

1A ONE ANOTHER

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Week 5 – Encourage One Another (1 Thess. 5:11)

Introduction:

1 Thessalonians 5:11

Therefore encourage one another and build each other up, just as in fact you are doing.

English “Encourage” = to build courage into

Greek “Paraklete” = to come alongside, to bring help, comfort, assistance

Judges 17:6

Who and How can I Encourage Right Now?

1. _____ workers (medical and mental health professionals, etc.)
2. _____
3. Those who feel _____
4. _____ owners

*Visit unitesolano.org for a list of small businesses you can support!

5. Those struggling with _____
6. Those who have suffered _____

The Big Idea:

Right now, we can live as instruments of encouragement in the lives of others during a time when discouragement seeks to win the day. Discouragement will not win! Discouragement is from the enemy, and he is defeated!

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION:

Personal Life:

1. During this season of the Covid-19 crisis, have you felt more encouraged or discouraged in general...and why? Discuss with your group...
2. Where have you drawn your most significant sources of encouragement over the past 10 months or so?

Ponderings:

3. Paul's words to "encourage one another" in 1 Thess. 5:11 are given in the context of anticipating the possible return of Christ at any moment. How does the anticipation of Christ's return impact the way we handle our day-to-day circumstances? Discuss...
4. Of the six "sectors" of people needing great encouragement right now, is there one or two categories which you feel particularly drawn to minister to, and why is this the case? Discuss...
 - Frontline workers
 - Law-enforcement
 - Those who feel marginalized
 - Small business owners
 - Those struggling with mental health
 - Those suffering from loss of loved ones
5. How can choosing to be an encourager actually help lift you out of your own sense of discouragement? Discuss...

Promptings:

6. Write down at least one practical idea from your discussion of question number 4, in which you can be an encourager in the week ahead!