

BUILDING ONE ANOTHER UP Text: 1 Thessalonians 5:9-11

Building One Another Up in the Most Holy Faith

1. I Remember a Twilight Zone Episode

- a. someone who loved books wanted to be left alone...
- b. He worked at a bookstore and read all day, so much that he had to wear thick glasses
- c. but was constantly interrupted by customers & wished that he could be alone with his books
- d. and that's what happened! He suddenly realized his wish came true...
he was the last person on earth—and he was happy!
- e. But Right After He Realized His Wish Came True—He was Finally Alone with His Books,
he dropped his reading glasses and in trying to find them he stepped on them
and Crushed them to pieces.
- f. The Scene Fades to Black as he cries out, blind & alone—His dream became a nightmare

2. What if you arrived at worship service and no one was there?

You came for Bible Study and No One Was There?

- a. We Have Learned a Number of Things Through this Covid-19 Crisis...
- b. And one of the things I've Learned is that We Need One Another (**Jude 20–21**)

I. THE COMMANDS

A. WE ARE MEMBERS OF ONE ANOTHER

1. Love One Another (Jn 13:34; Rom 13:8)
2. Through Love, Serve One Another (Gal 5:13)
3. Be Kind to One Another (Eph 4:32)
4. Be Like-minded Toward One Another (Rom 15:5)
5. Honor One Another (Rom 12:10)
6. Giving Preference to One Another (Rom 12:10)
7. Living in Harmony with One Another (Rom 12:16)
8. Forgiving One Another (Eph 4:32)
9. Praying for One Another (James 5:16)
10. Confessing Sin to One Another (James 6:16)
11. Offering Hospitality to One Another (1 Peter 4:7)
12. Consider One another (Heb. 10:24)
13. Care For One Another (1 Cor. 12:25)
14. Accept and Receive One Another (Rom 15:7)
15. Fellowship with One Another (1 Jn 1:7)
16. When necessary be able to Admonish One Another (Rom 15:4)
17. Bear One Another's Burdens, and so fulfill the law of Christ (Gal. 6:2)
18. Encourage One Another (1 Thes. 5:11)
19. Build One Another Up (1 Thes. 5:11)
20. For We Are Members of One Another (Eph 4:25)

B. ONE ANOTHER DEFINED

1. The Greek word for One Another (ἀλλήλων allēlōn)

- **DEFINITION:** Mutual Togetherness; Reciprocal Togetherness (Thayers)
- **VARIANTS:** One **to** another, one **with** another, one **toward** another
- **FREQUENCY:** This Greek Word and it's variants are Found 100 x in NT
Just the Command To 'Love One Another' is Found 13x in NT

2. But This Word is Not Always Used in the Positive Sense...

C. BUT WE FIND NEGATIVE ONE ANOTHER'S IN NT AS WELL

—> **The Positive One Another Commands Reflect the Fruit of the Spirit...**

But there are also Negative One Another's that Reflect the Works of Flesh

- 1. Depriving One Another (1 Cor. 7:5)**
- 2. Judging One Another (Rom 14:13)**
- 3. Betraying One Another (Mt 24:10)**
- 4. Biting One Another (Gal. 5:15)**
- 5. Devouring One Another (Gal. 5:15)**
- 6. Destroying One Another (Gal. 5:15)**
- 7. Provoking One Another (Gal. 5:15)**
- 8. Envyng One Another (Gal. 5:15)**
- 9. Lying to One Another (Col 3:9)**
- 10. Hating One Another (Titus 3:3)**
- 11. Slandering One Another (James 4:11)**
- 12. Grumbling against One Another (James 5:9)**

—> **As Children of God—We Are Called to Faith and Love (1 Thess. 5:8–11 ESV)**

II. THE CHALLENGE

A. THE ONE ANOTHER COMMANDS ARE NOT SUGGESTIONS!

1. And They Bring a Challenge Because Closeness is a Challenge

a) Lets Examine a Biblical Perspective on Why Closeness is a Challenge

2. In the Garden Adam & Eve Had Close Fellowship w/ God and One Another

a) There Were No Barriers, No Walls, No Tension or Distance—No Fear

b) But Satan, Taking Advantage of This, Enticed Eve to Believe a Lie

c) And They Both Violated the One Law God Gave in the Garden—

They ate of the tree of the knowledge of Good and Evil

3. Sin Against God Immediately Brought Terrible Consequences—

one of Which was a new emotion: FEAR

a) In Response to this new emotion, They Fled From God and Went into Hiding

4. God is Omniscient—ALL-KNOWING and ALL-SEEING...

a) So God Knew Where—but asked the first question of sinful man: **Where Are You?**

b) Only When We Admit Our Problem Will we Ask For Help

Then the Lord God called to Adam and said to him, "Where *are* you?" So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." (Genesis 3:9-10)

5. Notice Adam's Response to God...

- a) **I Was Afraid: His Core Emotion**
- b) **Because I Was Naked: His Core Motivation**
- c) **So I Hid: His Core Strategy** (Larry Crabb; *Encouragement*, p.30-42)

B. **NOTICE THE THREE ASPECTS OF SEPARATION THEY EXPERIENCED**

1. **'I Was Afraid': Core Emotion**

- a) Before Sin there was no fear—there was peace, harmony, love, acceptance
- b) But Sin Brought Disorder, Anxiety, Emotional Stress, Broken Relationships, Death
- c) And We Have Struggled With Each Of These Ever Since
- d) This is Why the People of God Have Wrestled with these problems
and Why the Bible Addresses These Problems (Abraham, David, Moses)
- e) But Although Fear Does Affect the People of God—It Does Not Control Us
Not Like it Controls the World who are still under guilt and condemnation

