

WEEK 4
LESSON OUTLINE



BIG IDEA

Jesus shows us encouragement is worth repeating.

BIBLE

Mark 2:1–12; Hebrews 10:24–25;
1 Thessalonians 5:11

ABOUT THIS WEEK

Have you ever had a friend send you a song that was exactly what you needed to hear? This week, we'll hear a story about a group of friends who did everything possible to get their paralyzed friend in front of Jesus. They knew that Jesus had something their friend needed to hear, and we'll see how **Jesus shows us encouragement is worth repeating.**

WHAT?

Our music tastes are so sacred to us. There are bands and artists we love so deeply. Maybe their music has helped us through a tough time and encouraged us when we felt like giving up. Sometimes, we want to help others in the same way that music helps us. We want to encourage others, but we may not know the words to say or feel awkward when we do. How can we learn to be someone who repeatedly encourages the people around us?

SO WHAT?

In Mark 2:1–12, a group of friends wants to get their friend to Jesus to be healed. But when they try to get him to Jesus, it's so full there's no place for him to go. Instead of giving up, the friends have the brilliant idea of climbing onto the roof with their buddy and lowering him down to Jesus. Sometimes, we're the person on the mat. Other times, we're the ones carrying our friends. In either place, there's always something we can do to uplift each other with words and actions to help get each other closer to Jesus.

Hebrews 10:24–25 shows us that encouragement is about more than words. It's about helping people to move forward, connecting with each other, and growing closer to Jesus. So, yes, encourage your friends with your words. Compliment them and help them see how awesome they are. But the Bible expands our definition of encouragement to include actions, too, because **Jesus shows us encouragement is worth repeating.**

NOW WHAT?

Here are a few ways you can hype up your friends this week. We all can encourage others when ...

- **THEY'RE GROWING:** We can call out the strengths we see in our friends and challenge them to keep moving forward, even if they make a mistake because we all fail as we grow.
- **THEY CHOOSE WHAT'S GOOD:** Sometimes, we need help remembering what it looks like to do good. Imagine everyone cheering each other on for doing good things. When you see someone doing something extraordinary this week, tell them!
- **THEY WANT TO CHANGE:** Consider how you can encourage your friends when they say they want to change. Choose uplifting, kind things to say to them and show them you are cheering them on.
- **THEY WANT TO GROW CLOSER TO GOD:** We can encourage each other to keep growing in our faith by talking about how we're growing and connecting with God.

Encouragement can look so different for each of us. Take that into account this week and remember that Jesus shows us encouragement is worth repeating.