



Key Texts
 Matthew 11:28-30
 John 6:66-68; 16:33
 Romans 8:18
 2 Corinthians 4:17-18; 11:23-28

Talking through the message during the week helps turn what God is saying into action steps. Get connected with some folks who will listen and dig into the word together.

Read: **John 16:33**

- What are the promises (there is more than one) in this verse?
- What does discouragement look like for you?
- What causes you to become discouraged?
- What does it look like for someone to encourage you?
- What do you look like when you are encouraged?
- What does it look like to have peace?
- What does it mean when Jesus says to his followers: *“Take heart! I have overcome the world”*?
 - What does *“take heart”* mean?
 - In what sense has Jesus *“overcome the world”*?

Mike talked about 3 ways of encouraging...

1/ courageously look at people, 2/ acknowledge their pain. 3/ suspend judgment

- Which way(s) do you find easiest to do?
- Which way(s) do you learn away from?

Brené Brown said *“courage always requires vulnerability.”*

- Agree? Disagree? Why? What does this mean to you in the context of discouragement and encouraging?

Parker Palmer said: *“The human soul doesn’t want to be advised or fixed or saved. It simply wants to be witnessed — to be seen, heard and companioned exactly as it is.”*

- Agree? Disagree? Why? What does this mean to you in the context of discouragement and encouraging?

Read **Matthew 11:28-30**

- Read this passage slowly. What is it inviting you do to?
- Do you find this hard or easy? Why?
- Do you really want to find *“rest for your soul”*?

Read **2 Corinthians 4:17-18; 11:23-28**

- Why do think Paul expresses his understanding of hard times the way he does?
- What does Paul point to as the source of his encouragement and his hope?