2. **'Because I Was Naked': Core Motivation**

- a) Why Was Adam Afraid? He Said why: Because He Was Naked
- b) Before Sin He was Complete, Whole and Had Nothing to Hide...
- c) But After Sin He Was Guilty, Vulnerable and Exposed and Feared Rejection by God
- d) We Fear Exposure, We Fear Disapproval, Criticism and Rejection
- e) But Underneath it all—Our Ultimate Fear HAS to Do with Rejection By God
But We Learn to Attach Our Fear to Something or Someone More present
- f) The Rejection of Our Children, or by a Parent, or a Spouse.
- g) "Fears are like cancer cells. They intensify and multiply." (Larry Crabb)

3. **'So I Hid': Core Strategy**

- a) Before Sin He Was Not Running Away from God—but after sin he hid from God
- b) He Tried to Cover His Nakedness with a Fig Leaf—and We Have Been Doing the
Same Ever Since
- c) Desperately Searching for Different Ways to Cover Our Guilt and Unworthiness
- d) Trying to Find a Way To NOT be Honest with ourself and Avoid Self-Examination
- e) So We Will Use Almost Anything to Keep Ourselves Warm and Comfortable so we
can feel good about ourselves.

C. **GRAPH: FEAR AND LOVE**

1. **WE MIGHT CALL THESE DEFENSIVE LAYERS**

- a) Like Big Winter Overcoats To Protect Us From Exposure or Rejection

2. **FEAR <=> FEAR**

- a) We Meet At Our Defensive Layers—not our Real Self
- b) Self-Defeating Thinking Errors that Block the Close Fellowship We Are Called to...
- c) And As a Result We Can't Encourage One Another

3. **LOVE —> FEAR**

- a) By Replacing the Lies of the Enemy with the Truth of God
- b) We can Let Our Guard Down and Choose to Love Others
- c) We Can Then Truly Encourage One Another From the Heart and To the Heart

III. THE CHANGE

A. TO CHANGE OUR THINKING > (Romans 12:2)

1. It is a Challenge to Change, to Forgive, to Encourage, to Love

*“And do not be conformed to this world,
but be transformed by the renewing of your mind” (Romans 12:2)*

EXAMPLE: UC Davis Did a Two Month Study:

(See: Emmons, UC Davis; McCullough, University of Miami)

a) They Divided into Three Control Groups, with Brain Scans before and after

(1) **1st Group:** Told to keep a daily journal listing all the negative things in their life, the disappointments, wrongs, hurts, frustrations.

(2) **2nd Group:** Told to just list regular events of the day neither positive or negative

(3) **3rd Group:** Told to keep a Gratitude Journal listing a 6 things a day they were thankful for.

b) At the End of 2 Months they did the brain scans again and interviewed them

(1) **1st Group:** The Fight or Flight area of the brain was enlarged and enflamed
The area of anxiety, stress, anger and fear

(2) **2nd Group:** No Change in Mood or Brain Activity from Before

(3) **3rd Group:** The Fight or Flight Area of the Brain had reduced and the Feel Good part of the Brain had grown!

c) In Interviewing the Groups:

(1) The First Group Was More Fearful, More Depressed and Hopeless

(2) 2nd: No Change

(3) 3rd: Group was Happier, More Positive, more energetic, more thankful!

IN ONLY TWO MONTHS! (Were Exceptions: Some still stuck in the pain of past trauma)

2. What Does God Say About Thankfulness?

*“Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks;
for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:16–18)*

B. TO CHANGE OUR HEART > (Prov 23:7)

1. To Change We Must Replace the Lies of the Enemy with the Truth of God

a) As a Man Thinks in his heart, So is He (Proverbs 23:7)

2. **“The widest thing in the universe is not space; it is the potential capacity of the human heart. Being made in the image of God, it is capable of almost unlimited extension in all directions. And one of the world’s greatest tragedies is that we allow our hearts to shrink until there is room in them for little besides ourselves” (A. W. Tozer).**

^{3.}

C. TO CHANGE OUR LIVES > (2 Cor 5:17)

1. **When We Replace the Dysfunctional and Self-Defeating Thinking Errors with the Truth of God’s Word—it will change Your life!**

- a) This Change Begins in YOU!
- b) But it Will Change Your Marriage
(When One Person in a Marriage Changes—the Marriage Changes)
- c) It Will Change Your Family
(When one person in the Family Changes, the Family Changes)
- d) It Can Even Change Our Church Family, the Congregation
(When 1 person in the Congregation changes, the congregation changes)

When one Person in the World Changes, the World Changes!

CONCLUSION:

**1. From the Lies that Destroy us —
to the Peace that Surpasses Understanding**

**2. But it is a Change We Can't Accomplish Alone—
—We Need Help From God**

- a) We Can Only Accomplish This Kind of Change in Christ
- b) Who Dies So We Can Live and Be Free in Him!

**3. God Has Chosen Us to Help One Another
To Reach Out and Build One Another Up!**

- a) Bear One Another's Burdens And Fulfill the Law of Christ
- b) And you will be blessed for it!

But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,
keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.
(Jude 20–21)

Citations:

Larry Crabb; Encouragement, p.30-42

Gratitude Research: Emmons, UC Davis; McCullough, University of Miami -

<https://www.health.harvard.edu/mind-and-mood/in-praise-of-gratitude>

http://local.psy.miami.edu/faculty/mmccullough/Gratitude-Related%20Stuff/highlights_fall_2003.pdf