

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

## ENCOURAGEMENT

INSPIRING WITH COURAGE



**E**ncouragement is inspiring another person with courage or confidence. It literally means “to give courage to” a person, to reassure them, spur them on, or stimulate in a person the confidence to face danger, fear, challenges or unexpected changes.

Using the definition above, do I encourage others? How?




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Using the definition above, do I encourage myself? How?

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How would I rate myself on giving encouragement?

Poor \_\_\_ Fair \_\_\_ Good \_\_\_ Excellent \_\_\_ Date \_\_\_

*Symptoms and consequences . . .*

### HOW TO TELL WHEN ENCOURAGEMENT IS LACKING

The lack of encouragement, or *discouragement*, is characterized by a disheartened attitude, lack of motivation, lack of cheer, or fear of what may happen. Enthusiasm and energy levels are low. People may have little desire to work toward goals or may even avoid setting them.

Discouraged people tend to focus on problems and worries.

Repeated setbacks can dull their resolve.

Hopelessness and pessimism may be evident.

**Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another. . .**

- Hebrews 10:25a

**Who do I find it hard to encourage?**

List 1-3 Names, Codes, or Initials




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Why? \_\_\_\_\_

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**Who do I find it easy to encourage?**

List 1-3 Names, Codes, or Initials




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Why? \_\_\_\_\_

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Date \_\_\_\_\_

## Seed 2

### LIFESKILLS

12Seeds™

RESPECT  
ENCOURAGEMENT  
LISTENING  
APPRECIATION  
TRUST  
INTEGRITY  
ORDER  
NURTURE  
SYNERGY  
HOPE  
IDEALS  
PARDON

FOR GROWTH

Encouragement helps fill the human need for:

**Courage to press on**

You hear, O Lord, the desire of the afflicted; you encourage them, and you listen to their cry . . .

- Psalm 10:17

**Write below what the verse above means to you.**




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There's a good harvest . . .

**WHEN ENCOURAGEMENT GROWS**

People who are encouraged feel they are not alone in their struggles, that at least one other person notices and cares. Encouragement cheers from the sidelines or even comes alongside in the race.



**SOME OF THE BLESSINGS WHEN ENCOURAGEMENT GROWS:**

- People are motivated to press on.
- People are reassured that others care.
- Enthusiasm and energy levels increase.
- Emotional batteries are recharged.
- Friendships are reinforced.
- Teamwork grows.

**Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles . . . - 2 Corinthians 1:3-4a**

**Which blessings are the most important to me?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Considering the examples on the right → → → → → → → → →

**AM I PRACTICING ENCOURAGEMENT WITH . . .**

- **Family members?** Yes No *If yes, how?*

\_\_\_\_\_

*How could I improve?*

\_\_\_\_\_

- **Friends and acquaintances?** Yes No *If yes, how?*

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*How could I improve?*

\_\_\_\_\_

- **Authority Figures?** Yes No *If yes, how?*

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*How could I improve?*

\_\_\_\_\_

**What will I commit to do in order to better practice this seed?**

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\_\_\_\_\_

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Date \_\_\_\_\_ Signed \_\_\_\_\_

**HABITS TO HELP ENCOURAGEMENT GROW:**

**PRAYER**

Dear Lord, please help me to encourage others, just as You have encouraged me.

**THOUGHTS & ATTITUDES**

The Lord encourages me! He is greater than all my fears!  
Others around me need encouragement.

**WORDS**

“Keep up the great work. I know you can do it!”  
“I admire your persistence.”

**ACTIONS**

Meditate on virtually any of the Psalms. Listen to others as they describe what they are facing.

**FELLOWSHIP**

Help other people reach their goals.