

**Sticks and Stones**  
**How To Use The Power of Encouragement**

**1. Understand the \_\_\_\_\_**  
**2 Corinthians 13:11** *Dear brothers and sisters, I close my letter with these last words: Be joyful. Grow to maturity. Encourage each other.*

**Key: Praise progress**

**Key: What gets praised gets repeated**

**Ephesians 4:29** *Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*

**Proverbs 16:21** *...pleasant words promote instruction.*

**1 Thessalonians 5:14** *Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid.*

**2. \_\_\_\_\_ of encouragement**

a) Make it \_\_\_\_\_

**Hebrews 3:13** *But encourage one another daily...*

- Aim for 5/1
- Adopt the first 5 minutes rule
- Add it to your daily planner

b) Watch for something \_\_\_\_\_

c) Help them picture \_\_\_\_\_

**Acts 27:34-36** *"Please eat something now for your own good. For not a hair of your heads will perish." Then he took some bread, gave thanks to God before them all, and broke off a piece and ate it. Then everyone was encouraged and began to eat...*

d) Specifically point out \_\_\_\_\_

**Romans 16:6** *Give my greetings to Mary, who has worked so hard for your benefit.*

e) Post \_\_\_\_\_ each day on social media

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

**Things to watch for and encourage**

Hard effort  
Positive attitude  
Strong work ethic  
Kindness and compassion  
Creativity  
Loyalty  
Risk taking  
Decisive action  
Honesty and integrity  
Generosity  
Gratitude  
Enduring a difficult challenge  
Great attitude

**Ways To Encourage**

Express appreciation  
Buy them a gift  
Tell them you are thinking of them or praying for them  
Ask if they need anything  
Remind them you are here for them  
Tell them what you admire about them  
Write a note or email

**7 Encouraging Things You can Tell People**

- \*I believe in you
- \*You are an asset to the team
- \*I've got your back
- \*You did a great job
- \*I want to help you reach your personal goals
- \*I respect you for \_\_\_\_\_
- \*I trust you

Whale Done by Ken Blanchard