### **Getting Started with a Warm-Up:**

- At what point in your life have you found yourself the most discouraged?
- What is the most discouraging place you have ever been to?
- Share about a time when you were discouraged, and someone encouraged you.

### **Getting Down to Business:**

The following questions are following this format: Scripture/Observation, Application, and Prayer (SOAP).

### 1) Scripture/Observation:

A. Read Romans 15:4. What verse or passage of scripture do you go to when you need encouragement?

1 We who are strong must be considerate of those who are sensitive about things like this. We must not just please ourselves. 2 We should help others do what is right and build them up in the Lord. 3 For even Christ didn't live to please himself. As the Scriptures say, "The insults of those who insult you, O God, have fallen on me." 4 Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled. 5 May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus. 6 Then all of you can join together with one voice, giving praise and glory to God, the Father of our Lord Jesus Christ. (Rom. 15:1-6, NLT)

#### The Bible Panorama commentary

V 1–6: PLEASING AND PATIENT - A Christian who is strong ought to support the weaker brother and not please himself. Even Jesus did not please Himself, and nor should we. This calls for patience, but the 'God of patience' can give us a like-mindedness and a desire to glorify God which will make us want to please others, rather than follow our own preferences.

B. Read 2 Corinthians 7:5-7. How did God encourage Paul and his companions when they were discouraged?

2 Please open your hearts to us. We have not done wrong to anyone, nor led anyone astray, nor taken advantage of anyone. 3 I'm not saying this to condemn you. I said before that you are in our hearts, and we live or die together with you. 4 I have the highest confidence in you, and I take great pride in you. You have greatly encouraged me and made me happy despite all our troubles. 5 When we arrived in Macedonia, there was no rest for us. We faced conflict from every direction, with battles on the outside and fear on the inside. 6 But God, who encourages those who are discouraged, encouraged us by the arrival of Titus. 7 His presence was a joy, but so was the news he brought of the encouragement he received from you. When he told us how much you long to see me, and how sorry you are for what happened, and how loyal you are to me, I was filled with joy! 8 I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. 9 Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. (2 Cor. 7:2-9, NLT)

## The Bible Panorama commentary

V 2–5: RESTLESSNESS - Paul appeals for an open attitude towards his team and himself. He describes his restlessness on his last visit, when he had battles outside and fears inside. He was totally positive in his attitude, aspirations and dealings with them, but was obviously uneasy because he had to confront sin in the church at Corinth.

V 6–9: REJOICING - He rejoices that the hurtful things he had to say have brought them to repentance. God used the coming of Titus to Paul as an encouragement at that time. His arrival with good news of the offender's repentance, and the church's zeal for Paul, comforted him.

C. Read Ephesians 4:29. What should be the goal of our words?

25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil. 28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an

encouragement to those who hear them. 30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. 31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. (Eph. 4:25-32, NLT)

### The Bible Panorama commentary

V 25–32: QUALITY - There is a new quality of life of the Christian which reflects the fact that he does not 'grieve the Holy Spirit of God'. He rejects former sinful ways, words and works, and applies himself to replacing them with positive good. He gives the devil no place in his life and rejects his former negative behaviour and sin. His new quality of life is shown by tender-heartedness, showing forgiveness to others, and avoiding grieving the Spirit. The springboard for this is that 'God in Christ forgave you'.

D. Read Hebrews 10:23-25. What should motivate us to encourage each other more?

19 And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. 20 By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. 21 And since we have a great High Priest who rules over God's house, 22 let us go right into the presence of God with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water. 23 Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. 24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

#### The Bible Panorama commentary

19–23: COME CONFIDENTLY - Because of the 'new and living way' which Jesus has made for us through His flesh, into heaven, we can come with boldness, knowing that we are cleansed and accepted by our faithful God. Boldness is not the same as presumption!

V 24—25: ENCOURAGING EXHORTATIONS - It is important to encourage one another to live for Christ, and to have regular fellowship and worship together. Time is short.

- 2) **Application:** Encouragement Plan of Action: 1) Write down the name of someone(s) you believe the Lord is laying on your heart to encourage. 2) Write down what actions you will take to encourage them (ex. written note or card, text, email, verbal, take them to lunch, etc.)
- 3) **Prayer:** Before you begin your prayer to God for encouragement to endure your current situation please read and meditate on the following passages from scripture:

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." (Joshua 1:9, NLT)

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31, NLT)

"The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?" (Psalm 27:1, NLT)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." (Proverbs 3:5, 6, NLT)

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (John 16:33, NLT)

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." (2 Timothy 1:7, NLT)