

## **“Pray For Me, I Could Use Some Encouragement”**

Dr. Chris Williamson/ January 21, 2026/ Gather & Grow

**Opening Thoughts:** We all get discouraged sometimes. Dr. King, the man we celebrated on Monday, expressed that he regularly got discouraged. His closest friends said he even battled severe depression right before he was assassinated. Our Savior Jesus, also known as, “**a Man of sorrows**” from **Isaiah 53:3**, got discouraged in the garden of Gethsemane to the point of sweating blood. For our study this evening, we will delve into a time where David was so discouraged that his friend Jonathan had to come and help encourage him.

Getting discouraged is a sign that we are human. It’s also a sign that we need God and godly people in our lives to help us find strength and encouragement when we need it most. To encourage someone literally means “**to put courage back into that person.**” Jonathan was able to put courage back into David during a hard moment in his life.

Many fail to realize that **Jonathan may have been discouraged himself** during this season of Davidic persecution at the hands of his father Saul. I’m sure it hurt Jonathan to see David mistreated this way. Even still, Jonathan operated as “**a wounded healer**” when he helped to strengthen his discouraged friend in the wilderness. **Proverbs 11:25** says, “*whoever refreshes others will be refreshed.*” This means we can find our own encouragement and refreshment when we set out to intentionally encourage others. In other words, ministering to others in their moments of discouragement has a way of encouraging us in ours.

### **Teaching Time #1: Why was David discouraged? I Samuel 23:14 – 16**

- **Chat Room Question:** What causes you to get discouraged at times?

### **Teaching Time #2: How did Jonathan encourage David? I Samuel 23:17 – 18**

- **Chat Room Question:** Who do you know that can use some encouragement right now, and how can you specifically encourage that person?

**Wrap Up:** Just because you may be discouraged, that doesn’t mean you can’t encourage someone else. The truth is, encouraging someone else will help bring encourage to you.

- **Chat Room Prayer Time:** If you are discouraged right now, how can we pray for you?