Nurturing Your Soul

1 Thessalonians 2:17-20

*To Contemplate:*

1 Thessalonians 2:17-20 “[17] But since we were torn away from you, brothers, for a short time, in person not in heart, we endeavored the more eagerly and with great desire to see you face to face, [18] because we wanted to come to you—I, Paul, again and again—but Satan hindered us. [19] For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? [20] For you are our glory and joy. “ (ESV)

Philippians 2:13 “[13] for it is God who works in you, both to will and to work for his good pleasure.” (ESV)

*Nurturing:*

Psalm 32:8 “[8] I will instruct you and teach you in the way you should go;I will counsel you with my eye upon you.” (ESV)

Philippians 4:8–9 “[8] Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. [9] What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.” (ESV)

Colossians 3:16 “[16] Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.” (ESV)

*Cultivating:*

Daily Reading:

Proverbs 1:7 “ [7] The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.” (ESV)

Proverbs 18:15 “[15] An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.” (ESV)

Sharing the Word:

Philippians 4:9 “[9] What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.” (ESV)

Colossians 3:16–17 “[16] Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. [17] And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” (ESV)

Matthew 28:16–20 “[16] Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. [17] And when they saw him they worshiped him, but some doubted. [18] And Jesus came and said to them, “All authority in heaven and on earth has been given to me. [19] Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, [20] teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” (ESV)

Practicing Patience:

Romans 12:12 “[12] Rejoice in hope, be patient in tribulation, be constant in prayer.” (ESV)

Ephesians 4:1–3 “[1] I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, [2] with all humility and gentleness, with patience, bearing with one another in love, [3] eager to maintain the unity of the Spirit in the bond of peace.” (ESV)

James 1:19–20 “19] Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; [20] for the anger of man does not produce the righteousness of God.” (ESV)

Colossians 3:12–13 “[12] Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, [13] bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.” (ESV)

Loving Communication:

Ephesians 4:29 “[29] Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” (ESV)

Colossians 4:5–6 “[5] Walk in wisdom toward outsiders, making the best use of the time. [6] Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.” (ESV)

Proverbs 12:18 “[18] There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.” (ESV)

Service to Others:

Hebrews 13:16 “[16] Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.” (ESV)

1 Samuel 15:22 “[22] And Samuel said, “Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to listen than the fat of rams. (ESV)

Galatians 5:13–14 “[13] For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. [14] For the whole law is fulfilled in one word: “You shall love your neighbor as yourself.” (ESV)

*Application:*

James 5:13 “[13] Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.” (ESV)

Proverbs 15:1 “[1] A soft answer turns away wrath, but a harsh word stirs up anger.” (ESV)

Proverbs 25:11–12 “[11] A word fitly spoken is like apples of gold in a setting of silver. [12] Like a gold ring or an ornament of gold is a wise reprover to a listening ear.” (ESV)