



07/19/2020

## **L.I.F.T. Others Up** **1 Thessalonians 5:11**

*Therefore, encourage one another, and build each other up, just as in fact you are doing.*

*“Resolve that all live for the glory of God.  
Resolve secondly, that whether or not anyone else does, I will.”*

### **What can YOU do to LIFT Others UP?**

**Look** – Look around to see who might need lifting up.

#### **Look for ...**

- work pressure or income concerns
- relationship friction
- loss of a loved one
- health issues
- change in behavior
- hasn't been around at church recently

*You can't control who looks around to help,  
but you can control whether you look around.*

**Initiate** – take the first step to LIFT Others up.

Apply what you learned in SS and bible readings:

- **Do** to others what you would have them do to you.
- **Do** for others what they cannot repay you for.

**Feel** – Empathize with others to lift them up.

**ASK:**

- *How are you doing, really?*
- *Is there something I can do?*
- *How can I pray for you?*

**Talk** – Talk (or Text) with people to lift them up.

**Don't** ...

talk about yourself  
take sides (if it's a conflict)  
be the Savior

**Do**...

LISTEN!  
Ask questions that uncover the situation.  
Point them to the Savior.

*Ask, Where is God in this? Is God growing you somehow?*

Encouraging words of *spiritual truth*.

- You're in God's good hands.
- God will see you through this.
- I'm here for you. I got your back.
- Pray with them. You pray. Have them pray.

**Application:**

*What will YOU do to move YOUR church toward how you'd like it to be?*