



Encouragement - Rendi Scholten

Proverbs 18:8

“The words of a gossip are like choice morsels; they go down to a man’s inmost parts.” or “They are dainty morsels that sink deep into one’s heart.”

Ephesians 4:29

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Have someone in your group read the above scripture and then discuss:

- What stands out to you in each of the pieces of scripture? Why?
- What do you think it means to build others up according to their needs? What does this mean to you personally?

Icebreaker:

- What’s one of your favorite summer activities to do with family and/or friends?
- What kind of kids did you hang out with in high school?

Conversation Guide:

- Have you ever been the subject of gossip that hurt deeply? Have you ever been the source that inflicted great pain on someone else?
- In Luke 6:45 it talks about what is stored up in our hearts, overflows and is spoken from the mouth. What would you say is the current condition of your heart simply by what you most often speak?
- What is a step you can take today to become a source of encouragement for others? A hand written note, provide a meal, words of affirmation for a job well done?
- Is there someone with whom you maybe need to set some boundaries due to the toxic gossip nature of the relationship?
- When have you received encouragement from someone that resulted in you increasing your encouragement to others? Encouragement reflects encouragement!