

Scripture InSight

Bible Society in Northern Ireland

Scripture Reference: 1 Thessalonians 5:8 and 11

Bible Translation: New International Version

But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet...

...Therefore encourage one another and build each other up, just as in fact you are doing.

Reflections:

My father gave me a brass plaque many years ago with an inscription on it. The inscription read **'Don't look for the flaws as you go through life and even when you find them, it is wise and kind to be somewhat blind and to look for the virtue behind them.'** In other words, look for the good attributes in people and have a positive outlook in life. How often today do we look at life and other people with a negative and very critical attitude? It seems to be the way of the world. In 1st Thessalonians Chapter 5 we are asked to put on faith and love as a breastplate and the hope of salvation as a helmet. So then we live with the assurance under Christ of an eternal future and therefore we live differently in this life. We are asked in verse 11 to encourage one another and build each other up. How different this world would be if everyone tried to have this attitude of love and encouragement. Maybe this week you can have a go at it and **see what happens.**



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