

The Quest to be Better Men
Encouragement badly needed

This meeting

- Informal but not trivial
 - Not meeting for meetings' sake
- Complement not replace
 - Sunday services, Homegroups, Prayer meetings
- Positive not negative
 - But Godliness has value for all things
- Growing together not competing
 - Giving each other space to grow

The challenge

- How do we help each other to be godly men
- Some things to think about
 - True Friendship
 - Encouragement
 - Actively caring for each other (accountability)
 - Growing together in Grace and in the Knowledge of our God
 - Understanding what that means in terms of relationships: wives, children, wider family, friends, work colleagues, etc.

Need for Encouragement

- Suicide is the largest cause of death for men under 45 in the UK
- Loneliness is very prevalent in our modern society. In the age of social media, more and more people are experiencing loneliness
- Depression can also set in as we feel overwhelmed by life's pressures

Encouragement

- What is it?
 - The action of giving someone support, confidence and hope.
- So encouragement is something that you do or something that is done to you.
- Bible has a lot on encouragement: God, Jesus, Barnabas, etc.
- Not something that we modern Christians talk about

Biblical Examples of Encouragement

- Good

- Jonathan and David

- 1 Samuel 23: 15-16

- While David was at Horesh in the Desert of Ziph, he learned that Saul had come out to take his life. And Saul's son Jonathan went to David at Horesh and helped him to find strength in God.

- Bad

- Jesus in the Garden with his disciples

- Matthew 26:40

- Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter.

Questions

- Do we as men need to confess our need to be encouraged? (Macho culture)
- When was the last time we were really encouraged?
- When was the last time we really encouraged someone?

Going forward

- London Men's Convention: June 2nd
 - Need to register
 - Chris Palmer doing transport
- Curry Night – late June: date and time?
- Venue: Is this OK..
- Activities