

Blessing/Encouragement

God has given us the ability to bless and encourage others. By knowing we believe in them, others gain the confidence to believe in themselves.

When we bless someone, we're calling on God's power over their life and imparting His strength and favor on them. Blessing could involve praying out loud for someone, or even praying Scripture over them. Giving someone a blessing empowers them and gives them a sense of purpose.

A blessing is more than a recitation of nice sounding words. A blessing connects the recipient to God — the ultimate source of power — who imparts confidence, value and worth. We all need that.

Encouragement puts life-giving fuel in someone else's emotional tank. It can be expressed in the form of spoken or written words — telling others you believe in and appreciate them. Or, it could involve mentioning a specific skill or talent you've noticed.

Encouragement lifts others up. More than flattery, it's truth people desperately need to hear.

It's exciting to think that we can be a conduit of God's blessing and encouragement to others!

Consider using these ideas to bless or encourage someone:

- Send an encouraging text or email to a friend: "I'm proud of you!"
- Empower someone with words of confidence: "I know you can do this!"
- Encourage someone by speaking well of them in front of others.
- Use social media to encourage others. Catch someone doing a good deed and post it!
- Pray a blessing over someone, using Scripture: Jeremiah 29:11, Ephesians 4:20.
- Write an encouraging note to someone using Scripture: Zephaniah 3:17, Isaiah 40:31.