

The Power of Encouragement

Strength Shaping Habits for your Marriage & Determining Direction with Intention

What we'll cover this morning

○ Power of Encouragement

- What it is/is not
- Exercise
- How
- When

○ Goals in Marriage

- Types
- Characteristics
- Exercise

ENCOURAGEMENT

What it is, and is not...

en · cour · age · ment

- 1: the **act** of encouraging : the state of being encouraged
- 2: something that encourages

Encourage:

- 1**a**: to inspire with courage, spirit, or hope : HEARTEN
she was *encouraged* to continue by her early success
- b**: to attempt to persuade : URGE
they *encouraged* him to go back to school
- 2: to spur on : STIMULATE
warm weather *encourages* plant growth
- 3: to give help or patronage to : FOSTER
government grants designed to *encourage* conservation

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#6 - be your spouse's teacher instead of teammate

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#1 - Disengage from communication.

Discussion

- What would you add to the list?
- Let's focus on your Family of Origin (FOO), did you witness encouragement modeled? If so, how?

The WORD on Encouragement

- Therefore encourage one another and build each other up, just as in fact you are doing. – **1 Thess 5:11**
- Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. – **Joshua 1:9**
- And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching – **Hebrews 10:24-25**

GET SPECIFIC...

- Don't make encouragement a guessing game. Ask your spouse how they like to be encouraged? Take 3 minutes to ask this question to each other and answer.

