



*EXPLORING REAL WAYS  
TO LIVE IN AUTHENTIC COMMUNITY*

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**STUDY GUIDE**  
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## ENCOURAGE ONE ANOTHER // *1 Thessalonians 5:11*

### WHAT DOES IT MEAN?

The Greek word for “encourage” is a compound word combining the prefix “para” meaning “from, by, or beside” and “kaleo” meaning “call.” Literally, to encourage means “to call to the side of.”

Encouragement is often related in the New Testament to exhortation and comfort. To encourage carries the idea of “building up,” “strengthening” or “fitting for battle.” When we encourage one another we call one another to accept and apply God’s strength – to practice faith. The most frequent command in Scripture is, “Be strong and courageous. Do not fear.” Courage comes from the encouragement of Scripture, God’s Spirit, and other believers.

Note that giving encouragement is not an occasional practice or only given in time of crisis. Rather we are to encourage “daily.” The basis of our encouragement is not changing circumstances but rather in the eternal strength and love of God. We can encourage others because God is our courage.

### PRAY:

Ask God to reveal something meaningful through this time of reflection.

### READ:

Offer your full care and attention to reading the provided scripture passages.

### DISCOVER:

*I Thessalonians 5:11* Therefore, encourage one another and build each other up.

*II Thessalonians 2:16-17* May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

*Hebrews 3:13* But encourage one another daily, as long as it is called “today,” so that none of you may be hardened by sin’s deceitfulness.

*Romans 15:4-6* For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope. May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.

## DISCOVER, CONTINUED:

- 1) Identify the what, when, and why of the one another command to “encourage.”
  - What does it mean to encourage someone?
  - When are we to encourage?
  - Why are we to encourage?
- 2) Reflect on occasions in your life when you desperately needed encouragement. What did it feel like to receive such encouragement – or not to receive it?
- 3) Sometimes we are encouraged by the personal example of another Christian. Who has been an encouragement to me/us?
- 4) As we have already learned, “one another” means mutuality. If someone has encouraged us, have we told that person? If not, why haven’t we? What is it about us that keeps us from expressing encouragement to one another?
- 5) How can we cultivate the art of encouragement in our church body?
- 6) Who needs encouragement right now? How can we encourage them?

