



The Encouragement App
Proverbs 11:25; 2 Corinthians 3:3
Message from Pastor Martin Hawley
September 3, 2017

Idea: Replenish others and you will be replenished.

Introduction:

Conversations, we all have them. Some are good. Some are memorable. Many are routine. We have them at work, home, and in the drive-thru. Conversations are part of our lives, but I wonder if we ever stop to realize just how significant they are.

The Gottman Institute did some research and discovered an interesting fact. For every one encouraging comment most people share, they share six critical comments.

This explains a lot, doesn't it? This explains why so many workplaces are negative and dysfunctional because the conversations lean toward negativity and criticism. This explains why so many marriages are in trouble. This explains why some say, "I can't ever seem to do anything right in your eyes."

What's your ratio? This isn't a guilt trip, but what if there were a way to improve our ratios? And, if we were able to improve our ratios, what difference would that make in our lives? Would that create healthier relationships? Healthier environments?

Today's life app is **Encouragement**. We're going to look at a Biblical principle that is most intriguing to many people. It was written by a man who is commonly referred to as the wisest man who ever lived. This principle has a cause and effect relationship, and there are exceptions to the rule, but you are much more likely to benefit from this principle than not.

The Principle:

Proverbs 11:25, “He who refreshes will himself be refreshed.”

We live in a world where people are suffocating from self-doubt.

Men are constantly asking, “Do I have what it takes?”

Women are constantly asking, “Does he notice me?”

The encouragement app is like bringing oxygen to the people in your world, but as we’re about to see, it’s also like bringing oxygen to your world.

Don’t wait to give people roses of encouragement at their funeral.

Encourage and bless them now with words of life and refreshment.

Encouragement is never small when you are on the receiving end of it!

Application:

This all sounds simple enough, so why doesn’t this happen more often? Why are our ratios like this? Why is it when people have conversations with you, their ratios are 6 to 1 in criticism to encouragement? Some of us are going to have to be intentional about this because it doesn’t come as naturally to us as it might to other people. Beyond that, here’s a bigger reason: **Many people are so wounded and hurt, that they cannot see any good in anyone else.**

This explains why the ratios look like they do. This explains why so many didn’t grow up in a very encouraging home. Why marriages look as they do. When someone is beaten and bruised over and over by the conversations of people week in and week out, it is difficult for them to ever see past that negativity. If this is you, this principle is your answer.

Replenish others and you will be replenished.

As you breath encouragement and replenish people, you will receive encouragement even if the other person never encourages you. It’s the principle of sowing and reaping.

You cannot afford to wait. You have to go first!

Challenge:

Improve your ratio of encouragement over criticism.
Replenish others.

Dale Carnegie says, “Be hearty in your approbation and lavish in your praise.”

2 Corinthians 3:3, “You show that you are a letter from Christ ...”

NEXT STEPS:

- Memorize: Proverbs 11:25.**
- Who do you need to encourage?**
- When are you going to begin?**
- I’m going to invite three friends to Back to Church Sunday.**

IN TWO WEEKS

National Back to Church Sunday – Sunday, September 17

Destinations: The Principle of the Path

You win or lose by the path you choose. It is not where you are that is the issue; it is where you are headed. There is often a disconnect between where we want to end up and the path we choose.

Think about the last time you were traveling and got lost. You had your destination in mind. You had every intention of getting there. But you took the wrong path, and you didn’t end up where you wanted to be. A disconnect often occurs between the path you choose and where you want to end up. This is the principle of the path, and we’ll discover how it impacts every area of life.