

## 2. Encourage One Another

- What has encouraged you during the past week?
- Read Hebrews 12:1-2a

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith..

- Who are the witnesses that we are surrounded by?
- Why are they there? What is their purpose?
- How can we be inspired by them?
- Who is our ultimate audience?
- How might our behaviour be affected by those we listen to?
- What audiences can we play to? (Family, friends, colleagues etc)
- What are the 'weights' that we carry around that we need to lay aside? They will be different for each of us.
- What keeps you going and gives meaning & purpose to your life?
- How can we be an inspiration and encouragement to others?
- Think of at least one way in which you can be an encouragement to someone you see often during the week.
- Close in prayer for one another and for those who may be in need of our encouragement.



### Encouragement

Words of Encouragement from a Christian singer / songwriter :

I keep fighting voices in my mind that say I'm not enough.  
Every single lie that tells me I will never measure up.  
Am I more than just the sum of every high and every low?  
Remind me once again just who I am because I need to know.

You say I am loved when I can't feel a thing.  
You say I am strong when I think I am weak.  
And you say I am held when I am falling short.  
And when I don't belong, You say I am Yours.

And I believe  
What You say of me.

The only thing that matters now is everything You think of me.  
In You I find my worth, in You I find my identity.

Taking all I have, and now I'm laying it at Your feet.  
You have every failure, God, You have every victory.

Yes, I believe  
What You say of me

Lauren Daigle  
Lyrics to 'You Say' from the Album Look Up Child.

