



spiritual adult

DISCIPLE ME

TRACK 2: DEVELOPING OTHERS

ENCOURAGEMENT

ICEBREAKER: THE HYPE SQUAD

Alright, this is your official permission to be slightly dramatic in someone's inbox. Think of the person you would draft as your full-time, salaried, no-days-off hype person. The one who would clap the loudest, defend you in group chats, and remind you who you are when you forget.

- **Who would you hire as your official "hype-person"?**

Now that you've named them, it's time to take out your phone and text them. Tell them you're choosing them as your hype person - and explain why. Be specific. Mention their elite gas-you-up skills. Their unwavering loyalty. Their ability to turn a bad day around. Don't just say "you're awesome." Give them details. Make it slightly over the top if you want. Encouragement hits different when it's unexpected - and mildly dramatic.

STUDY: THE RESPONSIBILITY TO ENCOURAGE

Today's icebreaker may have felt a little awkward or dramatic - but it wasn't small. You didn't just send a funny text. You strengthened someone. You reminded them they matter and gave them words they can return to on a hard day. That's influence.

Read Hebrews 3:13.

We often treat encouragement as random - a compliment here, a kind comment there. But Scripture treats it as serious. *"Encourage one another daily... so that none of you may be hardened by sin's deceitfulness."* Encouragement isn't just hype; it's protection. It guards hearts. It prevents drift.

- In your experience, what happens to a person over time when encouragement is absent?
- Why is it often easier to point out flaws than to intentionally build someone up?
- Who in your life consistently encourages others? What makes their encouragement effective?

In many ways, encouragement is a litmus test for spiritual growth. Spiritual Infants wait to be encouraged. Spiritual Adults take initiative and become encouragers. What you just practiced in a lighthearted way reflects something deeper - moving from being influenced to becoming an influence. So, let's explore why that shift matters and why encouragement is a daily responsibility, not an occasional extra.

ACTIVITY: BUILT TO BUILD

Encouragement isn't just being nice. It's not flattery. It's not vague positivity. The Bible gives us a much richer picture. In this activity, you're going to explore several passages that describe what it actually looks like to build someone up. As you read, pay attention to the verbs, the tone, and the posture behind the words. Find the corresponding phrase and draw a line to connect the correct verse with each description.

Your growth is a resource to encourage others.	Romans 14:19
Encouragement combines strength and love	Ephesians 4:15
Building others up takes effort.	2 Corinthians 1:3-4
We should look for ways to build up our neighbors.	Proverbs 16:24
Encouragement heals.	1 Peter 4:10
Well-timed words can build others up.	Colossians 4:6
Grace-filled speech deepens trust and safety.	Proverbs 12:25
Encouragement is rooted in truth.	Galatians 6:2
Building others up includes carrying burdens.	Romans 15:2
Our gifts are meant to help build others up	1 Corinthians 14:12
God comforts us so we can help comfort others.	1 Corinthians 16:13-14

CHARACTER STUDY: BARNABAS

Today, we're going to look at a man whose name describes his life: Barnabas, which means "Son of Encouragement." This wasn't just a personality trait; it shaped how he used his influence. As you read the passages below, pay attention to what he actually does. Notice his posture, his risks, and his sacrifice. Ask: What does encouragement look like in action? What does it cost him? Who benefits? Then trace the impact of his influence.

Acts 4:36-37	Acts 9:26-27	Acts 11:25-26	Acts 15:36-39

CHALLENGE: THE DRIFT GUARD

This week, intentionally reach out to someone who seems distant, discouraged, or spiritually quiet. Ask one meaningful question about their life, something that goes beyond small talk. It could be, "How are you really doing spiritually?" or "What's been challenging your faith lately?" Before the conversation ends, pray specifically for them. Encouragement isn't passive. It moves toward people and helps guard their hearts.