be on the right path to living a life that is pleasing to God, and the other areas in your life will follow.

### Prove Yourself.

The first thing you must prove is yourself and your salvation. If you are not saved, that means you do not have the Spirit of God and you will not be able to rightfully prove things in your life.

**""1 Corinthians 2:12-15**Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God. **13** Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. **14** But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know *them*, because they are spiritually discerned. **15** But he that is spiritual judgeth all things, yet he himself is judged of no man.""

How do you know if you are saved? It's very simple, do you believe that you are a sinner deserving of hell and have you believed on the Lord Jesus Christ? Have you put ALL your trust in Him to save you?

It's not about YOU stopping sin in your life, It's not about YOU getting baptized, It's not about YOU living a holy life. That would be YOU saving yourself. The only way you can be saved is through Jesus Christ. He paid for our sins. We don't pay for our own sins to get to heaven. It's impossible.

So you must be saved and have the Holy Spirit inside of you before anything else.

**""2 Corinthians 13:5**Examine yourselves, whether ye be in the faith; **prove your own selves**. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?""

Reprobate means rejected. If you do not believe in Jesus Christ, and you willfully reject the free gift of eternal life, over and over again. If you believe yourself to be good. If you think your good works are getting you to heaven. If you reject the finished work of Jesus Christ on the cross. You are in danger of being rejected by God.

Make sure you have believed on the Lord Jesus Christ. Once you've done that, you can now start to rightfully prove the things in your life. Now that your saved you should have a desire to walk in the Spirit of God. We want to keep His commandments. We need to purge ourselves from former things.

**""2 Timothy 2:19-22**Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity. **20** But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour. **21** If a man therefore **purge himself from these**, he shall be a vessel unto honour, sanctified, and meet for the master's use, *and* prepared unto every good work. **22** Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.""

We want to be vessels unto honour, meet for the master's use. Prepared unto every good work. We must purge out the bad things in our life. We have to prove and try ourselves so God can use us greatly in this life. We need to have a mindset like king David.

**""Psalm 26:1-5**Judge me, O LORD; for I have walked in mine integrity: I have trusted also in the LORD; *therefore* I shall not slide. **2** Examine me, O LORD, and **prove me; try my reins and my heart.** **3** For thy lovingkindness *is* before mine eyes: and I have walked in thy truth.""

Not only did David examine, prove and try himself, he asked God to examine and prove his heart. We need to do the same thing in our own lives. Ask the Lord to reveal sin and then purge it from your life. You will have so much peace in your life when you know you are doing what God wants you to do.

**""Psalm 66:10-12**For thou, O God, hast proved us: thou hast tried us, as silver is tried. **11** Thou broughtest us into the net; thou laidst affliction upon our loins. **12** Thou hast caused men to ride over our heads; we went through fire and through water: but thou broughtest us out into a wealthy *place*.""

### Prove All Teachings

We need to prove, try, and test all teachings that we hear. When you come to this church or any other church. You need to make sure that the things that me, Josh, anyone that preaches or teaches is lining up with the Word of God.

**""Acts 17:11**   
These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.""

Every word that comes out of our mouth should be tested and tried to see if it agrees with scripture. The safest thing a pastor or preacher can do is stick to the Bible.

**Isaiah 8:20** To the law and to the testimony: if they speak not according to this word, *it is* because *there is* no light in them.

**""Galatians 1:8-9**But though we, or an angel from heaven, preach any other gospel unto you than that which we have preached unto you, let him be accursed. **9** As we said before, so say I now again, If any *man* preach any other gospel unto you than that ye have received, let him be accursed.""

### Prove All Pastors and Teachers

**""Matthew 7:15-20**Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. **16** Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? **17** Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. **18** A good tree cannot bring forth evil fruit, neither *can* a corrupt tree bring forth good fruit. **19** Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. **20** Wherefore by their fruits ye shall know them.""

If you go to a church, and the majority of the congregation does not know if they are going to heaven, or they think you must do good works along with faith, then there is a very good chance that the pastor of that church is a false preacher.

If you ask a pastor, what must I do to be saved? And he says anything other than believe on the Lord Jesus Christ. Then that pastor is preaching a false gospel.

**""Romans 16:17-18**Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them. **18** For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.""

### Prove Those That We Fellowship With

**""Ephesians 5:6-12**Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. **7** Be not ye therefore partakers with them. **8** For ye were sometimes darkness, but now *are ye* light in the Lord: walk as children of light: **9** (For the fruit of the Spirit *is* in all goodness and righteousness and truth;) **10** **Proving what is acceptable unto the Lord**. **11** And have **no fellowship with the unfruitful works of darkness**, but rather reprove *them*. **12** For it is a shame even to speak of those things which are done of them in secret.""

Who we keep fellowship or keep company with is very important. If we are fellowshipping with unfruitful works of darkness, then we are going to be influenced by those people to do evil. Rather, we are supposed to reprove them. That means you correct them, and disapprove of their behavior.   
If they continue then you need to get away from them.