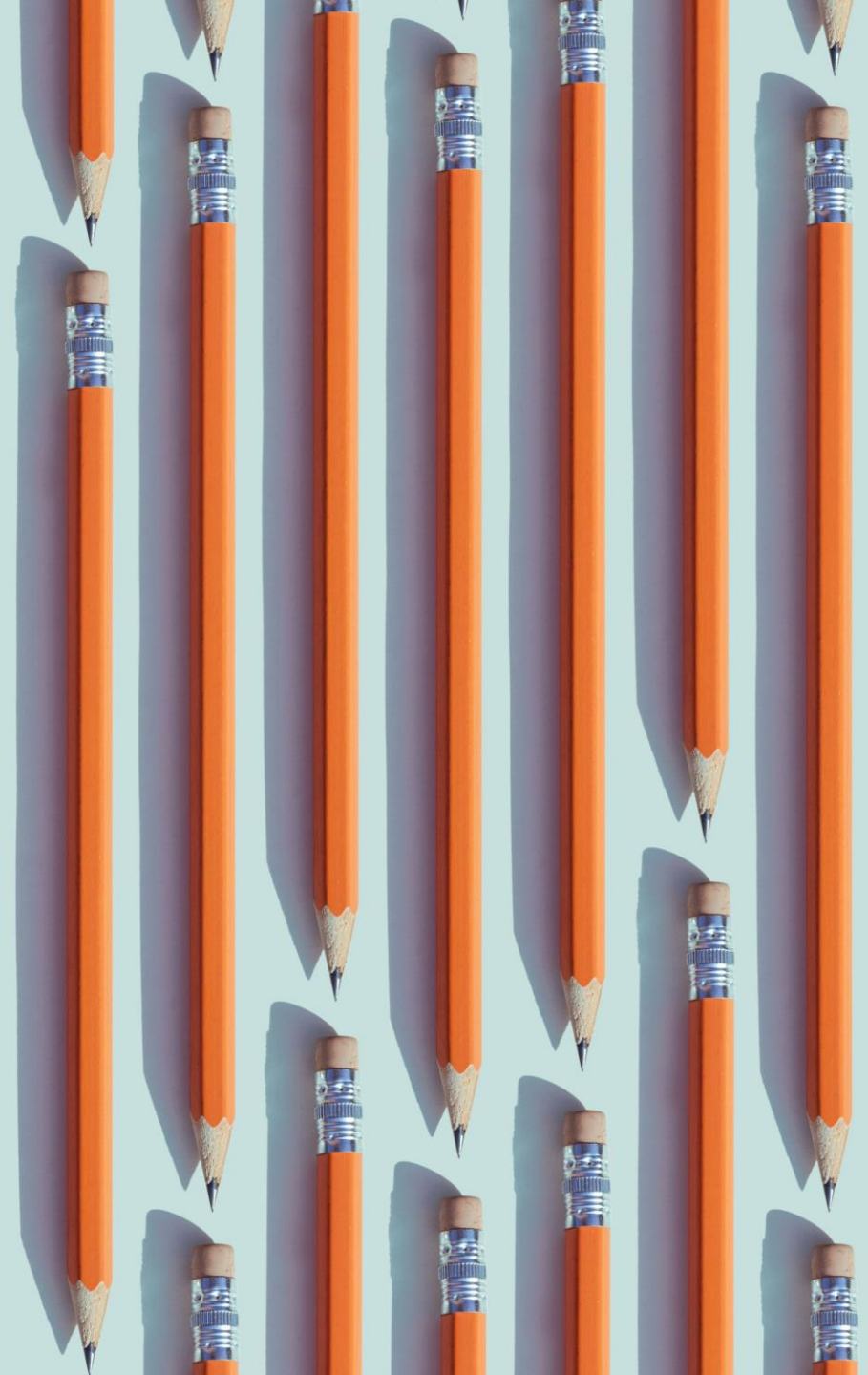
Point to Ponder



- Where does encouragement come from?
- Discouragement?

ENCOURAGEMENT EXERCISE

PENCILS READY!



ENCOURAGE YOUR SPOUSE

On one side, write five characteristics/traits that attracted you to him/her when you first started dating.

On the other side, write five characteristics/traits you are grateful for now.

HOW TO ENCOURAGE

- Utilize love languages
- Prioritize focused time (attention with intention)
- Support for goals/interests
 - Being interested in spouse's interests
- Listen well

HOW TO ENCOURAGE

○ Sacrifice

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others. ⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ Who, being in very nature God,
did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.

⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!

Philippians 2:3-8

When to Encourage

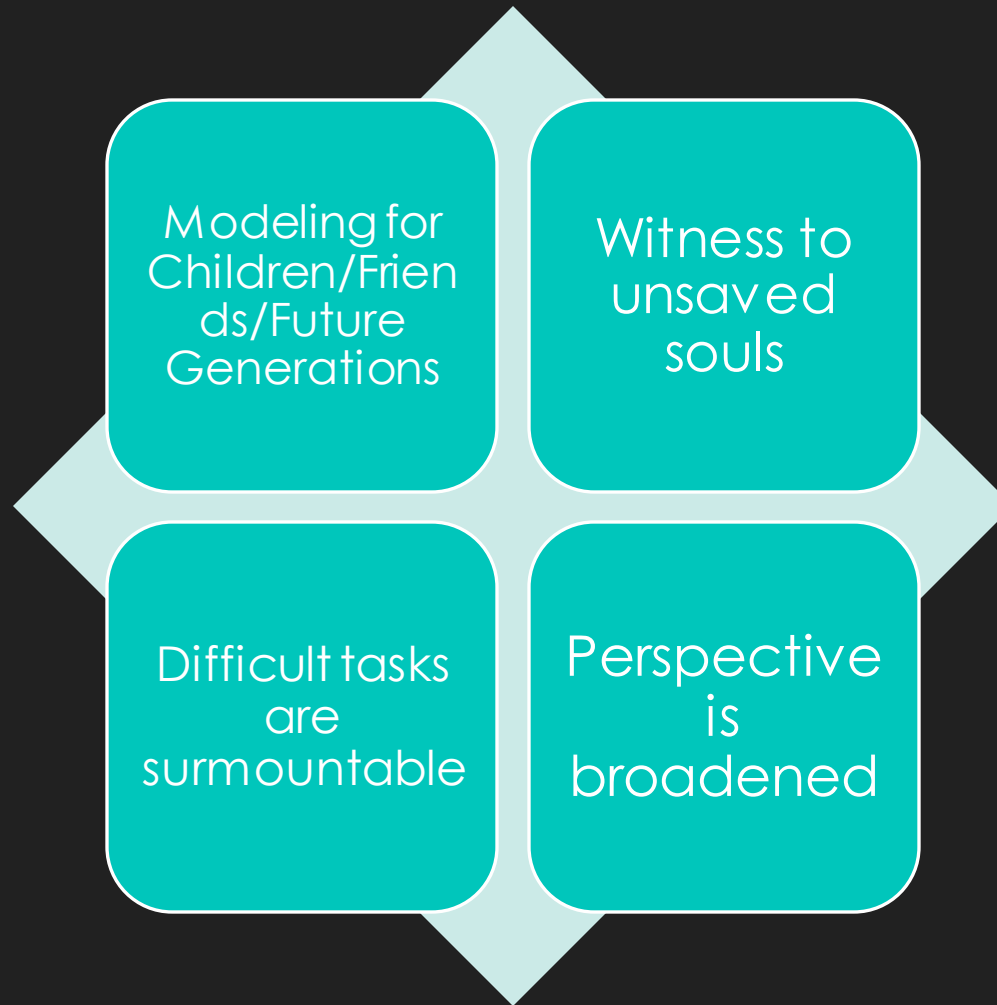
○ Beginning

○ Middle

○ End



BENEFITS OF ENCOURAGEMENT



GOALS IN MARRIAGE

Where are you headed?...

