

How To Help Others Over Life's Humps

1 Thessalonians 1:1-10

Series: The Awesome Power Of Encouragement – Part 1

Introduction

The difference "a word" makes. . .

- *"A word aptly spoken is like apples of gold in settings of silver."*
Proverbs 25:11 (NIV)

- *"The mouth of the righteous is a fountain of life, but violence overwhelms the mouth of the wicked."*

Proverbs 10:11 NIV)

- *"The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit."*

Proverbs 15:4 (NIV)

Four Ways To "Speak Life" To Those You Love

1. Bestow A **Blessing** →

2. Express Your **Appreciation**. . . →

- . . .for who they are
- . . .for what they've done

3. Verbalize Your **Confidence** In Their Faith →

4. **Affirm** The Impact Their Life Has Had. . . →

- . . .on you
- . . .on others

Paul Models Encouraging Words

Paul's Blessing

1 Paul and Silvanus and Timothy to the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace to you and peace.

Paul's Appreciation

2 We give thanks to God always for all of you, making mention {of you} in our prayers;

3 constantly bearing in mind your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ in the presence of our God and Father,

Paul's Confidence In Their Faith

4 knowing, brethren beloved by God, {His} choice of you;

5 for our gospel did not come to you in word only, but also in power and in the Holy Spirit and with full conviction; just as you know what kind of men we proved to be among you for your sake.

6 You also became imitators of us and of the Lord, having received the word in much tribulation with the joy of the Holy Spirit,

Paul's Affirmation Of Their Impact

7 so that you became an example to all the believers in Macedonia and in Achaia.

8 For the word of the Lord has sounded forth from you, not only in Macedonia and Achaia, but also in every place your faith toward God has gone forth, so that we have no need to say anything.

9 For they themselves report about us what kind of a reception we had with you, and how you turned to God from idols to serve a living and true God,

10 and to wait for His Son from heaven, whom He raised from the dead, {that is} Jesus, who delivers us from the wrath to come.

Conclusion = Two Reminders

- ◆ We grossly underestimate the awesome power of an “affirming word.”

- ◆ We grossly underestimate how deeply those around us are hurting.

Application:

Who Needs “An Affirming Word” From You Today?

Discussion Questions

1. Share a time when someone deeply encouraged you by what they said (or wrote).
2. Why is it so important to constantly encourage one another? (read Hebrews 3:13, 1 Thessalonians 5:14)
3. Which of the four ways of “speaking life” to others are you best?
4. Is there anyone with whom you struggle to use positive words of life?
5. What specific steps could you take to allow God to further develop your ability to speak words of life to those around you?