

# **Encouragement**

## **Encouraging ourselves and others in the Lord**

In this lesson we will talk about the importance of encouraging ourselves and others in the Lord. Whether we realize it or not we all need to be encouraged at some point in our lives. As believers our encouragement comes from the Lord and one another.

### **Question:**

Why do people get discouraged in life?

### **Answer:**

Because we live in a falling environment. We go through storms, change of careers, health issues, financial issues, trials and tests, family issues, answer to prayers, the enemy etc.

Note: The enemy will use the issues of life and try to feed our mind with discouragement, doubtful thoughts. Discouragement comes when you allow yourself to meditate and think upon the wrong thoughts

Encourage means to give courage to (Strength); to give or increase confidence of success; to insure with courage, spirit or strength of mind; to embolden

Encourage basically means to build someone or myself up. To boost their confidence up in their soul (Mind, will, emotions)

**Powerpoint:** Before we learn to encourage others we must first learn to encourage ourselves. Our spirit man doesn't need to be encouraged but our soul does.

Psalms 42:1-11 TLB

*1 As the deer pants for water, so I long for you, O God. 2 I thirst for God, the living God. Where can I find him to come and stand before him? 3 Day and night I weep for his help, and all the while my enemies taunt me. "Where is this God of yours?" they scoff.*

*4-5 Take courage, my soul! Do you remember those times (but how could you ever forget them!) when you led a great procession to the Temple on festival days, singing with joy, praising the Lord? Why then be downcast? Why be discouraged and sad? Hope in God! I shall yet praise him again. Yes, I shall again praise him for his help. [a]*

*6 Yet I am standing here depressed and gloomy, but I will meditate upon your kindness to this lovely land where the Jordan River flows and where Mount Hermon and Mount Mizar stand.*

*7 All your waves and billows have gone over me, and floods of sorrow pour upon me like a thundering cataract. [b]*

*8 Yet day by day the Lord also pours out his steadfast love upon me, and through the night I sing his songs and pray to God who gives me life.*

**9** “O God my Rock,” I cry, “why have you forsaken me? Why must I suffer these attacks from my enemies?” **10** Their taunts pierce me like a fatal wound; again and again they scoff, “Where is that God of yours?” **11** But, O my soul, don’t be discouraged. Don’t be upset. Expect God to act! For I know that I shall again have plenty of reason to praise him for all that he will do. He is my help! He is my God!

1 Samuel 30:3-6

**3** So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives.

**4** Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep.

**5** And David's two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite.

**6** And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the Lord his God.

David had a secret. He knew where to go to regain strength. He went back to the source of his strength.

note: A lot of times we look to people for encouragement but we need to look God. Look at his word. We need to encourage ourselves with what God has said in his word.

### **4 ways to stay encouraged**

1. Control your thoughts. Cast down all discouraging, defeated and negative thoughts. We are and we will receive what we constantly think about. Pastor Moore always says our “thoughts produce feelings and our feelings produce action and our action produce results”.

2 Corinthians 10:5KJV

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

Proverbs 23:7(A) KJV

*For as He thinketh in his heart so is He*

2. Confess the word of God Boldly to yourself.

Note: Confess what you believe not what you feel.

#### **A few things to confess**

who you are in Christ (You are a child of God created in God’s image) what you have in Christ ( You have a divine inheritance ) and what you can do in Christ (You Can do all thing through

Christ who strengthens you) . Confess the dynamic life decree and/or the victorious living confession.

### 3. Pray in The Holy Ghost

Jude 1:20

*But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost*

We can do this anytime and any place. Morning, noon and night.

### 4. Put yourself in remembrance of the goodness of God.

Psalm103:1-5

*1 Bless the Lord, O my soul; And all that is within me, bless His holy name!*

*2 Bless the Lord, O my soul, And forget not all His benefits: 3 Who forgives all your iniquities, Who heals all your diseases, 4 Who redeems your life from destruction,*

*Who crowns you with lovingkindness and tender mercies, 5 Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.*

## **Encouraging Others**

Harvest Time Bible Church/The body of Christ is a family that work as a team. We must learn to encourage one another. We need one another to be successful as a whole.

Powerpoint: A team should never tear each other down but we should always build each other up.

1 Thessalonians 5:11 TPT

*So encourage each other to build each other up, just as you are already doing.*

Ephesians 4:29 TPT

*And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts that encourage others; do this by speaking words of grace to help them*

## **3 ways to encourage others**

### 1. Pray for Each other

Colossians 1:9

*So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding.*

2. Support each other

1 Thessalonians 5:11

*Because of this, encourage the hearts of your fellow believers and support one another, just as you already been doing.*

3. Give an encouraging word.

Proverbs 12:25TPT

*Anxious fear brings depression, but a life giving word of encouragement. Can do wonders to restore joy to the heart*