

ENCOURAGEMENT

Life Group Questions | Sunday, September 2, 2018

Do you think encouragement could be an antidote to criticism? If so, how?

Read Romans 15:1-7. What does this passage have to do with encouragement? What words, phrases, or ideas do you see that speak to the practice of encouragement? How does this passage describe the kind of God we serve?

It's easy to slide into the cultural norm of criticism and judgment. It's easier to tear someone down than build someone up. Two of the biggest roadblocks to encouragement are cynicism and jealousy. How do you see these tendencies and attitudes at work in your own life?

What's the difference between flattery and encouragement?

It's really important that we encourage each other in a way that actually encourages. Read the following list of "languages" we give and receive encouragement:

- Words of affirmation
- Quality time
- Gifts
- Acts of service
- Physical touch
- Non-verbal cues

What are the natural ways you encourage the people in your life? How do you best receive encouragement? What are some of the ways you find it difficult to give or receive encouragement?

Read James 3:5-6. Do you have a story to share about the power of words in your life?

Pray together. Take a moment to ask God who in your life needs encouragement today. How can you play a role in that?