

**PRAYERS**

*Some suggestions . . .*

- Dear Lord, thank You for being the God of encouragement. And thank You for sending Your Holy Spirit to live in me and comfort me.
- Dear Lord, thank you for the encouragement You send to me through other people.
- Dear Lord, please help me to be sensitive to the dangers, fears, challenges and unexpected changes other people face in life.
- Dear Lord, please help me to encourage others, just as You have encouraged me.

**THOUGHTS & ATTITUDES**

*Affirm thoughts like these. . .*

- The Lord encourages me!
- The Lord is greater than all my fears!
- The people around me need encouragement.
- \_\_\_\_\_ needs encouragement.
- I will be an encourager!
- \_\_\_\_\_ is doing a wonderful job!

*Other suggestions . . .*

- Meditate on virtually any of the Psalms.
- Memorize the theme verse at the start of this chapter.
- Remember the dangers, fears, challenges and unexpected changes that other people face in life.
- Meditate on how the Lord encouraged others.

**WORDS**

*Suggested things to say or write to others . . .*

- “Keep up the great work!”
- “\_\_\_\_\_, I admire your persistence.”
- “I know you can do it!”
- “\_\_\_\_\_, you’ve put a lot of work into this, and it shows!”
- “Remember what the Lord says in (quote a Bible passage.)”

**ACTIONS**

*Suggestions . . .*

- Be sensitive to needs for encouragement – listen to others as they describe what they are facing.
- Take note of the kinds of encouragement that mean the most to the people you’re close to.
- Tailor encouragement to the person and their situation.
- Help other people reach their goals.
- Encourage people to practice the 12 Seeds.

**DISCUSSION**

*For personal reflection or group consideration . . .*

1. What do the Scriptures say about encouragement?
2. What’s a good example of encouragement?
3. What could I do to give more encouragement to others?
4. What will I commit to doing?