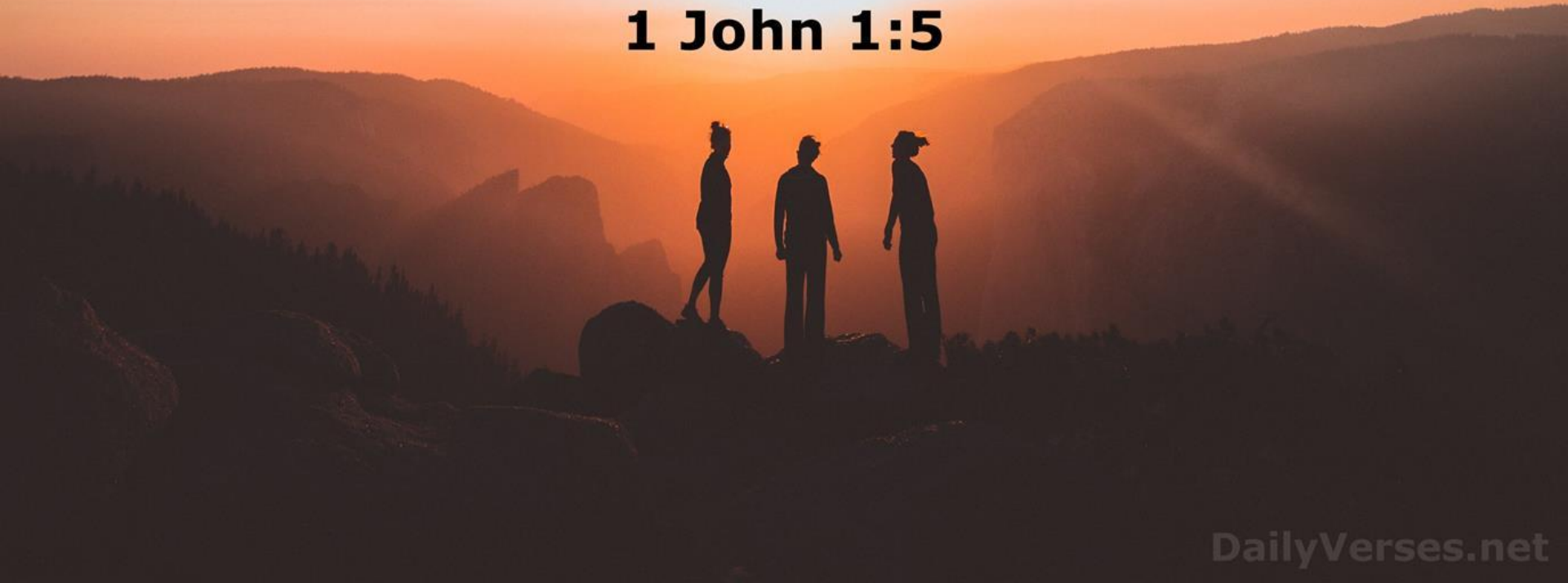


Build  
One  
Another  
Up



This then is the message which we have heard  
of him, and declare unto you, that God is light,  
and in him is no darkness at all.

**1 John 1:5**



Build  
One  
Another  
Up





**So teach us  
to number  
our days  
so that we may  
get a heart  
of wisdom.**

**Psalm 90:12**



- *Live in peace with each other.*
- *Warn those who are idle*
- *Encourage the timid*
- *Help the weak*
- *Be patient with everyone.*
- *Nobody pays back wrong for wrong*
- *Be kind to each other and to everyone else*
- *Be joyful always*
- *Pray continually*
- *Give thanks in all circumstances*

*1 Thessalonians 5:13-19*



- *Pray continually – for people*
- *Trust the Holy Spirit to show you how to bring the light of Christ to someone.*
- *Call or visit someone who is isolated*
- *Send someone a card.*
- *Write an encouraging note/email.*
- *Text someone an uplifting Bible verse.*
- *Share your testimony.*
- *Show love and listening and understanding.*