

# Beyond Sunday

For groups, friends, families, couples, or individuals to reflect on the message you heard this Sunday.

**Focus:** During January and February, we are looking at the church and how they valued the art of one another. Did you know the words “one another” are used 59 times in the New Testament? “Love one another.” “Forgive one another.” “Regard one another as more important than yourselves.” And the list goes on. This week, we want to reflect on how Jesus designed His church to be a place where we are encouraged and are encouraging one another.

1. Reflect back on your life who was your biggest encourager. What did they say or do that made this so?
2. Read Proverbs 18:21. How have you seen this to be true in your life and in the lives of others? And what are other ways to encourage or discourage besides with your tongue?
3. Read Colossians 4:7-8. How does it relate to Gary’s statement (below) and what are other examples of individuals needing and being encouraged throughout the Bible?

*“Biblical encouragement is more than a compliment. Complimenting is important, but we are talking about something completely different here. Biblical encouragement is not focused on what a person is capable of within themselves, but rather in what they are capable of in Christ. It builds up! Encouragement is like oxygen in the life of a church. It keeps hearts beating, minds clear, and hands inspired to serve. Encouragement is so important to the church.”*

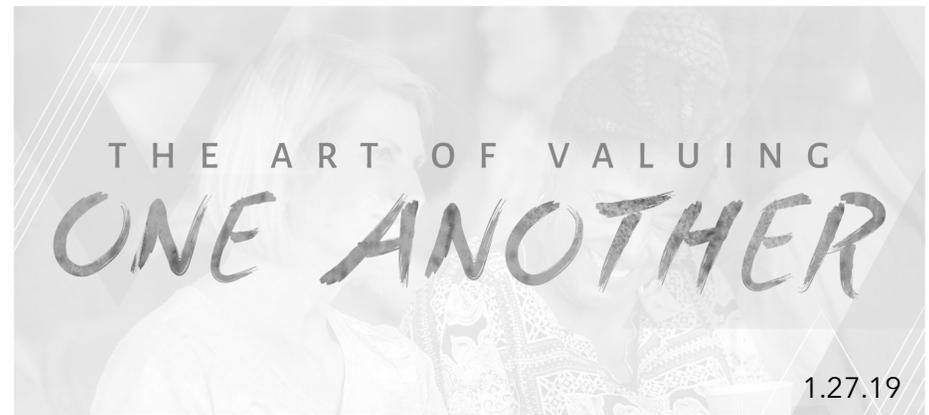
4. Read Hebrews 10:23-25. What part of the passage impacts you the most and why? Reflect on what it means to consider, spur, and encourage.
5. If the people around you depend on your encouraging words, actions, and prayers for nourishment, are they dying of malnutrition or are they thriving?

### Call to Action:

- a. Get in a group ([wearepcc.com/adults/small-groups/](http://wearepcc.com/adults/small-groups/)) so you can be encouraged.
- b. Make a list of who needs encouragement and how/when you will do it.
- c. Write a prayer to God about this issue of being encouraged and encouraging.

**New to PCC?** 8:55 & 11-text “**guest**”  
9:05 - text “**905**” Hudson- text “**Hudson**”  
to 650-332-4438 to get more info  
**Give to PCC: use your Pushpay app**

**June 2018 - Dec 2018**  
Budget to Date: **\$2,558,805**  
Giving to Date: **\$2,316,365**  
deficit **(\$242,440)**



## Encourage One Another

Therefore **encourage one another** and **build each other up**, just as in fact you are doing. 1 Thessalonians 5:11

### Encouragement Defined

Tychicus will tell you all the news about me. He is a dear brother, a faithful minister and fellow servant in the Lord. I am sending him to you for the express purpose that you may know about our circumstances and that he may **encourage your hearts**. Colossians 4:7-8

**Let us** hold unwaveringly to the hope we profess, for he who promised is faithful. And **let us** consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but **encouraging one another**—and all the more as you see the Day approaching. Hebrews 10:23-25

“Biblical Encouragement is not focused on what a person is capable of within themselves, but rather in what they are capable of in Christ.”

## Encouragement thrives in Christian community

...not giving up meeting together...

Hebrews 10:25

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." Mark 14:32-34

## Essential ingredients of biblical encouragement

### Considering

...let us consider...

Hebrews 10:24a

### Spurring

... how we may spur one another on...

Hebrews 10:24b

### Encouraging

...encouraging one another...

Hebrews 10:25c

## The result of encouragement

### Love and Good Deeds

## Practical ways we can encourage others:

### 1. Pray:

*Praying with people is an incredible way to encourage them as you lift them and their needs before Heaven's throne and invite the Father to engage in their life.*

### 2. Smile:

*Did you know that smiling is contagious? It might not just alter a person's mood, but could change their life.*

### 3. Speak:

*There are millions of people on the planet who feel overlooked and forgotten. And with a simple hello and encouraging word, we can let someone know that they are seen and cared about.*

### 4. Write:

*Spoken words are powerful, but there is something special about written words – they last forever. A simple card, email or text reminds someone that they are valuable and being thought of.*

### 5. Give:

*Providing tangible resources or thoughtful gifts can provide unique encouragement to people and brighten their day.*

### 6. Serve:

*Sometimes actions speak louder than words. Lending a hand to come alongside and engage in a practical act of service can have an amazing effect on someone.*