

# LESSON 5

## SUPPORT THE WEAK

### 1 THESSALONIANS 5:14

#### I. INTRODUCTION.

##### A. People Need Help.

1. They need a “support group”. Who is your “support group”?
2. God knows this! He has given mankind marriage and family (Gen. 2:18-24) and the local church (Acts 2:42).

##### B. As Christians, We Are to Help Our Brethren and Others.

1. This is not just for the preacher or elders, but for all Christians.
2. Rom. 12:15 – Rejoice with them that rejoice and weep with them that weep.
3. 1 Cor. 12:26 - And whether one member suffers, all the members suffer with it.
4. 1 Thess. 5:14 – support the weak.
5. Consider the many “one another” passages in the NT (over 20).
6. Don’t ignore the brokenhearted (Psa. 109:16).
7. I appreciate all who seek to counsel others, especially my brethren who do specific work in this field.

#### II. WHAT IS PSYCHOLOGY?

##### A. Psychology = psyche (soul) and logy (study) = the study of the soul of mankind.

1. In a general sense, a person (Acts 2:41; 27:37; 1 Pet. 3:20).
2. Psyche = soul (mind, individual personality) of a man or woman (104 times in the NT).
3. It is the entire person inside the physical body. The inward (spiritual, non-physical) soul as opposed to the outward (physical) body (Mt. 10:28). It lives on after death (Acts 2:27, 31).
4. It is the breath of life or spirit in us (1 Thess. 5:23; Heb. 4:12). It is the seat of emotions, or the mind (Jn. 12:27; 13:21). It is the “heart” that is mentioned so many times in the Bible.

##### B. Consider the Use of Psyche in the NT.

1. Jesus wants us to find rest for our souls (Mt. 11:29; see also 1 Pet. 2:25).
2. We are to love God with all our soul (Lk. 10:27).
3. Paul strengthened and confirmed the souls of the brethren (Acts 14:22).
4. We are to do the will of God from the heart [psyche] (Eph. 6:6).
5. Hope is an anchor of the soul (Heb. 6:19).
6. We are not to grow weary and faint in our soul (Heb. 12:3).
7. The elders watch over the soul (Heb. 13:17).
8. The Bible can save our soul (Jas. 1:21).
9. Save a soul from death (Jas. 5:20).

10. Fleshly lusts war against the soul (1 Pet. 2:11).
11. Error can destroy the unstable soul (2 Pet. 2:14).
12. The soul can prosper and be in good health (3 Jn. 2).

C. The "Natural" Man.

1. Psuchikos = the soul acting "naturally" (sensual, worldly) without the aid of God's word (1 Cor. 2:14; Jas. 3:15; Jude 19).
2. It is also used for the "natural" body (1 Cor. 15:44, 46; see Gen. 2:7).

### III. PSYCHOLOGY AND THE BIBLE.

A. There Can Be a Vast Difference Between Secular (Humanistic) Psychology (Psychiatry) and the Bible.

1. Men like Sigmund Freud, John Dewey, and B.F. Skinner were atheists and humanists.
2. You cannot give someone a proper view of their self without a belief in God.

B. Psychiatrists: What is Their Belief About God and the Soul of Man?

1. If there is no God, there is no ultimate, objective, higher standard. All standards are subjective and relative.
2. If there is no soul, then all actions are purely results of chemical/neurological functions of the brain. You are not truly responsible and accountable for your actions.

C. Does A Human Being Have a Soul?

1. Secular: Man is an evolved animal without a soul. To them, psychology is the study of "human and animal behavior". Darwin studied animals to see how humans acted like them.
2. Bible: Man has an immortal soul.

D. What Is the Nature of the Soul?

1. Secular: No soul. Your thoughts and emotions are purely physical and chemical actions of the brain; neurons firing; molecules and atoms in motion. You find the answer to your mental problems within your self (see Jer. 10:23).
2. Bible: Inward person (2 Cor. 4:16).

