

Questions for Reflection and Discussion
Strength for Living
Encouragement – Part 1

Getting Started

Complete the sentence: *I feel encouraged when*

Digging In

1. Look up the word *encourage* in a dictionary. Write a simple definition of the word here:
2. **Read 1 Thessalonians 3:1-5.** How is the word *encourage* used in this passage?
3. Describe a time when someone encouraged you in your faith.
4. **Read 2 Corinthians 1:3-7.** Another aspect of *encouragement* is to *comfort*. How is that idea brought out in 2 Cor 1:3-7?
5. Can you think of a time when someone comforted you as you were going through some difficulties? Summarize that experience here.
6. **Read 1 Samuel 23:15-16.** How did Jonathan encourage David?
7. **Read 1 Samuel 30:1-6.** We're told in this passage that David *found strength in the LORD his God*. What do you think that means?
8. **Read Acts 9:31.** How is the Holy Spirit described as an encourager in this verse?
9. Based on **John 14:26**, what do you think is one of the ways the Holy Spirit encourages us?



Getting Personal

- Is there someone you know who could use a word of encouragement? Take a moment to give them a call or write them a note.
- Are you in need of encouragement yourself? You can follow David's example in the Psalms – finding strength in the Lord by reminding yourself of who God is and what he's done.