

DNA TRAINING

Nurturing One Another's Hearts Through Engaging Their Emotions

LIVING OUT THE ONE ANOTHER'S OF THE NEW TESTAMENT

- Love One Another (John 13:34)
- Bear One Another's Burdens (Galatians 6:2)
- Confess Our Sins To One Another (James 5:16)
- Pray For One Another (James 5:16)
- Encourage One Another And Build One Another Up (1 Thessalonians 5:11)
- Exhort One Another (Hebrews 3:13)
- Honor One Another (Romans 12:10)
- Greet One Another With A Holy Kiss (2 Corinthians 13:12)
- Bearing With One Another, Forgiving Each Other (Colossians 3:13)
- Speak The Truth In Love To One Another (Ephesians 4)
- Spur One Another On Towards Love And Good Deeds (Hebrews 10:22)
- Weep And Rejoice With One Another (Romans 12:15)
- Teaching And Admonishing One Another (Colossians 3)
- Welcome One Another (Romans 15:7)
- Let Us Not Pass Judgment On One Another (Romans 14:13)

When it comes to nurturing one another: The gospel is the content we need, community is the context we need, and our brothers and sisters are the conduits we need.

WHY SHOULD WE LOVE ONE ANOTHER?

We want to love others because we've been loved by God. We want to care for others because we've been cared for by God. Everyone with the Spirit of God desires to care for others.

Ephesians 5:1-2 - "Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God."

Jesus has designed his church to live in such a way that the members care for one another. He has given us wisdom, power, love, forgiveness, grace, and patience to endure through the power of the Holy Spirit.

HOW DO WE LOVE ONE ANOTHER?

Gospel Shepherding: Caring for one another in accordance with the gospel and guiding one another toward the gospel.

Let's disarm ourselves of a few of our favorite "shepherding" or "nurturing" tools. How do we tend to respond when someone shares something hard?

- Try and fix
- Give advice
- Quote Scripture in a trite way
- Share our own story
- Ask, "What are you not believing about the gospel?"

Now let's learn more helpful "shepherding" or "nurturing" practices

- Listen for their Heart
- Ask Good Questions
- Speak the Truth in Love

Listen For Their Heart

Be Present: Move toward the hurting, as Jesus has moved toward us.

Listen: Pay attention and listen attentively, showing that you are fully engaged and they are safe with you.

Receive With Love and Grace: Receive them with gospel-motivated love and grace that only comes from Jesus.

Show Sympathy and Compassion: Instead of responding with facts and logic, we're called to "feel with" the person the emotions they're experiencing. (Exodus 34:6 and Colossians 3:12)

Grieve: Sit with them and help them identify their feelings and emotions. "What you are walking through is devastating, and I am so sorry. I have nothing to offer by my tears and my presence."

Ask Good Questions

Proverbs 20:5 - "The purpose in a man's heart is like deep water, but a man of understanding will draw it out."

"Tell me more."

"How can we help?"

"Who else can we talk to who can help us?"

"We don't know what to do, but we will walk with you and find you help."

Speak The Truth In Love

Ephesians 4:14-25 - "so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another."

Always affirm the gospel by reminding them who they are and not what they need to do.

It could sound something like this: "I know you know this, but I want to remind you..."

- "You are loved by God, and you are loved by us."
- "This does not define you. This is not who you are."
- "Nothing can separate you from the Father's love, not even your sin."

Pray for them on the spot right then and there instead of falsely promising, "I'll be praying for you."

Let's be a part of changing the church by providing this level of care to nurture one another through engaging with the emotions of our brothers and sisters.