



STAY POSITIVE
SERIES

**4. 100 REASONS TO BE
ENCOURAGED**

ICEBREAKER



If this is a new group or there are new people, please take a moment to **introduce yourselves.**

To start off your small group, briefly share your response to the following question:

Describe your “happy place.” That place you like to imagine yourself in when things get really stressful. It may be the beach, the mountains or the kitchen cooking with your grandkids.

Share with your group.

WHAT TO EXPECT

Let’s get a big picture of what we’ll be learning today...

Words can make the difference between a negative and positive day. Just think about it! When your phone beeps and you know a text is coming, it can be good...or bad. When it’s an encouraging word, nothing can stand in your way! You can’t help but stay positive. And you have the power to help others stay positive too, with your own encouraging words. In this week’s lesson, we will discover 100 reasons to be encouraged! We sure need it in these days!



TIPS TO A SUCCESSFUL SMALL GROUP DISCUSSION

Tip: SILENCE CELL PHONES. As a courtesy to those who are sharing in your group, please try to stay off your phones unless for emergencies. It is okay with the exception of the use of your smartphone device for online meeting (Zoom).

Tip: MAKE GROUP A PRIORITY. Communicate in advance when you will be unable to attend by calling and/or texting your host.

ONLINE Tip: ONCE ON THE CALL, START ON TIME. For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time.

DISCUSSION QUESTIONS

1.) We have no idea what another person may be going through. They may seem mad or standoffish. But inside, they may be depressed or anxious. Every encounter is a chance to encourage. Here's what Job says he would do if he were given an opportunity:

I could say the same things if you were in my place. I could spout off criticism and shake my head at you. But if it were me, I would encourage you. I would try to take away your grief.
(Job 16:4-5 - NLT)

Do you ever find it difficult to encourage others? What are some reasons you might not encourage someone?

2.) Our encouragement comes from the Lord! Whenever we are down, we can look to Him who is an ever-present help in times of need.

The humble will see their God at work and be glad. Let all who seek God's help be encouraged.
(Psalm 69:32 - NLT)

As soon as I pray, You answer me; You encourage me by giving me strength.
(Psalm 138:3 - NLT)

The first Psalm tells us that we can be encouraged by what we see. Look for how God is **moving in your life!** The second Psalm tells us that we can be encouraged by what **God says**. The number one way to hear what God is saying to you is to read the Bible, His words to you. Daily devotions are the best way to hear God speak to you.

I will weep with sorrow; encourage me by Your Word. (Psalm 119:28 - NLT)

How has reading God's Word encouraged you when you were facing a struggle? What do you need to do to read God's Word daily?

3.) Isn't it great when you get that word of encouragement right when you need it? Think about the last time that happened. How did it make you feel?

David had a friend named Jonathan who loved to encourage him. Take a look at this part of their story:

Jonathan went to find David and encouraged him to stay strong in his faith in God.
(1 Samuel 23:16 - NLT)

Because they were so close, Jonathan knew who David was. He knew his integrity and his strengths, but also his weaknesses. Jonathan knew what David was going through. And Jonathan knew the words to say to help him.

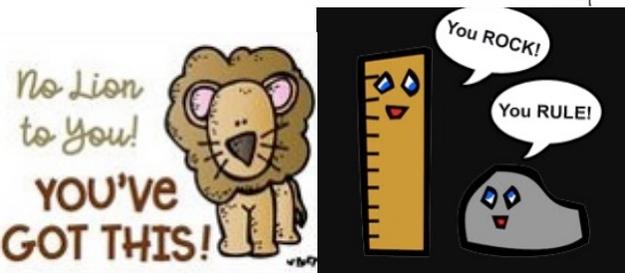
Has anyone ever encouraged you with just a few words? What was the situation? How did it make you feel?

4.) Encouragement is never a one-way street. We can encourage each other! When we are down, others can lift us up. And when we are up, we can help those who are down. It's like riding a bicycle built for two. It may take some practice, but it's worth the pay-off.

When we get together, I want to encourage you in your faith, but I also want to be encouraged by yours.
(Romans 1:12 - NLT)

We should never get together to just go through the motions. We should always mean it when we ask, "How are you doing?" And we should truly want others to be encouraged by what you have to say.

Take some time to partner up in the group into groups of 2 and share 1-2 words of encouragement with your partner.



WHAT WILL YOU DO?

This week, you will probably need some encouragement and you will probably see someone who needs it too. This week:

- Encourage those who are down to help them stay positive!
- Receive words of encouragement from others when you don't feel your best!

CLOSE IN PRAYER

Take a few minutes to close your time together with prayer and to pray for each other's prayer requests. Below is a sample prayer to read if you choose to. You can also choose to write down each other's prayer requests to remember throughout the week.



Sample Prayer:

"Father, thank You for the encouragement You give us daily. Help us to see where You are at work in our lives and may we be attentive to listen to Your voice through Your Word. When we are up, help us find someone who is down to lift them back on their feet. And when we are down, send someone who can share an encouraging word with us. You know us so intimately and You love us so much. We thank You and praise You for always bringing a timely encouraging word when we need it most. In Jesus' name we pray, Amen!"

Group Prayer Requests:

Name	Request
_____	_____
_____	_____
_____	_____

DAILY DEVOTIONS: DAY 1

SCRIPTURE...

*Words can bring death or life! Talk too much, and you will eat everything you say.
(Proverbs 18:21- CEV)*

OBSERVATION...

APPLICATION...

PRAYER...

DAILY DEVOTIONS: DAY 2

SCRIPTURE...

*Encourage each other every day while you have the opportunity. If you do this, none of you will be deceived by sin and become stubborn.
(Hebrews 3:13 - GWT)*

OBSERVATION...

APPLICATION...

PRAYER...

SCRIPTURE...

I weep with sorrow; encourage me by Your word.

(Psalm 119:28 - NLT)

OBSERVATION...

APPLICATION...

PRAYER...

SCRIPTURE...

"Don't be afraid," he said, "for you are very precious to God. Peace! Be encouraged! Be strong!" As he spoke these words to me, I suddenly felt stronger and said to him, "Please speak to me, my lord, for you have strengthened me."

(Daniel 10:19 - NLT)

OBSERVATION...

APPLICATION...

PRAYER...

SCRIPTURE...

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. (Ephesians 4:29 - NLT)

OBSERVATION...

APPLICATION...

PRAYER...
