

# ONE ANOTHER

## Encourage One Another

WEEK 8

### How Did It Go?

Would anyone like to share about how God showed up in the last week?

### Read Aloud

Passage for this week: **1st Thessalonians 5.1-11.**

### Head (15–20 minutes)

OBSERVE THE TEXT AND THE AUTHOR'S MAIN POINTS

- Is there anything from this passage that stands out as surprising or confusing?
- What does it mean to be “children of the light”, as the author writes in verse 5?
- Discuss the author’s call in verse 11; what does it mean to “build one another up”?

### Heart (15–20 minutes)

ENVISION HOW THE TEXT—WHEN APPLIED—MIGHT TRANSFORM YOUR INNER LIFE IN TERMS OF YOUR THOUGHTS, ATTITUDES, AND BEHAVIORS

- Share a time where someone’s thoughtful encouragement made a significant impact on you.
- What are some ways you practice “building up” others in the Body of Christ?

### Hands (10 minutes)

APPLY THE TEXT BY MOVING FROM INWARD REFLECTION TO OUTWARD ACTION LOOKING FOR WAYS TO LIVE THE TEXT OUT IN OUR LIVES TO SERVE OTHERS

- What sort of things might you need to give up, in order to better encourage and build up the People of God in your life?
- Application Opportunity - What are some habits your small group might create to better practice encouragement and building one another up?