

Questions for Reflection and Discussion
What's That You Say?
Encouragement – Part 2

Getting Started

Tell about something that has encouraged you recently.

Digging In

1. **Read Psalm 143.** Note the ways David encouraged himself in the Lord. (Use the back to jot down what you discover.)
2. **Read 1 Corinthians 13:1-3.** What does this passage teach us about the foundation for encouraging others?
3. **Read Colossians 3:16.** What is another essential ingredient if we are going to be able to encourage one another?
4. How are you letting the word of Christ *dwell in you richly*?
5. Why does Paul commend Stephanas, Fortunatus and Achaicus in **1 Cor 16:17-18**?
6. How can we follow their example? List 3 specific ideas, and choose one to put into action this week.
7. **Read Proverbs 12:25; 15:23; and 25:11.** What do these passages teach us about encouraging others?
8. What important guidelines on encouragement are found in **Ephesians 4:15**?
9. Encouraging others means not only to *strengthen and refresh one another emotionally and spiritually*, but also to *spur one another on toward love and good deeds* (Hebrews 10:24). How is Paul himself an example of this kind of encouragement? **1 Thessalonians 4:1**



Getting Personal

- For one day, take note of the words you say. Are they refreshing, encouraging, uplifting?
- What could you do right now to refresh someone's spirit? A note? A phone call? An act of service?
- Write a note of encouragement to one of our missionaries. (**Prov 25:25**)