E. What Is the Origin of the Soul?

1. Secular: No soul.
2. Bible: God created the soul (Gen. 1-2).

F. What Is the Purpose of the Soul?

1. Secular: No soul.
2. Bible: To glorify God.

G. What Is the Destiny of the Soul?

1. Secular: Once you die, you cease to exist.
2. Bible: The soul cannot be destroyed (Mt. 10:28).

### IV. THE ONE SEEKING COUNSELLING.

A. Some Counselling About Getting Counselling (from the book of Proverbs).

1. Don't mistake bad counseling for good and godly counseling (2 Sam. 16:23).

2. Who are you going to for counselling (1 Kings 12)? Consider the source (Prov. 12:20).
  - a) Are you getting counsel from the wise or the worldly (Num. 31:16; 1 K. 12:7-9; 2 Chron. 22:1-4; Psa. 1:1; Dan. 6:4-9)?
  - b) Someone with worldly advice (Jas. 3:15-16)?
  - c) Someone who is going to support/validate your improper behavior?
  - d) Someone who is going to hold you accountable and encourage true change?
3. What are you looking for?
  - a) Are you seeking counsel, or validation? Do you want counselling in order to change for the better, or do you simply want someone to tell you that you are right (Prov. 12:15)?
  - b) Attention? Someone to talk to only?
  - c) Justification? Blame?
  - d) True confession? True change?
4. What is your problem? Examine yourself.
  - a) Is it something you can fix yourself? Is it something you need help with?
  - b) Are you the problem, or is some else the problem, or both?
  - c) Are you willing to listen to sound advice from God's word (Prov. 1:25, 29-30)?
  - d) Are you willing to reject bad advice (Lk. 23:51)? Remember, Israel was not willing to listen to God (1 Chron. 10:13-14; 2 Chron. 25:14-16; Psa. 106:13; 107:11; Isa. 30:1; Lk. 7:30).
5. Seek the best for everyone.
  - a) Do you honestly want to achieve the best outcome for everyone involved (Prov. 11:14; 15:22; 20:18; 24:6)?
  - b) Talk it over with wise Christians and count the cost (Lk. 14:31).

Remember, Man's Counsel Eventually Fails and Falls; God's Counsel Always and Forever Stands (Acts 5:38).

## **V. THE ONE GIVING THE COUNSELLING.**

### **A. Listen and Ask Questions.**

1. Prov. 18:13.
2. Why are they coming for counselling?

### **B. Give Biblical Advice.**

1. Give biblical answers to their problems, not human wisdom (Jas. 3:17-18).

### **C. Emphasize Key Biblical Principles.**

1. A ready mind (Acts 17:11); a willing mind (1 Chron. 28:9).
2. Determination (Neh. 4:6).
3. Humility (Acts 20:19; Phil. 2:3; Col. 2:18).
4. Maturity of mind (1 Cor. 14:20).
5. Free-will and the power to choose.
6. Accountability and responsibility for your actions (Rom. 2:6; Rev. 20:12-13).

7. Actual transformation/change/doing, not just talking about it (Lk. 10; 24:45; Eph. 4; Col. 3).
8. More spiritual-mindedness and less worldly-mindedness (Col. 3:1-3).
9. Do the hard thing and finish what you start.
10. Remove any sin that is in your life according to God's plan of forgiveness (Acts 2:38; 1 Jn. 1:7-9).
11. Be sober-minded (2 Cor. 5:13; Tit. 2:2, 5, 6).
12. Enjoy life and live in peace.

D. Pray (Jas. 1:5).

## **VI. APPLICATIONS FOR TODAY.**

- A. Become A Christian.
- B. Return to Jesus.

## **VII. CONCLUSION.**

- A. Be Loving, Compassionate, and Helpful. Take More Time and Effort to Help Your Brethren. Brethren Need to Be More Active in Encouraging the Fainthearted and Supporting the Weak.
- B. The Weak Need to Work Harder to Be Strong, So That They Can Help Others.

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