

### **Hebrews 10:23-25 New Living Translation**

**23** Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. **24** Let us think of ways to motivate one another to acts of love and good works. **25** And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

### ***Discussion/Journal Questions***

When you played with blocks as a child, were you more into building or tearing down?

When it comes to relationships, do you most often build people up or tear people down? Why do you think that is?

Read James 5:9. Do you believe grumbling is contagious? Why or why not? If so, how do we protect ourselves against grumbling?

Reflect on the media you consume. Does it cultivate a spirit of grumbling in your heart?

Read Ephesians 4:29 and James 3:1-12. What does the Bible say about the power of words? What happens when we are careless with our words and tear others down?

Read Hebrews 10:23-25. What are some practical ways you can encourage those around you this week?

What are some practical ways your group can encourage you this week?

**Who are you praying for to accept Jesus, and what specifically did you do this week to interact with them?**

**Who are you currently discipling, and what specifically did you do this week to help them know, love, and follow Jesus?**

**Who are you considering for future discipleship relationships, and what specifically did you do this week to interact with them?**