

Help For When You're Tired

Moses, Aaron, and Hur – Exodus 17:8-13

Everyone needs encouragement

Encouragement – *Giving someone confidence or boldness to do something*

vs. 25 “not neglecting to meet together, as is the habit of some, but encouraging one another”

*Encourage one another (1 Thess. 4:18)*

*Build each other up (1 Thess. 5:11)*

*Encourage one another daily (Heb 3:13)*

**Myth – Having Confidence and capacity is a personality trait.**

**Fact – Confidence and capacity come from the Gospel.**

Big picture of Hebrews

The Gospel encourages us that:

*Christ accepts us (vs. 19, 20)*

*Christ is interceding for us (vs. 21)*

*Christ gives us assurance of our eternal hope (vs. 22, 25)*

*Christ is faithful to us (vs. 23)*

*“The Lord who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine.” 1 Sam 17:37*

**Myth – Love and good works will just happen.**

**Fact – Love and good works need to be intentionally prompted.**

CONSIDER HOW

*Different people might need different types of encouragement.*

*Consider is literally “to direct one’s whole mind to an object... to scrutinize... to think very carefully”*

TO STIR UP

*KJV says “provoke.” NIV says “spur”. The word has the connotation of sharpness, also used to describe the wine Jesus drank.*

*About spurs...*

ONE ANOTHER TO LOVE AND GOOD WORKS

*Jesus: “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” (Matthew 5:16)*

**Myth – We can follow Jesus alone.**

**Fact – We need to meet together.**

*“It is sobering to discover that in the early second century Rome it was simply *preoccupation with business affairs* that accounted for the neglect of the meetings of a house church. Whatever the motivation, the writer [of Hebrews] regarded the desertion of the communal meetings as utterly serious... The neglect of worship and fellowship was symptomatic of a catastrophic failure to appreciate the significance of Christ’s priestly ministry and the access to God it provided.” – William Lane in his *Commentary on Hebrews 9-13**

**Myth – Needing encouragement is a sign of weakness or a lack of faith.**

**Fact – The Bible says we should encourage one another daily.**

**Questions for Personal Study**

1. Think of a time when you received needed encouragement. How did it help you go on?
2. How might you spur someone on to love and good works?
3. Are you embarrassed to receive encouragement? Why or why not?
4. Are you committed to meeting with other believers? Why is this necessary for the Christian life?