

Encouraging Others - Lesson

Lesson summary: Actively do things like calling others or do things for others to encourage them.

HEBREWS 3:13 (NIV)

Encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

Two kinds of encouragement – To the discouraged and to those who are not discouraged. Encourage them differently – Those who are not discouraged don't need to be told to cheer up or to be empathized with, they need to be encouraged to resist sin's deceitfulness and keep eternity in their focus.

Don't assume you know more about what is going on with a person than they tell you.

Ask questions to determine the truth about where they are at.

Encouraging others is one of the best ways to encourage yourself.

Encourage means to give courage – Source: Integrity book, chapter on being vulnerable.

How do we encourage?

1. Quote scriptures to them.
2. Remind them of what God is doing – help broaden their perspective
3. Listen actively – don't assume you know what is going on with them.
4. Tell what you see in them, growth, positive characteristics
5. Be honest with them if there are things they need to deal with.
6. Tell them how you felt when you went through similar situations.
7. Describe to them about how you have felt discouraged but got through it – it gives courage by helping them to connect their negative feelings with positive action.
8. Push them to do what they already know they should do.
9. Tell them you know they can do it, make it sound like it is possible.
10. Help them to see things from a different perspective, a perspective of "I can do it."
11. Help them to imagine themselves getting through this and what that will be like.
12. Ask them what they want their testimony to sound like when this is over.
 - a. They will get through this, but will they get through standing or being dragged?
13. Always pray with them.

Make a list of people to call, and then call at least one person every week for the sole purpose of encouraging them with a verse or a testimony.

Over the last 6 months, when was the time you most needed encouragement?