

Life In The Body

News and Notes for the :
Shelbyville
Church of Christ

January 10, 2021

Ways to Encourage Others

1. **Encouragement goes straight to the heart.** In fact, the word itself comes from a combination of the prefix “en” which means “to put into” and the Latin word “cor” which means heart. Knowing what a big difference encouragement makes in your own life, what can you do to help others “to take heart” when the going gets tough and way feels long?
2. **Become aware of what encourages you,** and do those same things for others.
3. **Learn individuals’ “love language”-** the special way in which they feel most valued. In his book, *The Five Languages of Love*, Gary Chapman explains that not everyone’s emotional needs are met in the same way, and that it’s important to learn to speak others’ love language. The five love languages are: words of affirmation, spending quality time, receiving gifts, acts of service and physical touch.
4. **If an encouraging thought comes to mind, share it!** It may not have the same effect if you wait. Don’t let shyness hold you back. Instead, form a new habit: “Encourage one another daily, as long as it is called Today...” (Hebrews 3:13).
5. **When you introduce someone, add a few words of praise** for the person’s abilities, accomplishments, about how you value them It’s encouraging to be praised in front of others.

6. When someone is discouraged or hurting, offer specific, practical help. If you ask, “How can I help?” the person might be at a loss to answer. It’s better to ask, “Would it help if I...(specific action) or say, “I would like to...(specific action)?”

7. Remind fellow Christians of the specific promises of God and characteristics of God. We need to be reminded in our heart. The Apostle Peter wrote, “I will always remind you of these things, even though you know them and are firmly established in the truth you now have” (2 Peter 1:12).

8. Write someone a note to tell them that you’re praying for them. Tell them what you’re praying. You can pray specific Scriptures for individuals such as Romans 15:13, “[I pray that] the God of hope [will] fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”

9. Make celebration a more regular part of your relationships. Celebrate others’ victories, large and small, with a note, with coffee together, a phone call or just a high-five!

10. Be specific when you offer words of praise; it makes your encouragement more credible and concrete “You did a great job at...” “I was really impressed that you...”

11. Encourage other believers with a reminder of Christ’s coming. It redirects our thinking to an eternal perspective and ultimate deliverance. “We who are still alive and are left will be caught up in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words” (1 Thess. 5:17b-18).

12. Realize the power of presence. Just being there is encouraging! When you’re with others, you’re telling them that they’re important. Paul closed his letter to Colosse promising to send Tychius “he may encourage your hearts” (Col. 4:8b).

13. Be committed to showing up. Your simple presence encourages others that they are part of a community of faith and that they are not alone. That’s why Hebrews says, “Let us not give up the habit of meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as we see the Day approaching” (Heb. 10:25).

14. If someone you know is working on a large project, send her a single flower to encourage her at the beginning of the project, and a full bouquet when it's done.

15. Use encouragement as an outreach. If anyone should be known for being an encourager, it should be the Christian. Write a letter of appreciation to people at work, your doctor. Often when we interact with these people, we are asking for their services. Take time just to say thank you!

16. If you really want to encourage someone who gives you excellent service, write a letter of commendation to the person's boss.

17. We could learn something from the way team athletes freely pat, touch and high-five each other in competition. Touch is a powerful encouragement. Be sure to be sensitive in this area, though. Ask someone if you can hug him/her first. And be careful to be above reproach with persons of the opposite sex.

18. When you see someone making positive changes in their lives, affirm them. "You seem to have a really great attitude about..." "It may be that I'm just starting to take notice, but I see that you're..." "Do you think that you are becoming more...?"

19. Tell people how they've encouraged you!

— by S. Wiebe (slightly edited for length)

Reading : **Nehemiah 8: 1-9 ; II Timothy 2: 1-7**

Birthdays :

NEXT WEEK : (January 24, 2020)

Song Leader : **Greg**

Scripture Reader : **TBA**

Table & Announcements : **Jonathan**

Prayer List :

Susan Bowyer : Though Susan continues to improve. She is getting around some now so our prayers are being answered.

Doris Bartanen : Doris will be released from Shelbyville Rehabilitation & Health in about a week. Thankfully she and Ron will be together in the Mason Point assisted living facility.

Lisa Vanmeter : Gary's sister is very sick. After testing they thought she had covid-19, but another test showed she didn't. Now she is only semi-awake and not very lucid.

Those with ongoing need of prayer :

Those with age related issues :

Marge, Mary, Doris, Delores, Betty, Pete & Hazel, Fay Julius

Others with ongoing issues :

Madonna Nichols : Madonna continues to receive chemo every other week to treat her liver cancer.

Butch Reynolds : Heart condition and back issues

Jerry Rankin : Jerry has multiple serious ongoing issues.

Brenda Stevens : Ongoing painful back issues.

Debbie Adams : Lengthy recovery from severe car accident

Susan Bales : Rosanne's mother is growing progressively weaker. Even a few steps are difficult and her mind is slipping

Tim Gaddis : The son of Deloris remains in the Prairie Rose Rehabilitation Center in Pana w/o visitors

The beautiful Miss Jolene Niehls

- 3 Behold, children are a gift of the
Lord,
The fruit of the womb is a reward.
4 Like arrows in the hand of a warrior,
So are the children of one's youth.
5 How blessed is the man whose quiver is
full of them;*

Psalms 127:3-5



* Each day as you pray for those on this list,
always include our congregation and her elders

*Visitors are always welcomed.
We invite you to visit our assemblies.*

Ya'll Come !

Schedule of Services :

Sunday Morning : Bible Study 9:30 a.m.
Worship 10:20 a.m.

Sunday Evening : Worship 6:00 p.m.

