

**April 26, 2023**

The Lord wants you to live in His liberty and freedom.

**1 Thess. 5:11** *Therefore encourage one another and build each other up, just as in fact you are doing.* (NIV)

One of the best parts about walking in the freedom of Christ is realizing that we never have to do it alone. You may sometimes feel this way, but don't let your feelings rule your direction. The body of Christ is made up of many, not few. As a result, we all must work together for the completion of the task of sharing the gospel. Here is a perfect example. Do you know how many individual cells make up your body? If you guessed a million, you would be woefully short. Nope, not even a billion. Try approximately 30 to 40 trillion. Does that not blow your mind? How can all of these cells build, communicate and function in their proper areas? Your brain is always functioning and communicating, resulting in a mass of cells that work together for the building up of the body.

Now here is one of the most amazing facts about the body itself. The cells all have a purpose, and when they work in sympathy, all systems are go! But then, there is the issue of cells that go rogue. These cells mutate into cells that are typically called 'cancer cells.' And just as these cells can wreak havoc on our bodies, so can those in the body of Christ that go off on their own and do not encourage, but instead, they tear down and destroy. Listen to the wise words of the LORD through the apostle Paul in **Eph. 4:29**, *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.* (NIV) And the giving of encouragement always brings back to you, the blessings of the Father. **Luke 6:38** *Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.* (NIV) The more encouragement you give, the more it will come back to you. **Ecc. 11:1** *Cast your bread upon the waters, and after many days, it will come back to you.*

**Dear LORD, help us to encourage one another, and all the more as we see that day approaching. Help us to be constructive instead of destructive. In Jesus Name, Amen.**