

Have you ever felt burnt out and needed someone to encourage you? We all go through seasons that drain us spiritually and physically. Finding the right person to encourage you is important. Sometimes, it's not about finding that person, but being willing to put yourself out there and letting someone know you need to be strengthened. All we have to do is ask—the right way.

1. What are some things you learned from this week's message that encouraged and challenged you? How has this Wingman series impacted your life?
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“Yes, brother, I want some benefit from you in the Lord.  
Refresh my heart in Christ.” Philemon 20 (ESV)

2. **Read Philemon 20-25.** Paul wanted his heart refreshed and built up. He was tired, both physically and spiritually. He wasn't shy about sharing his needs and asking Philemon to be his wingman.
  - What are some things you can learn from Paul about asking for help? How have you seen people rise to your expectations or requests?
  - What happens when you act in a commanding and demanding way? How have you seen people “shut down” because of the way you asked for something?
  - What's the difference between setting positive expectations and making a person do something for you out of guilt?
3. **Read Proverbs 18:24 and Ecclesiastes 4:9-10.** There's a lot of wisdom we can learn from these verses about the value of friendships.
  - Why is having too many friends unwise? What kinds of problems does having too many friends create?
  - Why is it important to find the right person to ask? What are some character traits you should look for when finding a wingman to talk to?

- How can you ensure that your wingman relationships are built with love, rather than existing in a constant state of fighting?

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“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.” Proverbs 18:24 (ESV)

4. As you close, ask each person to think about an area of need in his or her life. It might be encouragement or something else. Write down each request, discuss what your group can do to support and encourage each other, and pray for those things together.