



# WEEK 4: HOW TO STAY ENCOURAGED

## WELCOME

Name a thing you're good at. Who convinced you to pursue that?

## WORSHIP

- Sing, *This is Our God*  
(If you're meeting in a public space, skip the song and instead have 2 or 3 people share a praise/thanks report.)

## WORD

- **Read Acts 4:36-37**

1. This was the first mention of Barnabas. It was the nickname of Joseph, a Jewish man from the priestly clan living in Cyprus. He was among the many who became a Christian on the day of Pentecost.

2. From the verses, what else do we learn about Barnabas when he is in these verse especially about his commitment to the Church even as a new believer?

- **Read Acts 9:26-31**

1. Background: When Saul first arrived in Jerusalem and attempted to join the disciples, but they didn't believe he has changed. They were afraid of him. It was Barnabas—whose name means “son of encouragement”—who takes Saul to the apostles, vouches for him and relates his story of conversion. Barnabas takes a great risk bringing a well-known enemy of Christianity to them. If Barnabas didn't do what he did, Paul would not have become who he became. Thank God for Barnabas!

2. Can you name any Christian in your life who has become your greatest encourager?

3. Why is the gift of encouragement so important in the battle of the mind?

4. What does the character of Barnabas teach us about the importance of belonging to a community?

5. Surrounding yourself with godly encouragers will not only help you grow, but to never feel alone in your battles. Are you open to surrounding yourself with encouragers?

6. Will you let other speak into your life?

7. Read Proverbs 18:21. What can we practice this to help each other battle falsehood and negativity in our minds?

8. How can you be more like Barnabas and encourage those around you today? How can you make encouragement a habit in your life?

## WORK

- God has given you special gifts and talents. Can you name someone that you can influence by encouraging and mentoring them? If so, how could you be a better mentor. If not, how can you start doing so? What are some truths from God's Word today that you can apply?
- Pray for one another.

### KEY SCRIPTURES

#### **Acts 4:36-37 NIV**

36 Joseph, a Levite from Cyprus, whom the apostles called Barnabas (which means “son of encouragement”), 37 sold a field he owned and brought the money and put it at the apostles' feet.

#### **Acts 9:26-31**

26 When he came to Jerusalem, he tried to join the disciples, but they were all afraid of him, not believing that he really was a disciple. 27 But Barnabas took him and brought him to the apostles. He told them how Saul on his journey had seen the Lord and that the Lord had spoken to him, and how in Damascus he had preached fearlessly in the name of Jesus. 28 So Saul stayed with them and moved about freely in Jerusalem, speaking boldly in the name of the Lord. 29 He talked and debated with the Hellenistic Jews, but they tried to kill him. 30 When the believers learned of this, they took him down to Caesarea and sent him off to Tarsus. 31 Then the church throughout Judea, Galilee and Samaria enjoyed a time of peace and was strengthened. Living in the fear of the Lord and encouraged by the Holy Spirit, it increased in numbers.