

## “How to Help Others”

1 Thessalonians 3:1-13

**What makes you feel alive?**

**Why are we talking about this?**

1. We all want to feel alive.
2. We need to feel alive in God-honoring ways and from God-honoring sources.

**How to feel alive from 1 Thessalonians 1:1-13:**

*Biblical influence of each other gives us life...when we all stand firm in the Lord.*

*Bible-guided relationships have a deep bond, a deep love, and a deep joy in each other.*

- **Question:** How do we feel about other Christians?

*Bible-guided relationships insist on godly methods of influencing.*

- **Question:** How do we influence other Christians?

*Bible-guided relationships strive to help each person stand firm in the Lord.*

- **Question:** What is the goal of your influencing—what are you trying to do to these people?

**For Instance:**

**So What?**

# “Walking Papers”

*Practical helps for walking the Christian walk each day this week.*

## **How to feel alive from 1 Thessalonians 1:1-13:**

*Biblical influence of each other gives us life...when we all stand firm in the Lord.*

**Please read:** 1 Thessalonians 3:1-13 each day this week.

- **Today.** Please reflect on how you *feel* about other Christians. Do you feel the way that Paul felt about the believers in Thessalonica? Ask God what He is saying to you in the display of the deep love, deep bond, and deep joy between Paul and the Thessalonian believers.
- **Monday.** Please reflect on your personal methods of influencing others. Make a list of the main ways that you try to get other people to act or to change. Are they “Bible-guided” methods of influencing? What do you need to change?
- **Tuesday.** Please reflect on your personal goals for others. What are you trying to do in their lives? What are you trying to change or accomplish? Are they “Bible-guided” goals? Do you ever work to help others “stand firm in the Lord?” What do you need to change?
- **Wednesday.** Please reflect on your prayer for others. What needs to change in this area? More prayer? More focused prayer? More expectant prayer? More “Bible-guided” goals to pray for?
- **Thursday.** Please reflect on your love for others. Are you increasing and abounding in love for others? How could that happen even more in your life?
- **Friday.** How could you give greater strengthening, encouraging and ability to resist temptation to the people close to you? What one thing will you begin?
- **Saturday.** In preparation for tomorrow, please read and reflect on 1 Thessalonians 4:1-12.

*Note for Connection Groups:* The full study guide for small group and personal study is available at: [www.cypressbible.org](http://www.cypressbible.org) (Quick Menu / Connect / Sermon Based Small Group Material).