

Cell Material Week beginning 15.10.07 Encouragement

Welcome

Can you think of someone who has encouraged you in your life in the past or recently? What did they do to make you feel encouraged?

Word

Note for leader: At the bottom is a list of some readings about Barnabas in the book of Acts. You may want to cut them up and hand them out so that people can share the reading of the verses and so that everyone doesn't have to look all of them up!

Read **Romans 12 vs 1-8**. Do you know anyone who has the 'gift' of encouragement? Sometimes we don't encourage others because of insecurity (we don't want to encourage others as we think it will take away from our self esteem); being mean spirited (we don't want to make people big headed); laziness (we think nice things but never get round to telling people what we think). Have you ever withheld encouragement for one of these reasons or another reason?

In the New Testament we read about a man called Barnabas who was a great encourager of other believers. Take it in turns to read the references about him.

Acts 4 vs 36-37 Changed his name to match his character – often happened in those days. Generous – sold his field to give away the money.

Acts 9 vs 26-27 Barnabas helped Paul to be accepted by the apostles to stop them being afraid of him.

Acts 11 vs 22-26 The church sent him to Antioch to encourage the church to stay true to the Lord. Tells a bit about the kind of man he was and how the Lord used him.

Acts 13 vs 2-3 Set apart for God's work.

Acts 13 vs 42 Talked with the Jews and urged them (encouraged them) to continue in the grace of God.

Acts 14 vs 3 His words were backed up by signs and wonders.

Acts 14 vs 11-12 Paul was clearly the main speaker and Barnabas worked more quietly in the background.

Acts 14 vs 23-26 He appointed elders – prayed and fasted. Reported back to the church to encourage them.

Acts 15 vs 2-3 Encouraged believers on his journey to Jerusalem.

Acts 15 vs 25-26 A bit more about his character – risked his life for Jesus.

How does the life and example of Barnabas encourage you?

Witness

Who do you need to encourage?

Employees; employers; leaders; people who serve you; parents; children; friends; family; brothers and sisters in Christ – everyone!

How can you encourage someone? Helping practically, listening, giving, speaking (or writing) encouraging words, praying?

Worship

Choose and play some quiet music – give everyone paper and pencil. During a time of prayer write down who you can encourage this week and how you could do that. Pray for people on your list as a cell if appropriate. Pray for anyone in your cell going through tough times for to encourage them. Close by reading Ecclesiastes 4 vs 9-12 and/or Ephesians 4 vs 14 –21.

Acts 4 vs 36-37

Acts 9 vs 26-27

Acts 11 vs 22-26

Acts 13 vs 2-3

Acts 13 vs 42

Acts 14 vs 3

Acts 14 vs 11-12

Acts 14 vs 23-26

Acts 15 vs 2-3

Acts 15 vs 25-26