

## Sermon Questions: Encouragement

1. Talk about a time when someone encouraged you while you were discouraged. What did they say? Why was it helpful?
2. Read 1 Thessalonians 5:11. This is one of many examples of passages where the practice of offering encouragement is commanded. Why do you think there are so many places in the New Testament where Christians are commanded to “encourage one another”?
3. Pastor Mark tells of how King David “encouraged himself in the Lord.” What does it mean to encourage yourself? How might someone encourage himself or herself in the Lord today?
4. Have you ever encouraged someone who seemed to be going through a difficult time? What did you do to encourage that person?
5. Research indicates that people in our lives need 5-6 comments of encouragement for every 1 comment of criticism. How well do you hit that ration with the people in your life? Why do you think people need a lot of encouragement in order to handle even a small bit of criticism?
6. Why is it important for children to see their parents encouraging each other?
7. Research indicates that many Americans today are very discouraged. What factors do you think contribute to the epidemic of discouragement?
8. How can the Church be a place of spiritual and emotional encouragement for others?