

## Build Up One Another

**Opener:** When has someone encouraged you in a way that significantly impacted your life or faith?

**Scripture:** Therefore encourage one another and build each other up, just as in fact you are doing. I Thessalonians 5:11

Let us therefore make every effort to do what leads to peace and to mutual edification. Romans 14:19

Let us hold unswervingly to the hope we profess, for he who promised is faithful. <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:23-25

### Discussion Questions

1. The “one-another” presented in I Thessalonians 5:11 is to “encourage and build each other up.” Why would God want us to encourage others? Shouldn’t everyone go directly to God for encouragement so that they won’t need it from others?
2. In what ways can we actively encourage and build up one another?
3. Why would we resist building others up? Who’s most difficult for you to encourage? How can we resist the temptation to withhold encouragement from someone we don’t like or respect?
4. Romans 14:19 tells us to “make every effort to do what leads to peace and to mutual edification.” How would focusing on peace and mutual edification (building up) help navigate contentious differences between believers? Discuss the balance between holding convictions and maintaining unity. How can we respectfully navigate disagreements while still pursuing peace and upbuilding?
5. Hebrews 10:25 notes that some have a habit of giving up meeting with other believers. What challenges do we face when it comes to consistently attending church gatherings? Given that not going to church doesn’t mean we can’t have a relationship with Jesus, what difference does it make if we don’t go? What happens when we’re together that can’t happen when we’re alone?
6. “As you see the Day approaching” refers to when Jesus returns. How does anticipating His return influence our priorities? Hebrews 10:25

### Wrap Up

The truth is, encouragement makes it easier to live in a fallen world in a holy way. Encouragement makes it easier to love as Jesus loved, helps us through times of testing, increases our patience and kindness, and makes it easier to sacrifice our own desires for the advancement of God’s kingdom. The bottom line is, encouragement makes it easier to live the Christian life and helps us experience abundant life. So look for opportunities to encourage whoever the Lord brings your way and see what happens.