



NEW COVENANT CHURCH

Be Encouraged.

How to Thrive

*Therefore encourage one another and build each other up,
just as in fact you are doing.*

1 Thessalonians 5:11

PASTOR BRYAN HUDSON, D.Min.

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Joshua 1:9

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.

Definition of Encourage

To strengthen; To grow strong; To prevail;

To make firm; To support; To repair; To hold, contain;

To strengthen oneself;

To put forth strength, use one's strength;

To withstand; To hold strongly with

God told Joshua:
“Do not be discouraged”

Discourage Defined:

To deprive of courage, hope, or confidence;
dishearten; to obstruct by opposition or
difficulty, To hinder

To express or make clear disapproval of;
frown upon

How can you avoid being discouraged?

Ultimately, discouragement is a choice we make.

It may not begin with you, but discouragement requires your agreement. Discouragement can be resisted, but it is a powerful feeling affecting **how we feel and how we think.**

Overcoming discouragement **does not come from fighting it.**

Overcoming discouragement starts with agreeing with God who said, “***Be strong and courageous.***”

Success in any struggle doesn't come from ***what you can or cannot do.***

Success in any struggle comes down to ***who is with you.*** (God and people)

Again Paul said, ***Therefore encourage one another and build each other up, just as in fact you are doing.*** (1 Thess. 5:11)

Keys to Encouragement

1. Fill your heart with hope. It's like carrying an umbrella when rain is threatening
2. Encourage others, because you reap what you sow
3. Never feel attacked. Recognize that there are always more broken hearts than hard hearts. Hurt people, hurt people. Don't take it personally

Keys to Encouragement

4. Surround yourself with encouraging voices and sources. You will need this to help discouraged people.
5. Look at beautiful things. Things that speak to you. Things that cannot be diminished.









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Keys to Encouragement

6. Remember that courage is not the absence of fear. Courage is doing the right things even when you are afraid.
7. Always know that God is for you.

*“What, then, shall we say in response to these things? **If God is for us, who can be against us?**”*

Romans 8:31

What can we do for others?

Hebrews 10:24-25, *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.*

Exhort Others

Exhortation is the act of **encouraging**.

To call to one's side; To address, speak to

To console and strengthen by consolation

To instruct, teach

Deuteronomy 1:37

*The Lord was also angry with me for your sakes, saying, 'Even you shall not go in there. 38 Joshua the son of Nun, who stands before you, he shall go in there. **Encourage him, for he shall cause Israel to inherit it.***

There are some people God has called and assigned to **cause others to inherit blessing and purpose**. Joshua was one of those people.

“I do my best because I’m counting on you counting on me.” ~ Maya Angelou

Be Encouraged!