

# THE IMPORTANCE OF ENCOURAGEMENT

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1st Samuel 30:6

Encouragement is not something to take or give lightly. Encouragement is the difference between you moving forward or remaining complacent. It is **IMPOSSIBLE** to work in **EXCELLENCE** without being encouraged. It is **IMPOSSIBLE** to **PROGRESS** without being encouraged.

It is **IMPOSSIBLE** to **KEEP** a positive perspective without being encouraged. Encouragement **REMINDS** you that you are on the right track. Encouragement **BRINGS YOU BACK** to the right track if you drift. Receiving encouragement keeps you inspired.

Giving encouragement strengthens your spirit. **WITHOUT** encouragement it will be easy for people to give up. **WITHOUT** encouragement more people will be defeated

than victorious. Encouragement **FUELS** improvement and progress.

## ENCOURAGEMENT IS EMPOWERMENT!

You can never be empowered without being encouraged.

## GIVING ENCOURAGEMENT

1st Samuel 30:6

1st Samuel 30:6 says, "*And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David **ENCOURAGED** himself in the Lord his God.*" When you give people encouragement you are giving them **STRENGTH**.

The hebrew meaning of the word encouragement in this context is **STRENGTH**. Under this particular circumstance David had to encourage **HIMSELF** in the Lord because he was under distress. David was not able to find anyone to

strengthen him. However, he was wise enough to strengthen himself.

**ANYTIME** someone is giving you encouragement you will be strengthened. Anytime you decide to encourage yourself you will be strengthened. There will be moments when no one will encourage you. In these times, you **CANNOT** submit to the feelings of discouragement. You must find it within yourself to do what David did... encourage yourself.

IN ORDER TO ENCOURAGE YOURSELF YOU  
MUST KNOW YOURSELF!

SELF ANALYSIS

Ask yourself these essential questions. What do I get excited about? What gives me energy? What ignites my passion? Knowing the answers to these questions will help you understand the **TYPE OF FUEL** you need to encourage yourself.

Exploring new opportunities may excite you. Watching inspirational videos may give you energy. Speaking to your mentor may ignite your passion. Whatever keeps you encourage...do it and pursue it **DAILY!**

A day **WITHOUT** encouragement will be a day of depression. It is wonderful when people choose to encourage you. However, it is not promised. Find ways to encourage yourself.

## WHY IS ENCOURAGEMENT IMPORTANT?

Encouragement increases your **MOTIVATION**. When you are motivated you will attempt the unthinkable. Test the unpredictable. Do the improbable. Believe the impossible.

It is hard to stop a motivated person. However, it is easy to defeat a discouraged person. Being constantly encouraged by people, the Holy Spirit or yourself will empower you to achieve anything.

## YOU NEED COURAGE

Encouragement gives you the courage to do what you thought couldn't be done. Do you know how many students with mental disabilities graduated from college because someone gave them the courage to go forth? Many. Do you know how many people turned their life around because someone gave them the courage to do what was right? Many.

Do you know how many people became influential leaders in our culture because someone gave them the courage to stop following the crowd? Many. Here's my point. **SURROUND** yourself with people who look to encourage you.

**REMOVE** yourself from people who refuse to encourage you to do what is righteous. Remember, a day without encouragement is a day of depression and a day of depression is a day wasted. You **NEED** to be encouraged

so you can have the courage to do what God has given  
you the ability to do.

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