

# The Relational Disciple



## Build Each Other Up

**Discipleship groups purpose:** Each member being transformed into the image of the Son.

**Key Truth:** We can all be part of building one another up in Christ.

**Read:** Although we do not build the church we can be part of building one another up in love. We know Jesus builds the church, but speaking words of life to one another can go a long way to creating an environment in our hearts and minds that is conducive to the building work that Jesus accomplishes in and through us.

We can support the building work that Jesus does in and through the church by sowing words of life and not death. The bible says we are to pursue the things that build one another up and not things that tear one another down. Ephesians 4:29 talks about not letting any unwholesome word proceed from our mouths, but only such a word that is good for the edification of others in accordance to the need of that particular moment. The purpose of this is the releasing of God's grace to those who hear these words.

When we gossip about others or speak words about others that bring death, we not only defile the person we are speaking of, but also defile the person we are speaking to. This is very destructive in the Body of Christ and is very much an anti spirit of Christ. Jesus prayed for spiritual oneness and yet the very act of this action destroys this possibility.

We know the tongue is a very small muscle in our body and yet it can do powerful damage when untamed by the Spirit. Let us use our tongues for the purpose it was given. To speak words of life, that build one another up in Christ.

**Romans 14:19**

*So then we pursue the things which make for peace and the building up of one another.*

### Questions:

1. How natural do we find it to speak words that build others up?
2. What have we experienced more in our life. People who speak words of life or death over us?
3. If we struggle to speak words of life, why is this the case?
4. Share an experience of someone speaking life over you and what this did for you and then share an experience of someone speaking death over you and what that did for you.
5. How important is speaking words of life over yourself at times?
6. What is one thing we can all do, to be a people who speak words of life and not death?

Pray and encourage one another to press in to all God has for us.