

English Café:

Encouragement



What was something we talked about last week that you really liked? Were you able to apply it this past week?

Introduction:

- 1) Who is the most encouraging person you know?

- 2) How are they encouraging?

Synonyms of Encourage:

After looking at these synonyms, can you give me some examples of situations you could use them in?

1. **Lend a hand:** Assist, help, aid, support

Example: "I'm here to lend a hand if you need help with your project."

Discussion: What's a situation where you recently had to lend a hand to someone?

2. **Back up:** Support, stand behind, defend, assist

Example: "I'll back you up in the meeting when you present your ideas."

Discussion: Who in your life always backs you up? How do they do it?

Idioms:

Here are some idioms you can use when you are trying to encourage someone. Which ones do you think are the most encouraging?

1. **"Keep your chin up"**: Stay positive, remain hopeful, maintain optimism

Example: "I know things are tough right now, but try to keep your chin up and keep moving forward."

Discussion: When is it hard to keep your chin up? What helps you do it?

2. **"Light at the end of the tunnel"**: Hope, promise, relief, better times ahead

Example: "Even though the project is tough, there's a light at the end of the tunnel, and we'll get through it."

Discussion: What's a "light at the end of the tunnel" you're looking forward to?

Conversation:

1) Read this quote: "Correction is good, but encouragement is better." Do you think that is true? Why?

2) When is it good to correct someone and when is it good to encourage someone?

*3) Here is a story about what encouragement can do:

A group of frogs were traveling through the woods, and two of them fell into a deep hole. When the other frogs saw how deep the hole was, they told the pair that they were as good as dead.



The two frogs ignored the comments and tried to jump up and out of the pit with all their might. The other frogs kept telling them to stop, that they were as good as dead.

Finally, one of the frogs decided to listen to the other frogs. He gave up, fell down and died. The other frog continued to jump as hard and as high as he could. Once again, the group of frogs yelled at him to stop and just wait to die.

He jumped even harder and higher until finally with one mighty leap he made it out. The other frogs were astonished and said, "Did you not hear us?"

The frog explained to them that he was deaf and that he thought they were encouraging him the entire time. What he thought was encouragement inspired him to try harder and to succeed against all odds.

*4) What can we learn from this story?

*5) Do you usually listen to people's discouraging comments?

*6) Do you think you usually encourage people? How do you encourage people?

7) Which one do you think is the best way to encourage people?

Show them you care.

Encourage them in writing.

Take the time to learn about them.

Trust them with more.

Tell them ("I believe in you.")

Help them.

What does the Bible say about Encouragement?

*8) God tells us to encourage each other. Read the verse below, are there any words you don't understand?

"So encourage each other and build each other up" (1 Thessalonians 5:11)

*9) Read this statement: “The only way you can honestly encourage someone when they are going through hard times is if you have hope.” Do you agree?

*10) What is something that you hope in that can keep you encouraged?

*11) Christians have a hope that is different from other people’s hope.

“If someone asks about your hope as a believer, always be ready to explain it.”
(1 Peter 3:15)

-What is that hope?

*12) Here is a promise that God gives to believers:

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. (Romans 8:28)

-How can that give a Christian hope?

13) How can that hope help us encourage people?

14) Who is someone you can encourage in your life?

For next week...what was something you really liked that we discussed today? Consider how you can apply what we discussed about encouragement this coming week and we will start next week’s lesson talking about what we’ve done!

Extra Discussion:

Are there any vocabulary words you don't understand in the following verse?

And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

(Hebrews 10:25)