

# **WE ALL NEED AN ENCOURAGER PART II.**

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

*(1 Thessalonians 5:11).*

# DEFINITIONS OF ENCOURAGEMENT

## Websters Dictionary:

1. The action of giving someone support, confidence, or hope.
2. Persuasion to do or to continue something.

## Biblical Definition of Encouragement

- To replenish one's courage (en-couragement)
- Restore one's confidence (when its depleted by life's experiences)
- To revive hope: One of the best examples of encouragement from God is to Joshua when he said: "Be strong and courageous!" (Joshua 1).

# OUTLINE OF THIS STUDY

- What is encouragement?
- Why is encouragement so important to God?
- Why we need encouragement.
- Characteristics of a good encourager.
- **How to encourage people.**
- The dangers of discouragement and the power of discouragers in your life.

# MAKE THE MOST OF THE OPPORTUNITIES GOD GIVES YOU TO LOVE AND ENCOURAGE OTHERS.

- Is there someone in your life who needs to know how much you love him or her?
- Is there someone who would benefit from your kind words or listening ear?
- Has the Lord impressed upon your heart others to whom you should minister? If so, I encourage you to make the most of the opportunities God gives you.
- **Gal. 6:10; John 9:4; Phil. 4:10; Eccl. 9:10**

# HOW DO YOU ENCOURAGE PEOPLE?

THERE IS NO  
EXERCISE  
BETTER FOR  
THE HEART  
THAN  
REACHING  
DOWN AND  
LIFTING  
PEOPLE UP.

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# LEARN PEOPLE'S "LOVE LANGUAGES"

- "Determine the need" that needs to be met at any point in time and "look for ways to meet that need".
- Love languages: These are the special ways they communicate and understand love.
- Remember, not everyone's emotional needs are met in the same way, so we have to learn to adapt ourselves to peoples' needs.
- Gary Chapman's 5 love languages
  - Words of affirmation; Quality time; Receiving gifts; Acts of service; Physical touch

# LET PEOPLE KNOW THAT YOU'RE PRAYING FOR THEM.

- Tell them what you're praying for them. You can pray specific Scriptures for individuals according to their needs.
- **Romans 15:13**: “[I pray that] the God of hope [will] fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”
- **Colossians 1:7-10; I Sam 12:23;**
- **Rom 1:8-10; Eph 1:15-16; 2 Tim 1:3; Philemon 1:4**

# WRITE A PERSONAL NOTE OR CARD OF ENCOURAGEMENT TO SOMEONE.

- The New Testament shows us how to encourage others through writing:  
**Ephesians 1:15–23; 3:14–20; Philippians 1:3–11; Colossians 1:9–11; 1 Thessalonians 1:3–4; 2 Thessalonians 1:11–12; 2 Timothy 1:3; Philemon 1:4–7; 3 John 2**
  1. Tell them that you thank God for them and their fellowship in the gospel.
  2. Identify one or two traits that give evidence of God's grace in their lives.
  3. Share a biblical truth or promise that speaks to their present situation.
  4. Show how they contribute to the overall health and growth of the church.



# WHEN YOU INTRODUCE SOMEONE, ADD A FEW WORDS OF PRAISE

- For their abilities and accomplishments. You could also share how they've helped you or what is the nature of your relationship.
- It encourages people to be praised in front of others.
- **Tychicus Eph 6:21-22; Col 4:7-8**
- **Rom 16:1-15**

## **BE SPECIFIC WHEN YOU OFFER WORDS OF PRAISE**

- It makes your encouragement more credible and concrete (it is not flattery): “You did a great job at...”, “I really appreciate that you...”, “I was really impressed when you...”

**Rom 16**

## **MAKE CELEBRATION A MORE REGULAR PART OF YOUR RELATIONSHIPS.**

- Celebrate one another's victories, large and small, with a note, lunch together, a special meal, a congratulatory phone call, or just a high-five!

**REMINDE FELLOW CHRISTIANS OF THE  
SPECIFIC PROMISES OF GOD AND  
CHARACTERISTICS OF GOD.**

- The Apostle Peter wrote, *"I will always remind you of these things, even though you know them and are firmly established in the truth you now have."* **2 Peter 1:12-15**
- **Phil 3:1; 1 John 2:21; Heb 2:1**
- **Don't belittle people Rom 15:14-15**

## REALIZE THE POWER OF PRESENCE.

- Just being there can be encouraging! When you're with others, you're telling them that they're important. The Apostle Paul closed his letter to the church at Colossae promising to send his friend **Tychicus** "*that he may encourage your hearts*" (**Colossians 4:7-9**).
- **1 Cor 4:17; Eph 6:22; Phil 2:28; Heb 10:24-25**