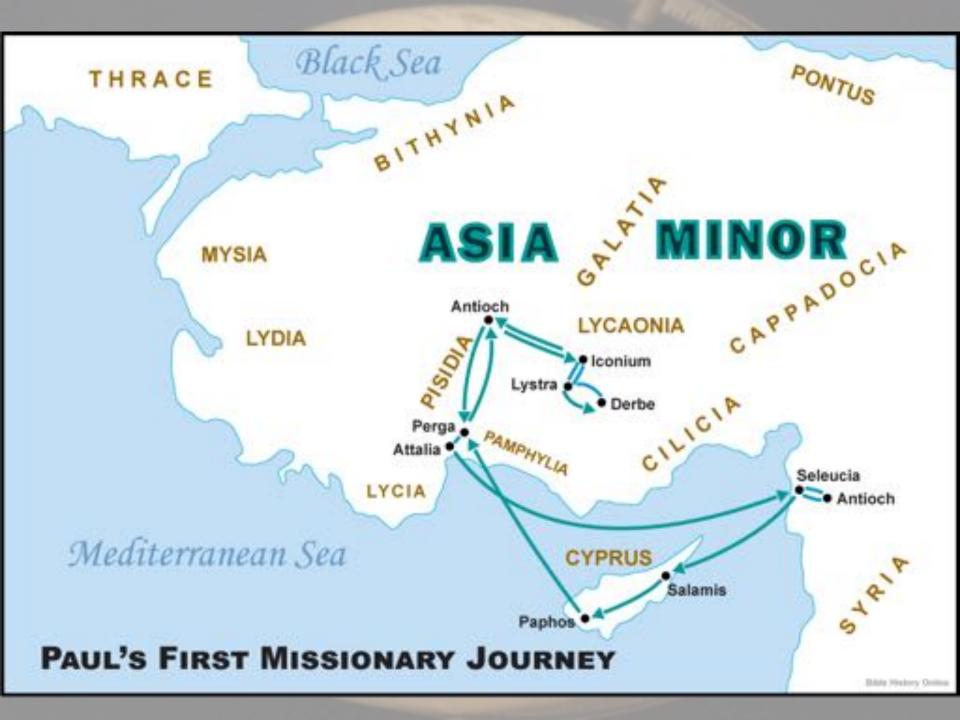
Acts 13:13-15 (NLT) ¹³ Paul and his companions then left Paphos by ship for Pamphylia, landing at the port town of Perga. There John Mark left them and returned to Jerusalem. 14 But Paul and **Barnabas traveled inland to** Antioch of Pisidia.

On the Sabbath they went to the synagogue for the services. ¹⁵ After the usual readings from the books of Moses and the prophets, those in charge of the service sent them this message: "Brothers, if you have any word of encouragement for the people, come and give it."

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Encouragement: : to inspire with courage, spirit, hope, or confidence



Encouragement (External)

1. We are commanded to encourage

1 Thessalonians 5:11 (NLT) ¹¹ So encourage each other and build each other up, just as you are already doing.



Encouragement (External)

We are commanded to encourage
 Earn the right to encourage

Encouragement (External)

We are commanded to encourage
 Earn the right to encourage
 Temper encouragement with realism



Encouragement (External)

- 1. We are commanded to encourage
- 2. Earn the right to encourage
- 3. Temper encouragement with realism
- 4. Don't be afraid to discourage

Hebrews 3:13 (NIV) ¹³ But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.



Proverbs 16:24 (NIV) Gracious words are a honeycomb, sweet to the soul and healing to the bones.



Encouragement (External)

- 1. We are commanded to encourage
- 2. Earn the right to encourage
- 3. Temper encouragement with realism
- 4. Don't be afraid to discourage
- 5. Act on it

1 John 3:18 (NIV) ¹⁸ Dear children, let us not love with words or speech but with actions and in truth.



Encouragement (Internal)

1. Speak God's truth into your life



Psalm 42:3 ...my tears have been my food day and night.



Psalm 42:5 (NIV) Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God



Lamentations 3:17-18 (ESV) ¹⁷ my soul is bereft of peace; I have forgotten what happiness is; ¹⁸ so I say, "My endurance has perished; so has my hope from the Lord."



Lamentations 3:21-25 (ESV) ²¹ But this I call to mind, and therefore I have hope: ²² The steadfast love of the Lord never ceases; His mercies never come to an end; ²³ they are new every morning; great is Your faithfulness.

²⁴ "The Lord is my portion," says my soul,

"therefore I will hope in Him." ²⁵ The Lord is good to those who wait for Him, to the soul who seeks Him.



Encouragement (Internal)

Speak God's truth into your life
 Remove negative influences

1 Corinthians 15:33 ³³ Do not be misled: "Bad company corrupts good character."

Encouragement (Internal)

 Speak God's truth into your life
 Remove negative influences
 Build genuine community into your life



Encouragement (Internal)

- 1. Speak God's truth into your life
- 2. Remove negative influences
- 3. Build genuine community into your life
- 4. Be open to constructive criticism



Encouragement (Internal)

- 1. Speak God's truth into your life
- 2. Remove negative influences
- 3. Build genuine community into your life
- Be open to constructive criticism
 Be grateful



