



Holistic Encouragement

1. Can you think of a time when you've felt particularly encouraged? What impact did this encouragement have on you?
2. To what extent do you read things into people's silence? What impact does this have on your own sense of self-worth? What holds us back from offering encouragement to others more regularly? How might we become better at offering encouragement?
3. What role does confidence play in being able to follow Jesus effectively? How might we ensure we remain humble in the face of any encouragement we might receive?
4. What impact do you think this encouragement had on Jesus' life? How did Jesus encourage others, & what might we learn from this for our own lives?
5. To what extent do you believe God is 'well-pleased' with you? What difference does it make to our faith to accept that God takes genuine pleasure in us & our lives?