

enCOURAGE

Darcy Siggelkow

**There's a name for the blah your feeling:
it's called languishing.**

Adam Grant

Question: What are you experiencing in your life right now that would fit in the category of “languishing”?

**Discouragement is a disease unique to human beings,
and it's universal – eventually everyone gets it.**

Rick Warren

Different causes of discouragement:

- Fatigue
- Frustration
- Failure
- Fear

Question: Which of these have you experienced and when?

**Discouragement is the loss of courage.
Encouragement is to give someone courage.**

Encouragement is:

- an imperative for Jesus' followers –
Read 1 Thessalonians 5:11
- a spiritual gift – **Read** Romans 12:6–8
- a purpose for gathering as a church –
Read Hebrews 10:25
- a primary role of prophecy –
Read 1 Corinthians 14:3

- the work of the pastor – **Read** 2 Timothy 4:2
- the heart of God – **Read** 2 Thessalonians 2:16–17

Bible heroes who needed encouragement:

- David – 1 Samuel 23:16
- Paul – 2 Timothy 1:15–16
- Jesus – Matthew 26:38

Question: What is your reaction to the fact that Jesus needed encouragement?

**Flatter me, and I may not believe you.
Criticize me, and I may not like you.
Ignore me, and I may not forgive you.
Encourage me, and I will not forget you.**
William Arthur Ward

Read how the Holy Spirit is The Great Encourager in John 14:15–17; John 16:7; Acts 2:1-4; 1 Corinthians 14:4

Speaking in tongues is an active partnership with the Holy Spirit that strengthens and encourages you.

Questions: What is one action you can take to be an encourager this week? What might prevent you from accepting the encouragement of others? What has been your experience with the encouragement of the Holy Spirit, The Great Encourager?