“All people end up somewhere in life, but few end up there on purpose.”

-Craig Groeschel





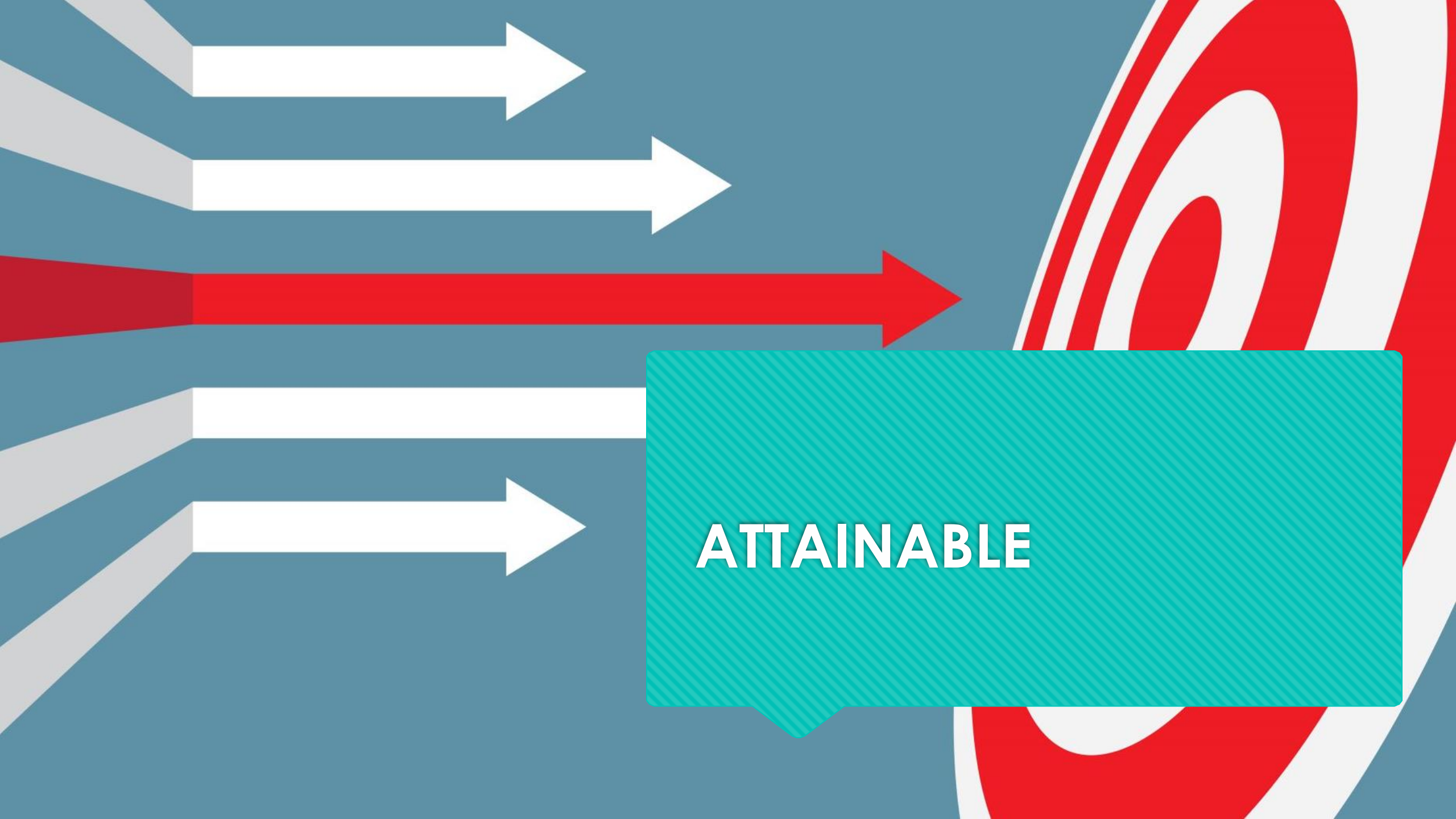
SMART GOALS



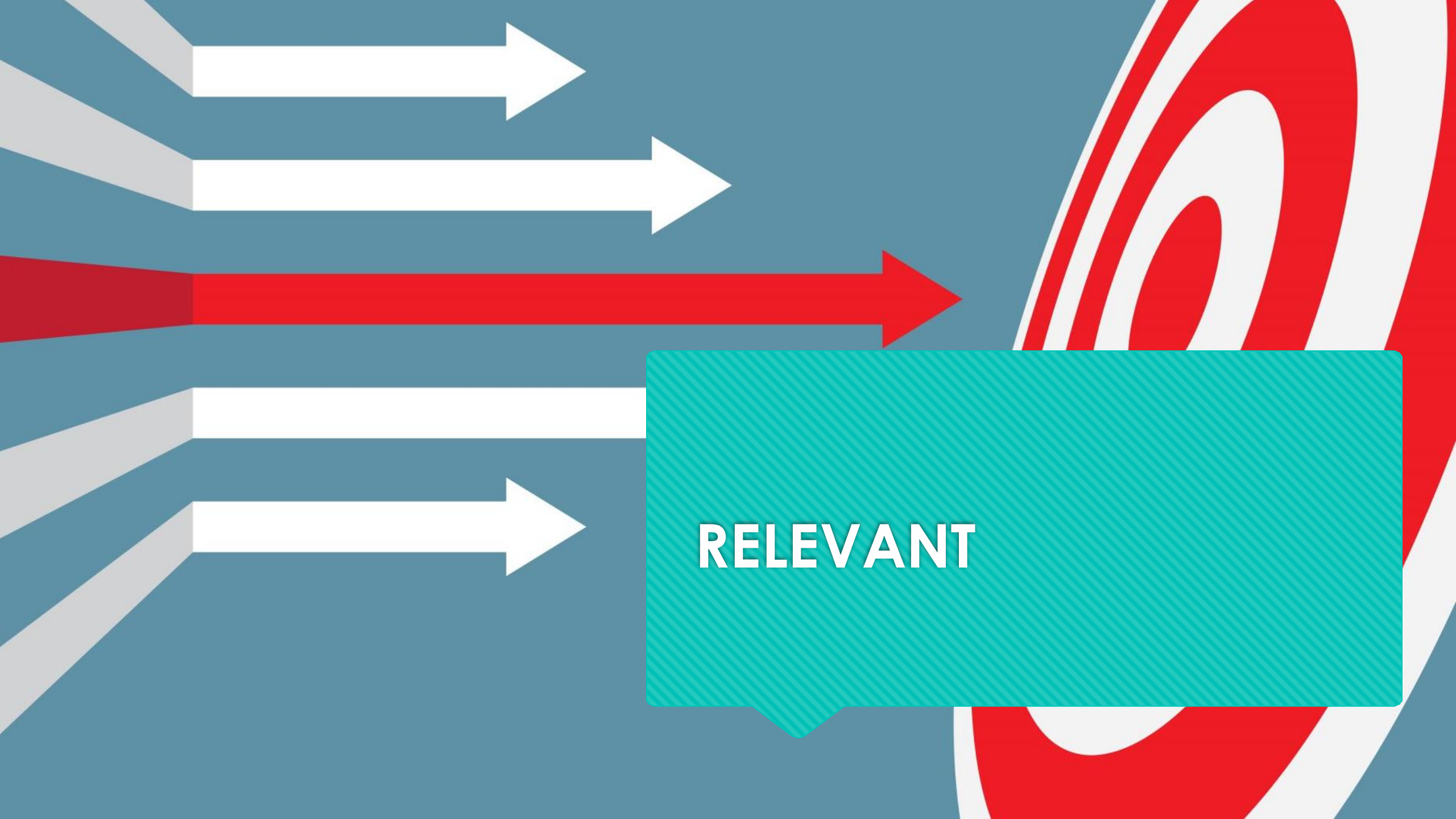
SPECIFIC

The image features a blue background with a series of white arrows of varying lengths pointing from the left towards a red and white target on the right. A single, thicker red arrow also points towards the target. A teal rectangular box with a diagonal line pattern is positioned in the lower right, containing the word 'MEASURABLE' in white capital letters.

MEASURABLE



ATTAINABLE



RELEVANT



TIME BOUND

EXERCISE

WRITE YOUR OWN EULOGY

Discussion

- What's one thing you would want your future spouse to say about you when God calls you home?

WHAT IS ONE THING
YOU WILL DO
DIFFERENTLY TO
ENCOURAGE YOUR
SPOUSE?

WHAT WILL YOU DO
TO PRIORITIZE GOAL-
SETTING FOR YOUR
MARRIAGE?

CONCLUSION

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