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2026 ANNUAL THEME: “*Hope in Motion*”  
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February Theme: Quitting is Not an Option

**BIBLE STUDY**

February 18, 2026

“The Hope Hall of Fame (Part 1): Build Each Other Up”  
(1 Thessalonians 5:11)

**Topics**

- Scripture Reference
- Reflection Questions
- Important Emphasis
- Key Terms and Definitions
- Outline
- Introduction
- Background and Context
- Explore The Text
- Check For Understanding
- Life Application

**Scripture Reference:**

*Therefore, encourage one another and build one another up, just as you also are doing (1 Thessalonians 5:11 NASB).*

**Reflection Questions**

A. What does the phrase "Build Each Other Up" mean to you in the context of your personal relationships and community interactions?

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B. Reflect on a time when someone encouraged you during a challenging period. How did their support impact your faith and spiritual outlook?

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### **Important Emphasis**

Both 1 and 2 Thessalonians are powerful witnesses to the early church's struggles with the suffering of its members... The Pauline house church movement took root at least for provinces of the Roman Empire : Galatia, Asia, Macedonia and Achaia

### **Challenges in Thessalonica**

Separation from leaders  
Alienation from former friends  
Perennial threats of persecution

Hostility was likely aroused by the Christians believers counter cultural glorification of Christ... Paul implores God to strengthen the hearts of his congregation against external social alienation.

### ***Spiritual enlightenment***

Vs. 2 for you yourselves know full well (**I Th. 5:2**).  
Vs. 4 brother and sisters you are not in darkness (**I Th. 5:4**).  
Vs. 6 Paul speaks of being alert (**I Th. 4:13** and **I Th. 5:6**).

A Major theme that Paul uses in this fifth chapter is the comparison and contrast between light and darkness. This is likened unto the Johannine Gospel. **I Thessalonians 5:5** Paul calls those in the community the "sons of light" this suggests that they are well-versed concerning spiritual things and they follow through on that spiritual knowledge daily. **James 1:22-25**

### **Encouragement in Thessalonica**

"1 Thessalonians seems to encourage a beleaguered church to persist in its new way of life. Despite the fact that it might have been difficult for the members to see the power of God and the prestige pertaining to that power at work in their lives."

“Discovering that the effectiveness of the gospel extends beyond the limited parameters of one’s own environs is a critical lesson...Drawing on the past to discover models of perseverance.”

Paul encourages them through an eschatological hope! The Parousia or the second coming of Christ. In this community that has mourned deaths and had moments of despair but amid the opposition Paul admonishes them to encourage one another. **Matthew 24:43, Luke 12:39**

Contemporarily as the Body of Christ, if we are going to engage in this level of encouragement we must be equipped with the following:

- Breastplate of Faith **Isaiah 59:17**
- Breastplate of Love **Ephesians 6:13-17**
- Helmet of Hope **Ephesians 6:13-17**

“This community must have faith! Faith is not just eschatological thought reserved for some future event. Faith is for the now the present moment- for the life of the living, loving, working community in Thessaloniki”

We are reminded to be comforted and to comfort one another with the present reality. God is here already. Look around you and find God’s presence. Even in this moment of anxiety, frantic worry, insecurity and loss, heaven and earth have already begun to connect. **1 Peter 5:7**

## Key Words and Terms

Aligned	Eschatology	Preparation
Build Up	Fellowship	Righteousness
Burdens	Grace-giving	Spiritual Growth
Coming of the Day	Hoiness	Stabilizing
Communal	Inspiration	Steadfast
Community	Inspiring	Tenacity
Edification	Integrity	The Lord's Day
Edify	Maturity	Trust
Emotional Well-Being	Mutual	Truth
Empathy	Parousia	Unity
Encourage	Peace	Uplifting
Encouragement	Persecution	

## Outline

- I. Encourage with Empathy
- II. Strengthen with Support
- III. Inspire with Integrity

## Introduction

In this Bible study, we explore the profound call to "Build Each Other Up," drawing from the wisdom of Scripture to guide our interactions and relationships. Anchored in 1 Thessalonians 5:11, we are reminded of the importance of mutual encouragement and support within our communities. Through empathy, support, and integrity, we can foster environments that promote growth and unity. There will be an emphasis on the power of uplifting words and actions, while also highlighting the pursuit of peace and shared burdens. Finally, we will be inspired to sharpen one another with truth and love, growing together in faith and purpose. This study invites us to reflect on how we can actively contribute to the spiritual growth and emotional well-being of those around us.

