

Sunday, March 3, 2019—Body Building: Comfort One Another

Introduction

- I Timothy 4:7-8—this series has been about a particular kind of exercise, spiritual exercise. Spiritual exercise that is designed to build a spiritual body not a physical one. Our goal is to learn how to flex our spiritual muscles with the goal of building up the body of Christ.
 - Philippians 2:12—this type of exercise is going to require working out and spiritual discipline. Our goal is to take the life of Christ that is in us and work it out through us or manifest it in our mortal flesh.
- Ephesians 4:16—the body of Christ was designed to edify itself. The focus of our current series has been on the self-edifying nature of the body of Christ. How does the body edify itself?
- Romans 12:5—in our first study in this series, I introduced you to a concept that I am calling the one-anothering principle. The phrase “one of another” is a translation of a plural pronoun which means: “reciprocally” or “mutually.”
 - Reciprocal—“Mutual; done by each to the other” (Webster’s 1828)
 - Reciprocally—“Mutually; interchangeably; in such a manner that each affects the other and is equally affected by it.” (Webster’s 1828)
- Ephesians 4:32—last week we finished up our four-part miniseries on the issue of “forgiving one another.” While I view the issue of forgiving one another as sort of the capstone of the one-anotherings it is not the last one mentioned in Paul’s epistles.

Comfort One Another

- I Thessalonians 4:18—Paul instructs the believers to “comfort one another.” The verb comfort in this verse is a present active imperative. This means that Paul is commanding the Thessalonians to actively comfort one another in the present.
- According to Noah Webster’s *American Dictionary of the English Language* the verb “comfort” carries the following meanings:
 - To strengthen; to invigorate; to cheer or enliven.
 - To strengthen the mind when depressed or enfeebled; to console; to give new vigor to the spirits; to cheer, or relieve from depression, or trouble.
- I Thessalonians 4:13—the context here is providing comfort to another saint at the loss of a loved one. Paul doesn’t want believers to be sorrowing as though they had no hope. Our hope today is

found in the appearing of the Lord in glory to resurrect departed saints and catch up those who are alive and remain.

- Psalm 119:50
- Romans 15:4—the scriptures provide hope and comfort during a time of great loss and tragedy.
- II Corinthians 1:3-4, 6—once again, God teaches us through his word how to comfort others. We reciprocate to others the way God is treating us.
- Being around other members of the body of Christ is a to be a source of comfort.
 - Romans 1:12
 - II Corinthians 7:6
 - I Thessalonians 2:11
 - I Thessalonians 3:7
 - I Thessalonians 5:11