



Deeper Dive: Encourage One Another

These resources are to help you go deeper as we explore together how we are called to be with one another as the people of God. There's lots of thoughts, ideas and resources here so use whatever is helpful and may you be blessed as you go deeper in your relationship with Jesus and one another. You might find them useful to study alone, or want to study them with others – in discipleship groups, families, couples or with a friend.



Going Deeper: Scripture

Passages in Scripture relating the encouragement (either the direct command to encourage one another or references of people encouraging each other) run through the whole Bible, Old and New Testament. Living a life faithful to Jesus is not an easy life and as the body of Christ the call to encourage one another is one to be taken seriously. The Bible tells us repeatedly that as followers of Jesus we will experience attack and struggle, for example in 1 Peter 5:8, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour" and John 15:19 says "If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you." With this context in mind, we need to be devout in encouraging one another.

Encouragement builds up the body of Christ, empowers people to use their God given gifts and enables the light of Jesus to shine in the world. So, how do we encourage one another well so it has this transformative impact? Firstly, it means not expecting perfection from one another, but lavishing affirmation and encouragement on each other, knowing God's work isn't finished in us yet. Secondly, it means words that build one another up, being clear and specific, sharing the impact, for example "it meant so much to me that you called the other day. I really valued the kind words you shared and it boosted my confidence for the day". Thirdly, encourage one another by sharing what God has done and what God is doing. Be bold in offering testimony and declaring the goodness of the Lord in season and out of season.

Going Deeper: Reflection or Discussion and Prayer

- Can you recall a time when you felt really encouraged? What did people say and do that made you feel that way?
- How comfortable are you with offering words of encouragement to one another?
- Take some time to share or remember your own testimony. How has the goodness of God been revealed in your life? Is there somebody you can share your story with to encourage them?
- The Bible tells us that the journey of faith can be hard. Who do you know who needs encouragement right now? Ask the Lord to reveal people to you.

Going Deeper: More Resources

Each of us learns differently so here are a variety of resources that you might want to use to help you encounter God's love more deeply, grow in your love of God and yourself and enrich your commitment to love your neighbour.

Music

'I Could Sing of Your Love Forever' Hillsong



'This I Believe' Hillsong

'Yes and Amen' Housefires

These are all great songs for being encouraged by what God has done for us and who God is.

Books

'Resilient' by Sheriden Voysey
A fabulous series of short reflections to encourage you to live a Jesus-shaped life.



'Tokens of Trust' by Rowan Williams
A brilliant book walking through the creed (what Christians believe).

'Searching for Sunday' by Rachel Held Evans
An honest and inspiring reflection on this woman's journey of faith and church commitment.

Podcasts *(the links are from apple because that is where I listen to my podcasts! Apologies if you use a different provider but you should be able to search for them.)*



Lucas on Life 'Just Good News'