## Background and Context

Paul's first letter to the Thessalonians, written around 50-51 AD, is one of his earliest epistles and addresses the young Christian community in Thessalonica, a city in Macedonia. Paul, along with Silas and Timothy, had established the church there during Paul's second missionary journey, as recorded in Acts 17. The letter was penned in response to Timothy's report about the Thessalonian believers' faith and love, despite facing persecution. Paul wrote to encourage them to remain steadfast in their

faith, to continue growing in love and holiness, and to provide clarity on theological issues, particularly concerning the return of Christ. The letter emphasizes themes of encouragement, hope, and the importance of living a life that reflects the teachings of Jesus, urging the community to support and build each other up in their spiritual journey.

## EXPLORE THE TEXT

### I. Encourage with Empathy (1 Thessalonians 5:11a)

*Therefore, encourage one another...*

How do the scriptures inform believers on how to encourage one another?

Scripture provides guidance on encouraging one another with empathy by emphasizing the importance of using words and actions that build up and inspire love and good works.

**Ephesians 4:29** advises believers to avoid corrupting talk and instead speak in ways that are beneficial and grace-giving to the listeners. This highlights the need for thoughtful and considerate communication that uplifts others, aligning with the empathetic approach of understanding and addressing the needs and feelings of others.

**Hebrews 10:24-25** encourages believers to actively consider how to motivate each other towards love and good deeds. It stresses the importance of community and regular fellowship, urging believers not to neglect meeting together. This communal aspect fosters an environment where empathy [understanding, compassion, responsiveness] can thrive, as believers support and encourage one another, especially as they anticipate “the coming of the Day.”

“**The coming of the Day**” refers to the anticipated return (*Parousia*) of Jesus Christ, also known as “the Day of the Lord.” This is a significant event in Christian **eschatology** [study of last things], symbolizing the time when Christ will return to judge the world and establish His kingdom. Hebrews 10:24-25 encourages believers to support and encourage one another, especially as this day approaches, emphasizing the importance of community and mutual encouragement in preparation for this pivotal moment.

Together, these scriptures underscore the role of empathy in encouragement by promoting positive, supportive communication and the value of community in nurturing mutual growth and support.

"We need someone who encourages us when we are tempted to give it all up, to forget it all, and to just walk away in despair".

~ Henry J. M. Nouwen

**Biblical Encouragers:**

Key Biblical figures known for encouraging and building others up include

- Barnabas, recognized as the "son of encouragement" for mentoring Paul and John Mark.
- Nehemiah, who motivated the Jews to rebuild Jerusalem's walls.
- Ruth and Timothy demonstrated loyalty and encouragement in faith.
- Jesus provided ultimate encouragement through mercy and ministry.

**CHECK FOR UNDERSTANDING**

1. How does Ephesians 4:29 guide believers in their communication with others, and why is this important for fostering empathy within a community?

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2. In what ways does Hebrews 10:24-25 emphasize the role of community in encouraging one another, especially in anticipation of "the coming of the Day"?

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## EXPLORE THE TEXT

### II. Strengthen with Support (1 Thessalonians 5:11b)

*...build one another up...*

How do the scriptures encourage believers to “build one another up?”

The scriptures encourage believers to build one another up by emphasizing mutual support and encouragement within the community. In **1 Thessalonians 5:11b**, the call to "build one another up" highlights the importance of fostering a supportive and uplifting environment. **Romans 14:19** encourages believers to "pursue the things which make for peace and the building up of one another," suggesting that actions and words should contribute to harmony and mutual edification. **Galatians 6:2** instructs believers to "bear one another's burdens," which underscores the idea of sharing each other's challenges and providing support, thereby strengthening the community as a whole.

