



## Seek God Take eyes off self

Therefore encourage one another and build each other up...  
1 Thessalonians 5:11 NIV

Stop (pause) in your prayer time at the start of the day and ask God to show you throughout the day who He wants you to encourage.

It's easy to stay focused on ourselves when so much is going on in our lives. Stop and be willing to take your eyes off yourself and your own problems.



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## People watching

Watch what other people are posting on social media, respond to:

- Birthdays
- Deaths
- Sickness
- Depression
- Sadness
- Anger
- Disappointment

Watch the public, encourage:

- Cashiers
- School staff
- Restaurant staff
- Hotel staff
- Hospital/doctor's office staff
- Delivery people
- Mail carriers
- Neighbors
- Dark houses
- Snow not shoveled
- Trash cans not pulled/emptied

Watch to see who is withdrawing or pulling away, becoming more quiet or not present (in person, social media, church, texts, etc). They might be discouraged, troubled, depressed, or not well.





## Hear with your Heart

Ask, "How are you today?" "What's on your mind?" "How are you taking care of yourself?" "How are you dealing with things?"

- Make eye contact.
- Allow time for a response.
- Listen to their tone.

What are people saying? Are they:

- Complaining
- Lonely
- Hopeless
- Afraid
- Depressed
- Tired
- Concerned
- Overwhelmed

Take time to listen in public:

- Cashiers
- People you pass by
- Hospital staff
- Library staff
- While waiting in line
- Hotel staff
- Phone workers
- Clerks

Call others sometimes rather than texting, don't rely on emojis, gifs (thumbs up, smiley face, hearts, etc.).





## God encourages us so we can encourage others

What we do matters:

- Adopt a store, school library, or business to encourage.
- Make someone laugh or smile.
- Keep cards in your car, purse, pocket, etc.
- Keep spare change in pocket or handy to give if led.
- Make note of death and birth dates of friend's loved ones who have passed away.
- Drop off snacks, household items to those dealing with sickness, grief, recovery, or serving as caregivers.
- Share encouraging YouTube videos via text or email.
- Wear encouraging apparel (shirts, hats, masks).
- Share parts of sermon via text, email, phone call.
- Leave encouraging notes in public places (restrooms, counters, bus, train).



## What we say matters:

- Tell others what you are praying for them (in person, phone, text, email).
- Offer to pray with phone personnel (paying bills, making appointments, placing orders, etc.).
- Thank someone.
- Thank those who serve you in stores, restaurants, public places.
- Apologize when wrong, apologize for past offenses.
- Record prayers and encouraging messages and send to others.
- At least once a day, reach out and encourage someone instead of checking social media.

## Things to say to show concern or interest:

- "I'm sorry this is so hard for you."
- "I'm going to the store, what can I get for you?"
- "Would you like me to come and sit with you for awhile?"
- "What's a good time to call you?"
- "I believe in you."
- "You're doing a wonderful job."
- "I appreciate you."
- "God sees you."





# Helpful Tips

Remember who you plan to encourage

**When  
someone  
comes to  
mind, act on  
it.**

**Set alarm  
reminders  
on phone.**

**Use a  
calendar,  
date book,  
planner, etc.**

**Text, leave  
voicemail,  
email  
reminder to  
self.**

**When  
someone  
comes to  
mind, write  
it down.**

**You don't have  
to have the gift  
of  
encouragement  
in order to  
encourage  
others.**

**Never assume  
someone is  
alright.**

**Never assume  
someone else  
is encouraging  
them.**

**Keep in mind**

**Remember to  
encourage the  
"strong" ones.**

**You're not  
responsible for  
how others  
receive your  
encouragement.**

**Remember to  
encourage  
yourself!**

