



LIFE APPS #6 :: The Encouragement App {Jeff Henderson}

INTRODUCTION

In the typical relationship, for every one compliment or encouraging comment, there are six complaints or criticisms. Six to one! That explains why so many work environments are negative and dysfunctional. That explains why so many marriages are in trouble. Can a simple application of *encouragement* significantly improve the quality of our relationships?

DISCUSSION QUESTIONS

1. When was the last time you said something encouraging to a co-worker? Your spouse? Your family? When was the last time someone said something encouraging to you? Which comments are you most likely to remember?
2. Jeff illustrated three circles of influence: inner circle; work circle; life circle. In which circle are you most sensitive about giving and receiving encouragement?
3. Read Proverbs 11:25. Is the principle in this verse always true?
4. In what areas of life do you need to be more encouraging? With whom do you need to express more encouragement?
5. What steps can you take to ensure that you are improving on the ratio of encouragement to criticism?
6. How have you seen the benefits of “replenishing others” be a source of replenishment for you?

MOVING FORWARD

When our ratios are 6 to 1 in criticism and encouragement, what world are we creating? What kind of generation are we raising? What kind of work culture are we creating? What kind of marriages are we modeling? It doesn't have to be that way. We can change the world in which we live by replenishing people in these circles. It's important for them. It's important for you.

CHANGING YOUR MIND

...whoever refreshes others will be refreshed.

Proverbs 11:25