**""Psalm 26:4-6**I have not sat with vain persons, neither will I go in with dissemblers. **5** I have hated the congregation of evil doers; and will not sit with the wicked. **6** I will wash mine hands in innocency: so will I compass thine altar, O LORD:""

**Dissembler -** a hypocrite; one who conceals his opinions or dispositions under a false appearance.

**""1 Corinthians 5:9-13**I wrote unto you in an epistle not to company with fornicators: **10** Yet not altogether with the fornicators of this world, or with the covetous, or extortioners, or with idolaters; for then must ye needs go out of the world. **11** But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolater, or a railer, or a drunkard, or an extortioner; with such an one no not to eat. **12** For what have I to do to judge them also that are without? do not ye judge them that are within? **13** But them that are without God judgeth. Therefore put away from among yourselves that wicked person.""

Paul is making it clear that he is not talking about completely avoiding unbelievers, but to not keep company with those that are called a brother (Fellow believers) and are continually living in fornication, covetousness, idolatry, drunkenness and are unrepentant. Why? Not because we are better than those people. Because God wants to protect us from evil and destruction.

**""2 Corinthians 6:14-18**Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? **15** And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? **16** And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in *them*; and I will be their God, and they shall be my people. **17** Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean *thing*; and I will receive you, **18** And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.""

**""2 Corinthians 7:1**Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.""

**""2 Thessalonians 3:6** Now we command you, brethren, in the name of our Lord Jesus Christ, that ye withdraw yourselves from every brother that walketh disorderly, and not after the tradition which he received of us.""

**""1 Timothy 6:3-5**If any man teach otherwise, and consent not to wholesome words, *even* the words of our Lord Jesus Christ, and to the doctrine which is according to godliness; **4** He is proud, knowing nothing, but doting about questions and strifes of words, whereof cometh envy, strife, railings, evil surmisings, **5** Perverse disputings of men of corrupt minds, and destitute of the truth, supposing that gain is godliness: from such withdraw thyself.""

As you can see there is a lot of scripture that commands us not to fellowship with people that are going to take us away from God. We need to prove those relationships and determine if they are fruitful and profitable for us.

### Prove Everything That Enters Into Our Homes

The things we watch. The things we listen to. What we eat and drink. We want to protect our kids and grandkids. Not only them, but ourselves. **1 Thessalonians 5:21** Prove **all things**; hold fast that which is **good**. We are supposed to hold fast to good things.

Ask the question: Is God pleased with the things that I allow in my home?   
Does he take pleasure in every activity that I do?  
Does everything I do bring glory to God?

**""Colossians 3:17**And whatsoever ye do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God and the Father by him.""

**""Psalm 101:1-8**I will sing of mercy and judgment: unto thee, O LORD, will I sing. **2** I will behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart. **3** I will set no wicked thing before mine eyes: I hate the work of them that turn aside; *it* shall not cleave to me. **4** A froward heart shall depart from me: I will not know a wicked *person*. **5** Whoso privily slandereth his neighbour, him will I cut off: him that hath an high look and a proud heart will not I suffer. **6** Mine eyes *shall be* upon the faithful of the land, that they may dwell with me: he that walketh in a perfect way, he shall serve me. **7** He that worketh deceit shall not dwell within my house: he that telleth lies shall not tarry in my sight. **8** I will early destroy all the wicked of the land; that I may cut off all wicked doers from the city of the LORD.""

Don't let lies and deceit in your home. The devil is a master deceiver and a liar. He will use every tool to try and corrupt you and bring you down. TV, Movies, Music, Social Media. Always be on the lookout for evil things and remove them from your presence.

**""Romans 12:1-2**I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. **2** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.""

The world is watching us. We need to be able to prove what is that good, and acceptable, and perfect will of God.

What is the will of God?

**""John 6:40**   
And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.""

If our lives are not pleasing to the Lord, if we are living in disobedience, not proving all things in our lives.   
It's going to be much harder to point people to Jesus Christ.

**""2 Corinthians 5:17-21**Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new. **18** And all things *are* of God, who hath reconciled us to himself by Jesus Christ, and **hath given to us the ministry of reconciliation**; **19** To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and **hath committed unto us the word of reconciliation**. **20** Now then **we are ambassadors for Christ**, as though God did beseech *you* by us: we pray *you* in Christ's stead, **be ye reconciled to God**. **21** For he hath made him *to be* sin for us, who knew no sin; that we might be made the righteousness of God in him.""

We are ambassadors for Christ, literally representing the Creator of the World. Think about that for a minute. We are representing the Lord Jesus Christ. That is an unbelievable honor and privilege. We need to do our absolute best for him. We don't have to do it on our own. We can't do it on our own. He has given us His Holy Spirit to live inside of us and give us the strength and power that we need.

**""Matthew 5:14-16**Ye are the light of the world. A city that is set on an hill cannot be hid. **15** Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. **16** Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.""

Prove all things; hold fast that which is good.

1. Prove Ourselves
2. Prove all Teaching
3. Prove all pastors and teachers
4. Prove those who we fellowship with
5. Prove everything that enters our homes

Why do we do this? Because It's a command from God. He wants to protect us from evil. And he wants us point others to Jesus Christ.