

Cultivating Covenant Community
A Study of the One-Another Commands of Scripture

Lesson 5: Encourage One Another

Key Scripture: Hebrews 10:24-25

1. What does it mean to encourage one another?

- a. Hebrews 10:24-25 highlights the importance of encouraging one another in the body of Christ.
- b. Encouragement is **thoughtful**.
 - i. “And let us consider how...”
 - ii. This implies that we are supposed to be intentional and give thought to how we might encourage others.
 - iii. Think about individuals. What could I say or what could I do that would encourage *this* Christian in his walk with the Lord?
- c. Encouragement is **purposeful**.
 - i. “to stir up one another to love and good works.”
 - ii. The Greek word for “stir up” means “provoke” or “stimulate.” A good word could be “catalyst.”
 - iii. The purpose of this encouragement is to promote love and good deeds. Christian encouragement encourages holiness in others. It is not merely a matter of making someone feel better.
- d. Encouragement is **communal**.
 - i. “not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”
 - ii. Christian encouragement is a community project. It is meant to happen as we gather for worship and fellowship on a regular basis.
 - iii. Have you ever considered the encouragement you are missing if you neglect the assembly?
 - iv. Have you ever considered others who are deprived of your encouragement when you are not present?
 - v. Your presence at church gatherings is an encouragement!

2. What are some biblical examples of encouragement?

- a. Moses encouraged Joshua.
 - i. Deuteronomy 1:34-40
- b. Jonathan encouraged David.
 - i. 1 Samuel 23:15-18
- c. Barnabas encouraged Paul.
 - i. Acts 9:26-30

3. How can I become a better encourager?

- a. Be **present**.
 - i. Romans 1:11-12
 - ii. Ephesians 6:21-22

- iii. Encouragement is always stronger when we are physically present.
- b. Be **perceptive**.
 - i. 1 Thessalonians 5:14: “And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all.”
 - ii. When you consider our church, ask yourself this question, “Who needs to be encouraged here?”
- c. Be **positive**.
 - i. 1 Thessalonians 4:1: “Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to walk and to please God, just as you are doing, that you do so more and more.”
 - ii. 1 Thessalonians 5:11: “Therefore encourage one another build one another up, just as you are doing.”
 - iii. Do not detract from your encouragement by making unnecessary qualifications. “You are a great dad when you are not losing your temper.” Is that encouraging? No!
 - iv. Affirm what is good, and fan into flame more of what is good.
- d. Be **honest**.
 - i. Flattery is a sin.
 - 1. 1 Thessalonians 2:5: “For we never came with words of flattery, as you know, nor with pretext for greed—God is witness.”
 - ii. Encourage with truth.
- e. Be **intentional**.
 - i. Some Christians have the spiritual gift of encouragement, and this comes naturally. However, most of us will need to make more of a conscious effort. We must remember that we are **commanded** to encourage one another. We should be just as committed to encouraging one another as we are to any other of God’s commandments.
 - ii. Ask yourself regularly, “Have I encouraged anyone recently?”
- f. Be **specific**.
 - i. We should give thought to what we say and what we do to encourage others. We often settle for generic encouragement that does not make much impact.
 - ii. For example...
- g. Be **persistent**.
 - i. Most people need encouragement much more than constructive criticism.
 - ii. Keep encouraging others and do not give up!