

UNSUNG HEROES

Week 3: Barnabas

ICE BREAKER:

What's the most encouraging thing someone has ever said to you?

READ SCRIPTURE:

Psalm 121:1-2

DISCUSSION QUESTIONS:

1. Based on Psalm 121, where does our encouragement come from? How can you remind yourselves of what God thinks of you every day?
2. What has your experience been in the church? Did you feel like you were visiting/attending an encouraging church? Has that always been your experience?

It seems like God has designed us to find our strength and encouragement from Him so that we can then build one another up and continue to be built up by others.

3. Which part of this is most difficult for you? Spending time with God getting to know how he feels about you? Encouraging others? Finding encouragement for yourself from others?

READ SCRIPTURE:

Hebrews 10:24-25

4. Take some time to encourage one another! Everyone in the group has to say at least one encouraging thing to someone and everyone in the group should have something encouraging said to them as well.
5. Why does it make us uncomfortable to give and receive compliments or encouragement? What would change if we spent more time resting in who God says we are?
6. Make a plan to give an "I see in you" note to someone this week!