

## STAY POSITIVE: PART 3 – BE ENCOURAGING SUNDAY, SEPTEMBER 25, 2022

*It seems easy to live in a cycle of discouragement. After all, the world around us is filled with negative and discouraging messages – we don't even have to look far for them. And, for many of us our own self-talk is full of negativity and discouraging messages. Sometimes we wonder if encouragement is even possible. The answer is, "Yes, encouragement is possible" because God is a God who encourages the discouraged.*

### READ 2 CORINTHIANS 7:5-7; HEBREWS 3:13

- What are some times when you have felt like there has been “no rest”?
- What are some times when you have felt as if there's conflict from every direction?
- What are some times when you have felt as if there's battles on the outside?
- What are some times when you have felt as if there's fear on the inside?
- How have any and/or all of the above situations impacted your level of encouragement/discouragement?
- Why do you think it's so easy to drift into a cycle of discouragement?
- Do you believe that God encourages those who are discouraged? Why or why not?
- What are some ways God has encouraged you when you were discouraged?
- Why do you think the presence of Titus was an encouragement to Paul?
- What are some times when someone has come into your life at the right time to encourage you?
- How can encouragement get and keep us on the right track (specifically in relationship with God)?
- How do you think David was able to encourage himself in the Lord?
- What are some ways you can encourage yourself in the Lord?
- What are some ways you can be an encourager to others? Who is someone you can encourage today?
- What next step will you take to be encouraged and encouraging?

### ENCOURAGING IS EXCELLENT – AND POSSIBLE!