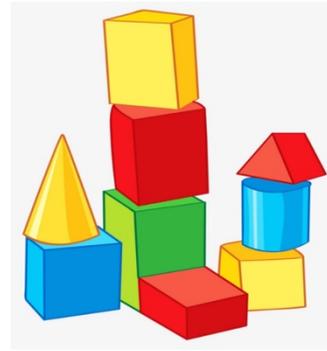


Building Up One Another

1 Thessalonians 5:11 “Therefore encourage one another and build each other up, just as in fact you are doing.”

After watching the video...



Family Discussion Questions:

1. Share about a time when someone did or said something that really encouraged you, built you up. What was that like?
2. What do you think it will be like for someone who never gets that kind of encouragement, they're always being torn down?
3. Which one of those 5 ways of building up others seems like it would be the easiest for you? Why?
4. Which one of those 5 would be the most difficult for you? Why?
5. What can we start doing as a family that will help us start building up one another even more?

Let's Pray Together

- Thank God for the way He encourages us and uses other people to build us up.
- Ask Him to forgive you for the times when you were careless and you did or said things to tear down other people.
- Ask God to remind you when you start to tear down others so that you can turn around and build them up.
- Ask Him to help your family become a master builders, getting really good at building other people up!

Suggestions: Gather your family and ensure that everyone is seated comfortably. Hopefully each member of the family can be seen and heard easily by everyone. Pray together, read the verse for today and then watch the video together. Pause the video after each of the discussion questions and encourage each family member to share. Afterwards, pray together following the suggested prayer points. Hopefully the discussion will continue throughout the day in a natural way. Another idea is to have one parent view the video in advance and then teach the lesson on their own without showing the video to the family.