



BLESSING OTHERS/ ENCOURAGEMENT

Desire: *To instill courage, confidence and hope through expressing the delight God has in others.*

Definition: *To bless and encourage others is to speak well of them- inspiring them with God's own hope, confidence and delight in their belovedness.*

Scripture: *"Therefore encourage one another and build each other up, just as in fact you are doing."*
(1 Thessalonians 5:11)

God-given fruit:

- *Builds up the body of Christ*
- *Lets others know that they are visible, appreciated and unconditionally loved by God.*

Reflection Questions:

1. *When have people encouraged you in your life? What was it like for you?*
2. *What is it like for you to give or receive words of encouragement?*

Spiritual Exercises:

1. *Craft a blessing for someone you know. Ask God to lead you to a Scripture that can encourage him or her. Give the gift of this blessing in person or in written form.*
2. *Choose one day this week to bless or encourage as many people as you can. Don't flatter. Ask God to give you divine eyesight. When appropriate, speak your truthful blessing out loud. When you can't speak it out loud, speak the blessing to God and ask God to bless them. At the end of the day, reflect on what it was like to be one who carried the blessing of God into the day.*