***November 11, 2018***

***Today’s Lesson: Thanks For Helping***

**From Mike:**

When I was developing our list of Spirit Quenchers, I used my own knowledge, experience, and suggestions from others. After all, in 1 Thessalonians 5, where Paul admonished us to not do anything to quench the spirit’s fire in our life, he didn’t give us a list. We covered a dozen topics and could have easily had many more.

 Now that we have turned our study and attention to flame builders, we have the luxury of letting Paul give us some ideas. In the verses leading up to the warning about quenching our flame, he talked about several things that we should be doing to grow – or build up our flame. Last week we began with the flame building of encouragement. We all know how important encouragement is, but we are not all as sensitive to giving it as we could be. Some folks just naturally seem to be encouragers and don’t have to be reminded at all. Others of us have to work at it a little harder than that. Maybe we aren’t as sensitive or naturally geared to encourage others, but we can and do when we think about it. None of us need to be ONLY receivers and not givers when it comes to encouragement. As I mentioned last Sunday, the beauty of it is that we are encouraged when we encourage others. It makes us feel good to do good and encouraging others is good.

 Today we are looking at another flame builder that is very similar to encouragement. It involves being sensitive, thinking of others, and lifting them up, but this one is focused on a very specific group of people in our life. People we need to honor and appreciate for what they do for us. It’s about folks who have helped to build our spiritual flame and the responsibility to have to return the favor.