



**February 4, 2018**

“Therefore encourage one another and build each other up...”

**I Thess. 5:11**

“The tongue has the power of life and death, and those who love it will eat its fruit.”

**Prov. 18:21**

## **I. Explaining “Encouragement”**

- A. Two words used - “encourage” and “build up” (I Thess. 5:11)
- B. To “encourage” = “to incite or inspire courage in another”
- C. To “build up” = “to rebuild or restore a house”
- D. The use of the tongue in a positive way (James 3:8-10; Prov. 18:21)
- E. God’s forms of encouragement
  - 1. Word - His Word (Isa. 43:2; Eph. 2:4-5; Zeph. 3:17)
  - 2. Presence - His Spirit (Acts 9:31; Rom. 5:5, 8:16)

## **II. Expressing Encouragement**

- A. The “art” of encouragement - being wise about how and when
- B. Submitting to each other in marriage (Eph. 5:21)
- B. Avoid these expressions:
  - 1. Empty flattery
  - 2. Excessive exaggeration
- C. Add these expressions:
  - 1. Their value - letting them know they are important to you
  - 2. Their strengths - praising them for their unique skills
  - 3. Their potential - supporting their risks in the future

## **III. Examples of Encouragement**

- A. For him - understanding the heartfelt needs of men
  - 1. “I trust/believe in you”
  - 2. “I appreciate how you serve our family”
  - 3. “I love who you are becoming through Christ”
- B. For her - understanding the heartfelt needs of women
  - 1. “I treasure you above all others”
  - 2. “I will be with you always”
  - 3. “I appreciate all the sacrifice you give to our family”