**BETTER TOGETHER** in 2022

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Robert Jackman, *Campus Pastor*

**Overflow**

**Overflowing with Encouragement**



**Discouragement** –a loss of confidence or enthusiasm; dispiritedness

Have you ever gone through a period of discouragement? Perhaps you are in one right now.

Discouragement comes when there is a gap between what you expect and what you experience—when there is a gap between what you hoped would happen, and what actually does occur.

Discouragement can destroy your passion and undermine your purpose. It can take root because of a hurt, a circumstance, a challenge, a sickness, some uncertainty, and weirdly enough, right after a huge success. Sometimes, you just cannot put your finger on what is causing it.

Discouragement is a universal **experience**.

It can happen to **anyone**, **anywhere** … at any **time**.

And if we are not careful, we may find ourselves **dwelling** **in our discouragement**.

Sometimes we simply try to **numb** the discouragement.

When we are discouraged, we certainly might need *tenderness,* but we also need *toughness*.

Rather than numb it, we need to **challenge** it.

If left unchallenged, the negativity of discouragement can **overcome** any of us.

The fact that discouragement is a universal experience, means that … Encouragement is a universal **need**.

Real encouragement cultivates courage, and above all, hope in God.

1. Encouragement is found in **God**. – The God of endurance and encouragement.

*And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters.* ***But David strengthened himself in the Lord his God****.* **1 Samuel 30:6**

*Don’t you yet understand? Don’t you know by now that the everlasting God,* ***the Creator*** *of the farthest parts of the earth,* ***never grows faint or weary****? No one can fathom the depths of his understanding.* ***He gives power to the tired and worn out****, and* ***strength to the weak****. Even the youths shall be exhausted, and the young men will all give up. But* ***they that wait upon the Lord shall renew their strength****. They shall* ***mount up with wings like eagles****; they shall* ***run and not be weary****; they shall* ***walk and not faint.*****Isaiah 40:28-31 TLB**

1. Encouragement is found in His **Word**.

*For* ***whatever was written*** *in former days was written* ***for our instruction****, that* ***through endurance and through the encouragement of the Scriptures*** *we might have* ***hope****.*

**Romans 15:4**

Seeing that others have struggled before us with the same struggles we have and seeing that God’s love and care is found on every page is a great source of encouragement.

1. Encouragement is found in His **people**.

*A friend loves at all times, and a brother is born for a time of adversity.* **Proverbs 17:17**

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and* ***God of all comfort****,* ***who comforts us*** *in all our affliction,* ***so that we may be able to comfort*** *those who are in any affliction,* ***with the comfort with which we ourselves are comforted by God****. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.* **2 Corinthians 1:3-5**

God **encourages** us to make us **encouragers**. He does not encourage us just for our own benefit, but also for it to overflow into encouragement for others.

***For we do not want you to be unaware****, brothers, of the affliction we experienced in Asia. For we were so utterly* ***burdened beyond our strength that we despaired of life itself****. Indeed, we felt that we had received the sentence of death. But that was* ***to make us rely not on ourselves but on God who raises the dead****. He delivered us from such a deadly peril, and he will deliver us.* **2 Corinthians 1:8-10**

**Parakleo** – to come alongside; to encourage

Encouragement is a gift we **all** can give, a universal need that we can meet.

“The beautiful thing about encouragement is anybody can do it.” – **Charles Swindoll** - *Encourage Me*

**How we can encourage others:**

1. We encourage others with our **attitude**.

***May the God who gives endurance and encouragement*** *give you the* ***same attitude of mind*** *toward each other* ***that Christ Jesus had****, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.* **Romans 15:5-6**

*Bear one another's burdens, and so fulfill the law of Christ.*

**Galatians 6:2**

1. We encourage others with God’s **Truth**.

*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.*

**1 Timothy 3:16-17**

1. We encourage others with our **words**.

The **right words** from the **right person** at the **right time** can be life changing.

1. We encourage others with our **actions**.

* **Presence**
* **Listening**
* **Giving**
* **Serving**

1. We encourage others with our **prayers**.

***Let us hold fast the confession of our hope without wavering****, for* ***he who promised is faithful****. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but* ***encouraging one another****, and all the more as you see the Day drawing near.***Hebrews 10:23-25**

We encourage one another with our **endurance.**