

Encouraging Others – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write about the last time you needed encouragement. What happened that discouraged you? Did anyone do something that encouraged you? What do you think would have encouraged you the most?

Day 2

Write down how these verses relate to encouraging others:

ROMANS 1:12 (NIV)

That is, that you and I may be mutually encouraged by each other's faith.

How are we encouraged by spending time with other Christians?

ROMANS 15:4 (NIV)

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

How does using scripture in conversation encourage others?

1 CORINTHIANS 14:3 (NIV)

But everyone who prophesies speaks to men for their strengthening, encouragement and comfort.

How does the gift of prophecy encourage others?

1 THESSALONIANS 5:10-11 (NIV)

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

What are some ways of building others up?

Day 3

Memorize

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.

Day 4

Write down some examples of how you can encourage others by your faith.

Write down an example of how you can encourage someone with a scripture verse.

What are some examples from your life or what you have heard of people being encouraged by prophecy?

In these instances, is the person always in a state of discouragement in order to be encouraged?

What are some reasons to encourage someone who is not discouraged?

Day 5

Write down a list of people you care about in your life that you are able to encourage.

Next to their names, write down how discouraged they are. Now spend some time thinking about what you can do to bring encouragement to them and write down some ideas and when you can do this. This kind of activity is an example of exercising selfless love. If you don't know how to encourage someone, ask someone you trust.