

Stepping Into...

“Intentional Encouragement”

“Encouragement can provide people with strength to look ahead, move forward, and reach for the next goal. The whole emotional tone of a tough situation can be transformed through encouragement.”

Prof. Julie Exline (Psychology Today)

Stepping Into...

1. How We See Things Matters

Numbers 13:25, 27-28, 30 NLT

²⁵ After exploring the land for forty days, the men returned...

²⁷ This was their report to Moses: "...it is indeed a bountiful country—a land flowing with milk and honey.... ²⁸ But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak!

³⁰ But Caleb tried to quiet the people as they stood before Moses. "Let's go at once to take the land," he said. "We can certainly conquer it!"

2. Distortion Amplifies Discouragement

Num.13:31-33 NLT

³¹ But the other men who had explored the land with him disagreed. “We can’t go up against them! They are stronger than we are!” ³² So they spread this bad report about the land among the Israelites: “The land we travelled through and explored will devour anyone who goes to live there. All the people we saw were huge. ³³ We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that’s what they thought, too!”

3. Discouragement Damages Your Future

Deut.1:37- 40 NLT

³⁷ “And the Lord was also angry with me because of you. He said to me, ‘Moses, not even you will enter the Promised Land! ³⁸ Instead, your assistant, Joshua son of Nun, will lead the people into the land. **Encourage him, for he will lead Israel as they take possession of it.** ³⁹ I will give the land to your little ones—your innocent children. You were afraid they would be captured, but they will be the ones who occupy it. ⁴⁰ As for you, turn around now and go on back through the wilderness toward the Red Sea.’

4. What Stops us Encouraging?

a) *Self Pre-Occupied*

1 Cor. 10:24 TLB

²⁴ Don't think only of yourself. Try to think of the other fellow, too, and what is best for him.

b) *Jealousy*

James 3:16 NLT

¹⁶ For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

c) *Can't See God-Given Potential* Heb. 10:24 NLT

²⁴ And let us consider how we may spur one another on towards love and good deeds...

5. Encouragement: Kingdom Importance!

Acts 13:2 NLT

² One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.”

Acts 4:36-37 NLT

³⁶ ...Joseph, the one the apostles nicknamed Barnabas (which means “Son of Encouragement”). He was from the tribe of Levi and came from the island of Cyprus. ³⁷ He sold a field he owned and brought the money to the apostles.

6. Encouragement... Builds Strength!

a) ***In Leading*** Acts 14:21 NLT

²¹ After preaching the Good News ... Paul and Barnabas returned to Lystra, Iconium, and Antioch of Pisidia, ²² where they **strengthened the believers. They encouraged them** to continue in the faith...

b) ***In Relationships*** 1 Thess. 5:11 NLT

¹¹“...**encourage each other and build each other up...**”

c) ***Holy Spirit Gift*** Rom 12:8 NLT

⁸ “**If your gift is to encourage others, be encouraging.**
If it is giving, give generously...

7. Jesus Came to Give Hope...

John 10:10 ESV

“The thief comes only to steal and kill and destroy.
I came that they may have life and have it abundantly.”

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