

## Help Each Other to Grow

### 1 Thessalonians 5:11

*Therefore encourage one another and build one another up, just as you are doing...*

#### **Summary:**

We are all to grow spiritually and become more like Jesus: this is not something we have to do on our own – in fact we are **better together!**

#### *By affirming each other's worth*

When we show love we minister like Jesus.

Acceptance	love people and lift them up rather than put them down
Attention	focused time, look them in the eye, do not ignore
Affection	invade personal space, touch people
Appreciation	this means to raise in value, thank people

#### *By praying for each other's growth*

There are many passages throughout scripture that teach us how to pray for one another:

Spiritual growth	Colossians 4:12
Love of God	Ephesians 3:18&19
Obey God	Hebrews 13:21
Joy & peace	Romans 15:13
Love & patience	2 Thessalonians 3:5
Spirit of Wisdom	Ephesians 1:17
Strength & Power	Ephesians 3:16

#### *By admitting our own mistakes*

Confession is not just about your deep dark sins but admitting what is going on in your life.

This can lead to;

Emotional healing	James 5:15
A fresh start	Proverbs 28:13
God's power to change	James 4:10
Deeper fellowship	1 John 1:7

#### *By encouraging each other's commitment*

You become what you are committed to.

We need each other to help us fulfil the commitments of our life;

- to Love Jesus
- to love other believers
- to grow in God's words
- to serve in ministry
- to share the good news to the world.

***Application:***

Please select from the following questions and do not attempt them all. Encourage all to take part and to be honest. Please give time to pray for each other.

1. What did God say to you on Sunday and what are you going to do as a result?
2. What is your next step to grow?
3. In what ways have you / could you / should you express your thanks to people in the church?
4. Spend time praying for each other now
5. Are you naturally a tactile person? How can you grow in this area of relating?
6. Most find honesty more attractive than deceitfulness, so why do we hold back from sharing at a deeper level with others?