

RENEW

ENCOURAGED IN HEART - KELLY

Ideas for discussion

- Who do you think of when you hear “encouraging person”? Describe that person.
- Describe a time when you were encouraged in heart. What type of encouragement did you receive?
- Is it ever difficult for you to receive encouragement? What might the Lord have for you in that area?
- Share from your chart. What type of encouragement are you currently in need of? In what ways do you most naturally encourage others?

Ideas for application

Encouraging like Paul did:

- write a personal letter of encouragement (to an anonymous recipient), focusing on one type of encouragement. Women can then get/pick a letter to receive encouragement.
- visit with one another, sharing news from your home, country, land, church, etc. Or just chat about things you’ve seen/watched/read lately that have been of interest or encouraging. Or share hilarious stories or videos!
- pray for one another, using the prayers Paul writes in Colossians