# EQUIPPED TO ENCOURAGE AND SUPPORT

### Rhoda Wolle

People are hurting and struggling all around us. Join us for a discussion on how as followers of Jesus, we are uniquely equipped to encourage and support. You will leave this session with

practical ways you can show empathy and compassion as you serve the people around you, and in doing so, bring glory to God!

##### Foundational Scripture:

“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.” Ephesians 4:29

##### Key questions to guide our discussion:

1. Why do I exist? What is my purpose?
2. Poiema – Does God have a specific plan for my life?
3. How does my vocation impact those who are suffering?
4. Why is there hurt in the world? What is the purpose of pain?
5. What does it mean to be compassionate?
6. Shalom – How do we begin to restore broken relationships?

**Personal Action Plan:** What is God calling me to do and how will I do it?