



# POSITIVE

## 7.5.20 - Part 4: 100 Reasons To Be Encouraged

You have no idea what God might do through a single word of \_\_\_\_\_.

*"I have heard all this before. What miserable comforters you are! Won't you ever stop blowing hot air? What makes you keep on talking? I could say the same things if you were in my place. I could spout off criticism and shake my head at you. But if it were me, I would encourage you. I would try to take away your grief." Job 16:2-5 NLT*

*The tongue has the power of life and death ... Proverbs 18:21 NIV*

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

If you think something good, \_\_\_\_\_ it!

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29 NIV*

Sometimes, the person that needs to be encouraged is \_\_\_\_\_.

*David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God. 1 Samuel 30:6 NLT*

The phrase "found strength" comes from a Hebrew word "chazaq." It means: *to tell yourself to be strong.*

... but David encouraged himself in the LORD his God. **1 Samuel 30:6 KJV**

**Some of us need to get our \_\_\_\_\_!**

*Then David asked the LORD, "Should I chase after this band of raiders? Will I catch them?" And the LORD told him, "Yes, go after them. You will surely recover everything that was taken from you!"* **1 Samuel 30:8 NLT**

*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.* **Psalms 43:5 NIV**

## **GOING DEEPER QUESTIONS**

- Our words have the extraordinary power to give life, build faith, and offer hope. How might your words change if you took that knowledge to heart?
- What are some ways you can use the gifts God's given you to encourage others this week?
- Are you in need of encouragement? How can you reach out to God, and others, for the strength you need to go forward?
- Start one of the *Positive Bible Plans* with friends: [www.go2.lc/staypositive](http://www.go2.lc/staypositive)