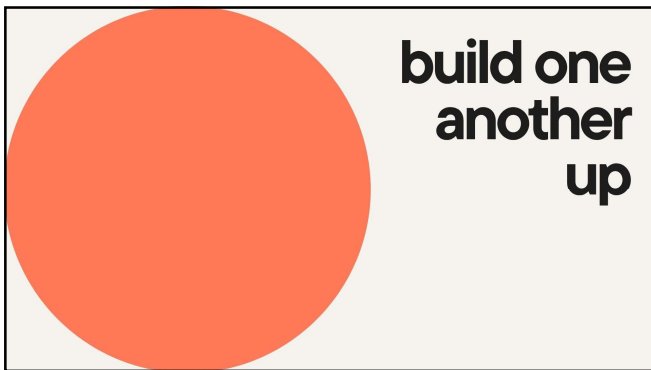
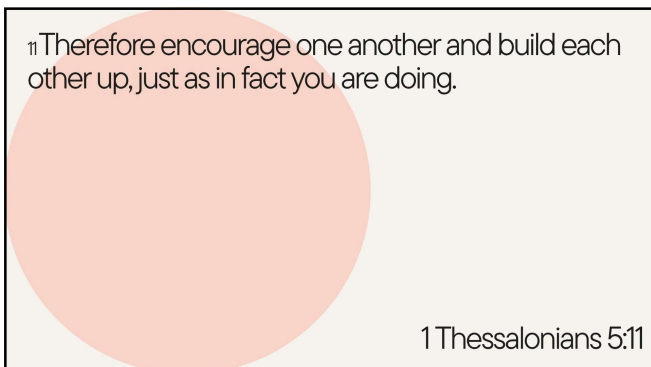




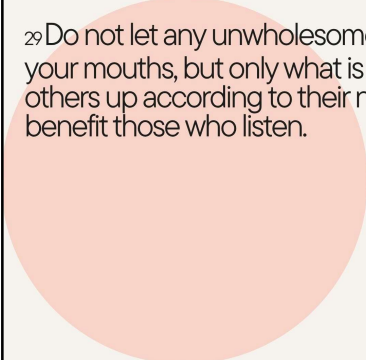
1



2



3



²⁹Do 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.

Ephesians 4:29

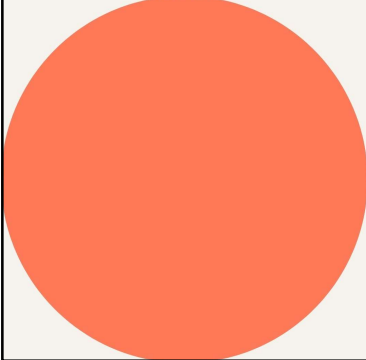
4



¹⁹Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 14:19

5



**build one
another
up**

6

¹⁵ While David was at Horesh in the Desert of Ziph, he learned that^a Saul had come out to take his life. ¹⁶ And Saul's son Jonathan went to David at Horesh and helped him find strength in God.

1 Samuel 23:15-18

7

¹⁷ "Don't be afraid," he said. "My father Saul will not lay a hand on you. You will be king over Israel, and I will be second to you. Even my father Saul knows this."
¹⁸ The two of them made a covenant before the Lord. Then Jonathan went home, but David remained at Horesh.

1 Samuel 23:15-18

8

**build one
another
up**

9

9 Two are better than one,
because they have a good return for their labour:
10 if either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.

Ecclesiastes 4:9-10

10

**build one
another
up**

11
