

# Journey CHURCH

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## Elijah Leader Guide Session 5- A Lesson About Encouragement

### Weekly Memory Verse

*The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." 1 Kings 19:7*

### Share Your Story

1. Tell about a time you felt that the journey was too much for you, and someone encouraged you.

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2. What circumstances cause people to get stuck on this journey and not move forward?

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3. Sit with your prayer partner. Answer this question: how has being in this group impacted your personal relationship with God?

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**Watch Session 1 of Elijah**

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## Hear God's Story

### Read 1 Kings 19:1-6

1. What surprises you about this part of Elijah's story?

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2. Elijah had experienced victory and accomplished a lot. Yet, he still became discouraged. Why do you think this happened?

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3. How did God care for Elijah in this story? What did Elijah need?

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## Daily Devotions

*As you've done in previous weeks, use this tool to stay connected with Christ on your own, between your group meetings. Each day, read the verse given. Take your time. Ask God to speak to you through His Word. Notice which word or phrase stands out to you. Then take some time to journal your response back to Him. You can write whatever's on your heart.*

### Day 1

Read 1 Thessalonians 5:11

*Therefore encourage one another and build each other up, just as in fact you are doing.*

Respond:

Who is someone who builds you up? Who is someone you could do that for?

### Day 2

Read 1 Thessalonians 5:12

*Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you.*

Respond:

Who supports you and works hard to help you spiritually? Write that person a note to thank them for how they've acted as God's messenger to you.

### Day 3

Read 1 Thessalonians 5:13

*Hold them in the highest regard in love because of their work. Live in peace with each other.*

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Respond:

What's one step God is prompting you to take in order to live in peace with others?

## Day 4

Read 1 Thessalonians 5:14

*And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone.*

Respond:

Who are the people who need encouragement, according to this verse? Who is someone you can offer encouragement to? Spend some time praying and asking God to bring someone to mind.

## Day 5

Read 1 Thessalonians 5:15

*Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.*

Respond:

This verse urges us not to take revenge. How could choosing not to take revenge encourage someone? How can doing good to others encourage them, even if you don't say a word?