



Building Up The Body - Pt 2

May 10, 2026

1 Thessalonians 5:12-20

Introduction:

If the primary purpose for the Christian gathering is the building up of the body, how does that actually happen?

In what way, are we actually built up in Christ?

1 Thessalonians 5:12-20

“We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, and to esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast what is good. Abstain from every form of evil.”

The Most Common NT Activity:

By far, the most common activity in the Christian community as described in the New Testament is **EXHORTATION/ENCOURAGEMENT**.

Does this surprise you?

Exhortation/Encouragement:

Parakaleo - describes a personal urging; a word of warning or encouragement.

It's coming alongside someone to impart courage, strength, wisdom or perhaps warning them of being off the path.

It requires **relational investment and participation in each others' lives**.

It's the primary type of speaking that happened in the early church.

The Source of the Exhortation:

In Romans 12:8, Paul uses the word *parakaleo* to describe a *gift of the Holy Spirit*.



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In Romans 12:8, Paul uses the word *parakaleo* to describe a *gift of the Holy Spirit*.



Jesus calls the Holy Spirit the **PARAKALETOS** translated as counselor or helper in John 14:16, 15:26.

The Holy Spirit is the source of exhortation/encouragement.

The Message of the Exhortation:

The one speaking a word of exhortation is urging the other to align one's life with the kingdom of God.

Hebrews 3:12-13 "Take care brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called today that none of you may be hardened by the deceitfulness of sin. For we have come to share in Christ, if indeed we hold our original confidence to the end."

Hebrews 10:24-25 "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

Acts 11:32 "When he came and saw the grace of God, he was glad, and he exhorted them all to remain faithful to the Lord with steadfast purpose,"

* What sort of culture is needed where words of exhortation actually build the body?

We desire to be a people who are increasingly....

1. Committed to actively participating and speaking into each others' lives.
2. Growing in sensitivity to the Holy Spirit who desires to speak through us to each other and who guides us about *how* to speak.
3. Guided by love and truth, and be unwilling to compromise on either one.
4. Growing in humility and be receptive to this sort of input and investment from others.

Mothers' day Encouragement

How might you exhort/encourage a brother/sister today?

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