

Becoming Who God Created You to Be

led by Mary Lowman



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Becoming a Fanatical Encourager
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Encouragement has to be expressed.

Your words and actions can:

- lift someone's spirit
- strengthen their faith
- help them keep going

Encouragement is one of the **simplest and most powerful gifts** we can give. God calls **all of us** to be encouragers.

Encouragement is a gift of the Spirit.

Romans 12:6 - 8

*We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; **if it is to encourage, then give encouragement**; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.*

Encouragement literally means "To put courage into someone."



Encouragement is a biblical calling/directive.

Encouragement isn't just a personality trait or a spiritual gift—it's a command.

Isaiah 1:17a: *Learn to do right! Seek justice, encourage the oppressed.*

2 Corinthians 13:11: *Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.*

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

Hebrews 3:13: *But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.*

Acts 16:40: *After Paul and Silas came out of the prison, they went to Lydia's house, where they met with the brothers and sisters and encouraged them. Then they left.*

Encouragement should be a trademark of a Christian.

The enemy loves discouragement!

Discouragement is one of his chief weapons. Why does he choose to use this weapon of discouragement on us so often?

What are some things that have caused you to be discouraged?

First, you need to be encouraged.

To be a fanatical encourager, you must first deal with your own discouragement.

Ways to encourage yourself:

Talk to yourself!

Psalms 42:11: *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

Be your own counselor, your own instructor, your own accountability partner!

Read the Bible!

Romans 15:4: *For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.*

Everything in the Bible was written to give you encouragement. Go to it. Read it out loud.

Sing a song of praise!

Ephesians 5:19b: *Sing and make music from your heart to the Lord.*

Psalms 13:6: *I will sing the Lord's praise, for he has been good to me.*

Literally sing! Out loud, if appropriate. If not, then sing in your heart to the Lord.

You will reap what you sow.

2 Corinthians 9:6: *Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.*

Three principles of sowing and reaping:

1. You reap what you sow.
2. You reap in a different season than you sow.
3. You reap more than you sow.

Therefore, if you need encouragement, then sow some encouragement.

Philemon 1:7: *Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.*

Be a heart refresher! You will reap amazing encouragement.

How To Become a Fanatical Encourager

A fanatic is a person with extreme enthusiasm or zeal. Do you think it would be glorifying to God if we all became fanatical encouragers? Can you encourage too much?

Seven ways to become a fanatical encourager:

- 1. Become fanatical about speaking simple words of encouragement at every opportunity.**

If you think something nice about someone, say those words out loud to that person, if possible. If they're not close by, send a text or email of encouragement, or write a note.



2. Become fanatical about praying for people God puts on your mind and then tell them!

If you wake up in the middle of the night with someone on your mind, just pray for them.

3. Become fanatical about writing notes.

How many emails or texts did you send last week? What if we all decided we could send one encouraging email or text everyday—just one a day.

4. Become fanatical about remembering birthdays.

Put the birthdates of family, friends, coworkers, pastors—important people in your life—on your calendar, and simply send a card.

5. Become fanatical about greeting people!

Fanatical encouragers are greeters—and they do it with a smile!

6. Become fanatical about welcoming new people.

You remember how it felt your first day on a new job, or the first time you went to a church or a Bible study group. Look for that person and be the welcoming committee for them. Introduce them to others.

7. Become fanatical about listening to others.

A listening ear can be one of the most encouraging things you can do. Work at improving your listening skills.

Jesus Was the Ultimate Encourager.

- **He defended the woman caught in sin.**

John 8:9 – 11: *At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?” “No one, sir,” she said. “Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”*

Do you know anyone who is caught in some sin, some addiction? How could you encourage that person?

- **He saw Zacchaeus when everyone else ignored him.**

Luke 19: 5-6: *When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down immediately. I must stay at your house today.” So he came down at once and welcomed him gladly.*

Can you think of some person who is often ignored? How could you encourage that person?

- **He restored Peter.**

John 21:19: *Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, “Follow me!”*

Peter had blown it badly, but Jesus still had good plans for Peter.

Do you know someone sitting on the sidelines, feeling they can't serve God for some reason or another? What could you do to encourage that person?

Closing

The best thing you can do to keep yourself encouraged is to be actively daily engaged in encouraging others. But it won't just happen. You have to plan to do it.

Remember: You reap what you sow!