

TABLE DISCUSSIONS REGARDING ENCOURAGING ONE ANOTHER

1. WHY DO YOU THINK GOD WANTS US TO ENCOURAGE ONE ANOTHER?

*It is a way to love one another
It shows the world a loving church*

*To prevent others from falling away
He wants us to be like him*

2. HOW DOES ENCOURAGEMENT FROM OTHERS AFFECT YOUR RELATIONSHIP WITH CHRIST? AND WITH OTHERS?

*It draws us closer to God and one another.
It makes past and future bad experiences less painful
Genuine encouragement from others grows us in gratitude*

Reminds of God's promise to never leave or forsake

Prayer warriors

Builds trust

*Reminds me to rely on Christ and not myself.
Allows us to see the Holy Spirit at work as perhaps only God knew of my need*

3. WHEN YOU RECEIVE ENCOURAGEMENT FROM ANYONE, HOW DO YOU FEEL ABOUT YOURSELF? WHAT DOES THAT DO FOR YOU?

*Multiple avenues to connect with people. Support with notes and prayer
Encouragement reinforces good behavior. Leads others to think and feel good about self
Makes us aware of the needs of others*

Changes your attitude

Affirmation, feeling appreciated, help in growing, encouraging others (mentoring).

*Strengthened. Listened to.
It's hard now but it is going to get better
Puts the situation into perspective
Knowing that someone else cares*

*Reaffirms what I am trying to do and that I am not alone
Comes along side and makes you feel like you are not alone*

4. HOW HAVE PEOPLE ENCOURAGED YOU IN THE PAST? WHAT HAVE THEY DONE?

Food. Gifts. Surprises

Came along side to share the load and give confidence

A smile from a stranger

Hugs

Asked sincerely, "how are you doing"?

Prayed with me

Received a card in the mail

Words of encouragement

Bringing a meal

Offering of help