

How to Mature: Support from the Body of Christ. (October 1, 2026)

“Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all.” (1 Thess. 5:14)

There are times in all of our lives that we will find ourselves in need. When we are weak, we need others to support us so that we don't completely fall apart. But finding supportive people can be confusing and risky if you don't know what you are looking for. The last thing we would want to do in a weak season of life is to depend on someone that would only harm us further.

When seeking supportive relationships that produce stability and safety, look for people who are...

1. **Personally Regulated.** Fear, anxiety, and stress are contagious, and they are even more contagious when our defense systems are down. When you are in a weak season, do not expose yourself to a hyper-emotional or overloaded person, no matter how much they say they want to help you. Their “help” will end up doing more harm than good.
2. **Able to Give Without Needing Anything in Return.** The best relationships are mutually edifying because both people in the relationship can give and take equally. But in seasons where you have nothing to give, you need to spend some time with people who don't need anything from you. The relationship largely flows one way, but it is only for a season.
3. **Positive in the Midst of Failures or Mistakes.** We are often in seasons of need because of poor decisions we have made. However, it will be more difficult to make the necessary changes for improvement if we are being judged and corrected by everyone in our lives. Change starts with grace. Supportive people know how to offer grace that is not license.
4. **Empowering.** There is a fine line between supporting and enabling. Supportive people don't want you to be weak forever, so they will refuse to allow you to become dependent on them. They are fully aware that moving from weak to strong is going to require a lot of serious effort, but they will encourage you to do the hard work when the time is right.

It is not easy to “uphold the weak.” Support people must be able to carry the “extra” weight. That makes support people special and rare. Don't assume just anyone will be able to help you in your seasons of weakness. But if you have found one who can, thank them. They are special.

And hopefully, one day, you can be one of those special people to someone else in need.