



# The POWER of Encouragement

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Youth Workshop  
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# Why this presentation is for you:

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- Encouragement is a very effective tool in the healing process; it has the power to give hope and motivate people to change.
- Every Christian is called upon to encourage his brothers and sisters.
- Each person's individual ministry of encouragement can help someone in a different way.



# Presentation Outline

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1. What is Encouragement?
2. Why should we give it?
3. Why do we all need it?
4. When should we give it?
5. Traits & Skills of the Encourager
6. How to encourage ourselves



# What is Encouragement? (1)

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## **To encourage –**

- to inspire with courage, spirit or hope.
- to make courageous, not in a passive way, but as an action verb.
- to stir up, to provoke, to move forward in a given direction.

## **Encouragement –**

- Encouragement is touching people right where they are, inspiring them to hang in there and persevere in the midst of problems.
- It is communicating the language of acceptance of who they really are – at their deepest level.



# What is Encouragement? (2)

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- It's not just a technique to be mastered – it involves a sensitivity to people. The Encourager must have some awareness of what is happening inside people.
- Encouragement must reflect a genuine regard for others, ensuring them that they are valuable.
- Encouragement should stimulate the hope that solutions exist for every problem and that, seen from an eternal perspective, life does make sense.



# Why should we give Encouragement?

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- There is so much doubt, disappointment, despair and hopelessness in today's world.
- Parents need to be cheerleaders for their children, showing supportive love and encouragement.
- Encouragement is the unique ministry of the Holy Spirit. We appreciate how good it feels to be encouraged in the spirit. However, we should not forget to do it to others.
- The hearts of all saints need to be refreshed at times.

**Phil. 1:7 – “For we have great joy and consolation in thy love, because the bowels of the saints are refreshed by thee, brother.”**
- Encouragement is the opportunity to start something that may never end!

# Why do we all need Encouragement? (1)

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Our sinful state:

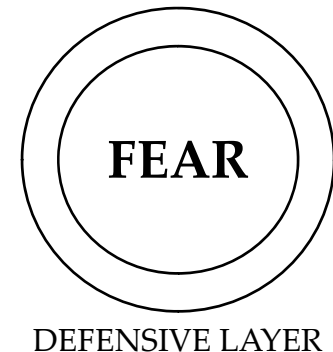


**The root of our fear is an understanding that we are not acceptable and that exposure of who we really are will bring rejection.**

# Why do we all need Encouragement? (2)

**We protect ourselves in defensive layers:** jokes, silliness, a cocky attitude, boasting, silence, manipulative tears, feigned repentance and humility.

**A defensive layer** is whatever we do or don't do that is intended to protect us from exposure and help us avoid whatever we fear.

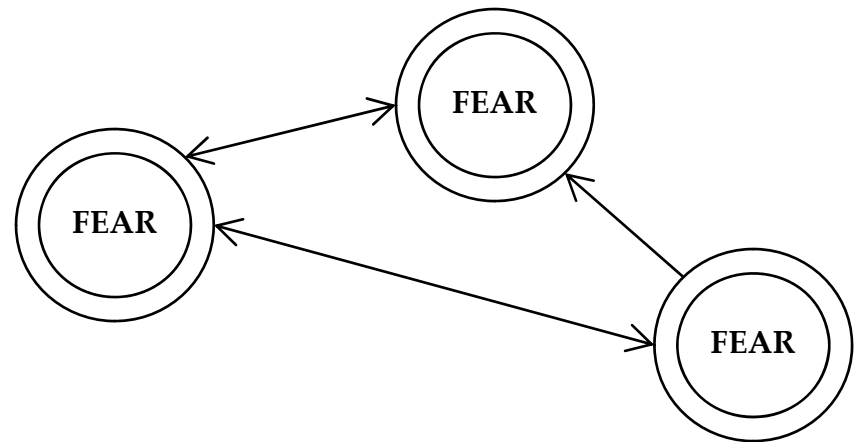


**People can spend their entire lives behind their layers.**

# Why do we all need Encouragement? (3)

**We meet at the level of our layers:** Our primary commitment is to avoid exposure, to appear acceptable, to deal from a position of strength.

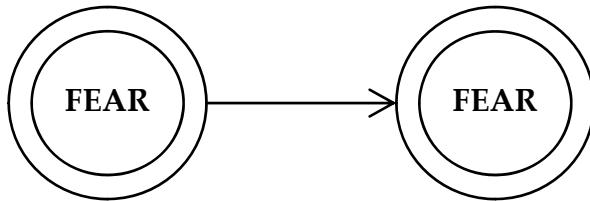
After chatting from behind our layers, we feel unsatisfied, distant, untouched, superficial – and safe.



**Encouragement will not develop in a shallow *surface* community –  
Create a safe and loving atmosphere.**

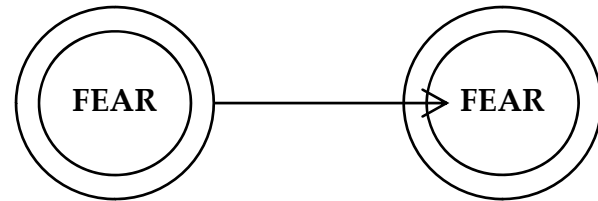
# Are you an effective Encourager?

1.



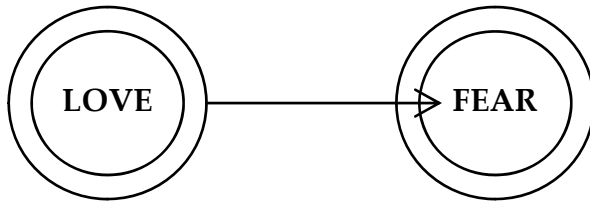
*NO ENCOURAGEMENT*

2.



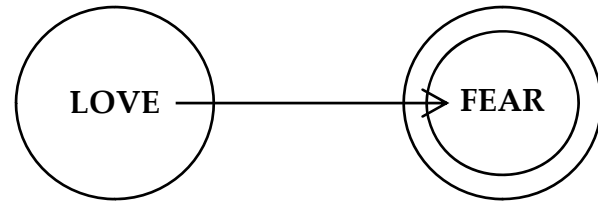
*LIMITED ENCOURAGEMENT*

3.



*LIMITED ENCOURAGEMENT*

4.



*TRUE ENCOURAGEMENT*

**We feel least fearful when we are with people who love us.**



# When should we encourage?

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Opportunities often go unrecognized:

1. Encouragers must consciously remind themselves, as they interact with others, that their goal is to encourage.
2. Encouragers must learn the fine art of using “**door openers**”.



# Traits & Skills of an Encourager

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1. Must know the power of his words; must be aware of the great potential his words have to heal or destroy.
2. Must be a good listener, always slow to speak
3. Must be sensitive & gentle in his speech
4. Must be able to use good verbal skills that include
  - Reflection
  - Clarification
  - Exploration
5. Recognizes people's fear and addresses it



# How to encourage ourselves

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**I Sam. 30:14** – “...David encouraged himself in the Lord his God.

We can encourage ourselves through:

- Solitude or Silence

Psalms 46:10 – “Be still and know that I am God...”

Isaiah 30:15 – “...in quietness and confidence shall be your strength...”

- Scriptures

- Song and Music