In **Ephesians 4:11-16**, Paul outlines the roles of apostles, prophets, evangelists, pastors, and teachers within the early church, emphasizing their purpose in equipping believers and fostering unity in faith and knowledge of Christ. These roles aim to mature the church, helping believers grow from spiritual childhood to adulthood, grounded in truth and love. Each member contributes to the church's health, ensuring growth in love and truth, with every individual playing a vital role in its spiritual growth and unity.

Charles Haddon Spurgeon emphasized building each other up through fervent love, active unity in Christ, and mutual support in spiritual growth. He taught that believers should foster unity, avoid divisive attitudes like pride and envy, and actively support one another in holy enterprises. True unity is maintained by living near to Jesus [God], which strengthens the church community.

## CHECK FOR UNDERSTANDING

3. How does the concept of "building one another up" in 1 Thessalonians 5:11b relate to the idea of mutual support and encouragement within a community? Provide examples from the text to support your answer.

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4. In what ways do Romans 14:19 and Galatians 6:2 complement the message of 1 Thessalonians 5:11b regarding community support and edification? Discuss how these scriptures can be applied in a modern context.

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## EXPLORE THE TEXT

### III. Inspire with Integrity (1 Thessalonians 5:11c)

*...just as you also are doing.*

**Inspiring Improvement through Truth and Trust"** The scriptures urge believers to inspire with integrity by emphasizing mutual encouragement and spiritual growth through honest and loving interactions. **Proverbs 27:17** highlights the importance of mutual sharpening, suggesting that individuals can inspire and improve one another through genuine relationships. **Ephesians 4:15** encourages speaking the truth in love, which fosters growth and maturity in alignment with Christ. Together, these scriptures advocate for integrity in relationships, where truth and love guide interactions, leading to mutual inspiration and development.

#### **"Integrity: A Stabilizing Anchor and Expanding Influence"**

Integrity functions as a stabilizing anchor for Christian community and influence. When rooted in God's character and directed toward Him, integrity

becomes a grounding force in our lives. This quality undergirds what makes faith compelling and attractive to others. More practically, integrity draws people toward you for guidance and creates pathways for your influence to expand.

Integrity and uprightness are essential in one's life (**Proverbs 11:3; 20:7**). Scriptures highlight how living with integrity guides and protects individuals (**Psalms 25:21**), bringing blessings to their descendants and serving as a powerful example to others. Integrity is portrayed as a shield against criticism, ensuring that even those who oppose or accuse will ultimately have nothing negative to say. The overarching theme is that a life characterized by righteousness and good deeds not only honors God but also positively influences and inspires those around us (**Titus 2:7-8; 1 Peter 2:12**).

When you inspire others with integrity, you're not simply demonstrating personal virtue—you're inviting them into a way of living that reflects Christ's character. Your consistency in small matters, your honesty in financial dealings, your willingness to sacrifice convenience for principle—these become visible demonstrations that transformation through faith is genuine and possible. This is how integrity becomes contagious within community.

### **Thessalonian Tenacity: Faith, Fellowship, and Flourishing**

The Thessalonians were demonstrating faith and love despite facing persecution, which merited Paul's compliments. They were steadfast in their faith and continued to grow in love and holiness. Paul acknowledged their efforts in supporting and building each other up within their community, as highlighted in **1 Thessalonians 5:11**. Their actions aligned with the teachings of Jesus, and they were actively contributing to the spiritual growth and emotional well-being of those around them.

## **CHECK FOR UNDERSTANDING**

5. How do the scriptures mentioned in the text emphasize the role of integrity in fostering mutual encouragement and spiritual growth within a community?

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6. In what ways can personal integrity serve as a stabilizing anchor and expand one's influence according to the teachings in this section?

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**LIFE APPLICATION**

Think about it!

- How can you actively encourage and build up someone in your community this week, reflecting the teachings of 1 Thessalonians 5:11?
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- Consider a situation where you might have been critical instead of supportive. How can you change your approach to align with the principle of building others up?
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**Resources:**

Adult Questions for LESSONMaker, LOGOS Bible Software

Boyd Bailey, *Two Minutes in the Bible Through Psalms: A 90-Day Devotional* (Eugene, OR: Harvest House Publishers, 2016), 65.

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Spurgeon, Charles Haddon. *The Spurgeon Library*.