

Encouragement Is More Than Words - Week 22

What does encouragement mean to you? What do you think of? Could be phrases like: “you got this” or “don’t give up” maybe even “I’m proud of you, you are doing so well.” These phrases are what I first thought of, but did you know encouragement goes beyond our words?

1st Thessalonians 5:11 says, “So encourage each other and build each other up, just as you are already doing.”

Encouragement isn’t just a couple of words thrown together to make someone feel better, it is an action. In the verse it says encourage each other and BUILD each other up. Building someone up can look like being loving and encouraging even behind someone’s back. When you think of someone, are we using our actions and words to build up our sisters in Christ or to tear them down?

Well, I am going to be really honest with you, sometimes I find myself tearing someone down with my words. When I do this, it usually comes out of envy or jealousy. I find myself upset when others are doing better than me or when something happens to them, but not to me. Can you relate? That is called bitterness. Bitterness can ruin a friendship. It is so gross and grows so fast that sometimes you don’t even realize it’s in your heart until it’s really bad.

But we are called higher and bitterness is not the end.

Now, I am not telling you this to shame you, but instead, to encourage you to be better. Whenever you start to grow bitter towards someone, take a second and think to yourself, “why am I being so rude to this girl?” Once you find the root of the reason, bring it to God and surrender. Say a prayer asking God to show you that you have everything you need and ask Him to fill you up with His love and encouragement.

This week, pay attention to how you are treating your sisters in Christ.

From Kaity