

INTRO

- Share a time when someone's encouragement made a difference in your life. How did it impact you?

This week's message focuses on turning to one another in faith and community. Paul's benediction in 1 Thessalonians 5:23-24 reminds us of God's faithfulness in sanctifying us. Despite challenges, we are called to support and encourage one another, just as the early church did.

READ

1 Thessalonians 5:23-24
1 Thessalonians 1:6
1 Thessalonians 2:7-8, 11-12
1 Thessalonians 3:12
1 Thessalonians 5:11
Galatians 6:2

REFLECT

Paul's letter to the Thessalonians describes a flourishing church despite suffering.

Qu: Are there ways their situation compares to challenges we face today?

Qu: What are some areas in your life where you feel shaken?

Look at 1 Thessalonians 5:11. Paul has already shown us that our love for one another can be compared to a nursing mother caring for her children, and to encourage, comfort and urging one another to live lives worthy of God as a father does with his own children.

Qu: Discuss ways we can be intentional in encouraging one another. How do you personally engage in building up others in faith and love?

Galatians 6:2 instructs us to "carry each other's burdens."

Qu: What does this look like in practical terms in your daily life?

Qu: Are there burdens are you carrying that you need to share with others, and how can you also help carry someone else's burdens?

RESPOND

Practice deep listening: Ask questions and genuinely listen to others' challenges, fears, experiences.

Consider how asking open-ended questions can lead to richer connections and understanding.

Practice asking open-ended questions in your daily interactions. Instead of "How was your day?" try "What was the best part of your day?" or "What part of your day was unusually difficult?"

Qu: How can we be more intentional about supporting one another?

Paul speaks of love increasing and overflowing to each other and "everyone else". Remember, your neighbours, your workmates, your classmates are facing the same uncertainty — wondering what the days ahead hold.

Qu: How can we cultivate a love that extends beyond our immediate circles?

PRAY

What are some personal burdens you can bring to God in prayer today? How can we pray for one another as a group?

Ask God to reveal ways you can be an encourager to someone this week. Who is God placing on your heart?