

G-3 Group Weekly Bible Study



*Encouragement is
Good Medicine
for the Soul*

Isaiah 41:10

Week 7/26/2026

Encouragement is essential because the human soul was never designed to carry its burdens alone. We need God's encouragement because His voice speaks deeper than our fears, reminding us of truth when our emotions feel unstable. His Word steadies the heart, lifts the weary, and restores courage in places where life has drained our strength. Encouragement matters because it reconnects us to hope, reorients us to God's character, and reminds us that our story is held by Someone greater. And we encourage others because God has encouraged us. God's comfort is meant to flow through us, becoming a lifeline to those who feel unseen, overwhelmed, or forgotten. When we speak life, we participate in God's healing work, offering strength that revives the soul and reminds others they are not walking alone.

Ways God Encourages People in the Bible

Day 1 — God Encourages Moses: "I Will Be With You"

Scripture: *Exodus 3:11-12* — God reassures Moses of His presence when Moses feels inadequate.

Spiritual Thought: Moses stood before the burning bush overwhelmed by his own limitations. God did not boost Moses' confidence by listing his strengths; He encouraged him by promising His presence. True encouragement begins not with our ability but with God's nearness. When God says, "*I will be with you,*" He shifts the weight of the mission from our shoulders to His. His presence becomes the courage we cannot manufacture on our own.

Application: Where do you feel inadequate today? Instead of asking, “Am I enough?” ask, “Is God with me?” His presence is the foundation of biblical encouragement.

Famous Quote:

“The will of God will not take us where the grace of God cannot sustain us.” — **Billy Graham**

Prayer: Lord, when I feel small or overwhelmed, remind me that Your presence is my strength. Walk with me into every calling You place before me. Amen.

Day 2 — God Encourages Joshua: “Be Strong and Courageous”

Scripture: *Joshua 1:9* — God commands Joshua to be strong because He will never leave him.

Spiritual Thought: Joshua faced a monumental task—leading Israel into the Promised Land. God’s encouragement wasn’t a pep talk; it was a promise. Courage grows when we know we are not alone. God’s presence transforms fear into forward motion. Encouragement is not merely emotional uplift; it is spiritual empowerment rooted in God’s faithfulness.

Application: Step into the responsibilities God has given you with confidence. You are not walking into them alone—God goes before you.

Famous Quote:

“Courage is fear that has said its prayers.” — **Karl Barth**

Prayer: Father, strengthen my heart. Help me walk boldly into the places You have called me, trusting Your unfailing presence. Amen.

Day 3 — God Encourages David: “The Lord Is My Light and My Salvation”

Scripture: *Psalm 27:1* — David declares God as his light and stronghold.

Spiritual Thought: David knew discouragement intimately—betrayal, danger, loneliness. Yet his encouragement came from remembering who God is. When God becomes our light, fear loses its grip. When He becomes our stronghold, anxiety loses its authority. Encouragement is born when we shift our focus from the size of our enemies to the strength of our God.

Application: Speak truth to your fears. Declare who God is over your circumstances. Encouragement grows when worship replaces worry.

Famous Quote:

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.” — **Corrie ten Boom**

Prayer: Lord, be my light when darkness presses in. Be my stronghold when fear rises. Anchor my heart in Your character. Amen.

Day 4 — God Encourages Paul: “The God of All Comfort”

Scripture: *2 Corinthians 1:3–4* — God comforts us so we can comfort others.

Spiritual Thought: Paul endured hardship, persecution, and loneliness, yet he wrote of God as the “Father of mercies and God of all comfort.” Encouragement is not the absence of suffering; it is the presence of God in suffering. God comforts us not only to heal us but to equip us to encourage others. Encouragement becomes a ministry when we pass on what God has given us.

Application: Think of someone who needs encouragement today. Share with them the comfort God has given you. Your story may be the lifeline they need.

Famous Quote:

“God never wastes a hurt.” — **Rick Warren**

Prayer: God of all comfort, meet me in my struggles and use my life to bring hope to others. Make me an encourager filled with Your compassion. Amen.

Day 5 — God Encourages His People: “If God Is for Us...”

Scripture: *Romans 8:31* — If God is for us, who can be against us?

Spiritual Thought: Paul reminds believers that God’s encouragement is rooted in His unwavering commitment to us. When God is for us, opposition loses its power. Encouragement flows from knowing that the Creator of the universe stands on our side. This truth steadies the soul in seasons of doubt, fear, or spiritual attack.

Application: Identify one fear or obstacle you’re facing. Speak Romans 8:31 over it. Let God’s commitment to you reshape your confidence.

Famous Quote:

“One with God is a majority.” — **Martin Luther**

Prayer: Lord, thank You that You are for me. Help me rest in Your strength and walk in the confidence that comes from Your unfailing love. Amen.

Foundational Encouragement Scriptures

- **Deuteronomy 31:6** — *“Be strong and courageous... for the Lord your God goes with you; He will never leave you nor forsake you.”*
- **Isaiah 41:10** — *“Fear not, for I am with you... I will strengthen you, I will help you.”*
- **Psalms 27:1** — *“The Lord is my light and my salvation—whom shall I fear?”*
- **Psalms 23:4** — *“Even though I walk through the darkest valley... You are with me; Your rod and Your staff, they comfort me.”*
- **2 Corinthians 4:16–18** — Encouragement for weary hearts: *“We do not lose heart... our inner self is being renewed day by day.”*

Hope-Filled Promises

- **Jeremiah 29:11** — *“For I know the plans I have for you... plans to give you a future and a hope.”*
- **Isaiah 43:1–2** — *“When you pass through the waters, I will be with you... the flames will not set you ablaze.”*
- **Romans 8:28** — *“All things work together for good for those who love God.”*
- **Romans 15:13** — *“May the God of hope fill you with all joy and peace...”*

Strength for the Struggling

- **Philippians 4:13** — *“I can do all things through Christ who strengthens me.”*
- **Psalms 46:1** — *“God is our refuge and strength, an ever-present help in trouble.”*
- **Isaiah 40:31** — *“Those who wait on the Lord shall renew their strength...”*

Encouragement for Community

- **1 Thessalonians 5:11** — *“Therefore encourage one another and build each other up.”*
- **Romans 1:12** — *“That we may be mutually encouraged by each other’s faith.”*