

## The Power of Encouragement

Today's Text – 1 Samuel 23, Psalm 31, 54, 27

*Jonathan went to David at Horesh and helped him find strength in God. "Don't be afraid," he said. "My father Saul will not lay a hand on you. You will be king over Israel..."*

1 Samuel 23:16-17

- Encouragers are willing \_\_\_\_\_  
\_\_\_\_\_
- Encouragers are \_\_\_\_\_, not \_\_\_\_\_
  - The strength others need is not in them or in you but in Him
  - Knowing *who* is more important than knowing *how*
- Encouragers give \_\_\_\_\_, not just \_\_\_\_\_
  - Identify the specific fear or need
  - Help someone to see and seize God's promises
- Encouragement is for \_\_\_\_\_
  - to receive
  - to give (1 Thessalonians 5:13, Hebrews 3:13)

## For Further Action and Reflection:

- Plan to join us for worship, a Psalm teaching, and prayer this Wednesday night from 6:45-8:00
- Meditate on Psalms 31, 54, 27
- Read *The Joy of Encouragement* by David Jeremiah
- Read *Side by Side: Walking with others in wisdom and love* – by Ed Welch
- Let Pastor Mike know if you wish to attend the Biblical Counseling Training Conference - <https://www.faithlafayette.org/biblical-counseling-training-conference>
- Share a message from this series with someone who needs encouragement – <https://www.forcey.org/media/sermons/hope-for-the-heart>
- Listen to "Great is your Faithfulness" by Charity Gayle - <https://www.youtube.com/watch?v=VVCJAo9h9GU&feature=youtu.be>

## Questions for Reflection:

1. What stood out to you most from the message?
2. Tell about a time when you experienced a real detour, layover, or hindrance of some kind to your travel plans? How did you feel and what did you do?
3. Have you ever felt that you were experiencing a detour or layover in your life journey? Explain.
4. Read Psalm 142. How would you describe how David is feeling as he writes this? What would you have said to David if you had a chance to encourage him?
5. Read Psalm 57. What has it looked like in your life for you to "take refuge" in God? Or, if you were in a season or moment of "taking refuge in God," what would someone see you doing specifically?
6. Share about a time when someone "crawled into a cave" with you. What difference did it make?
7. We talked about "giving someone the gift of going second" – that as we share our troubles, others will feel more free to share their troubles. What obstacles do we need to overcome personally and as a church in order to grow this kind of culture of sharing together?
8. What "detour" or difficulty are you facing right now? Explain.
9. What can you take responsibility for in the midst of your detour? Or, instead of trying to control things you can't control, how can you focus more on what God has given you responsibility for?
10. Have you come to Jesus? Have you admitted your need for Him and trusted in Him, the one True King, as your Savior? What would keep you from making that decision today?