



Sermon Outline  
May 15, 2022  
Pastor Bryan Myers  
**Encourage One  
Another**

1 Thessalonians 5:11

**Five Biblical prescriptions for restoring and  
maintaining healthy relationships:**

1. Love one another.
2. Forgive one another.
3. Serve one another.
4. \_\_\_\_\_ one another.
5. Accept one another.

**1 Thessalonians 5:11** - Therefore encourage one another and build each other up, just as in fact you are doing.

\* \_\_\_\_\_ **needs encouragement.**

**Especially Christ followers. And here's why:**

**1. The Christian life is more like a \_\_\_\_\_  
than a sprint!**

**Hebrews 12:1b** - And let us run with perseverance the race marked out for us.

*If you want to go fast, go alone.  
If you want to go far, go to together.*

**2. The world will often be \_\_\_\_\_ you  
rather than \_\_\_\_\_ you.**

**1 John 3:13** - Do not be surprised, my brothers and sisters, if the world hates you.

**3. You have an enemy who seeks to kill, steal and  
\_\_\_\_\_.**

**John 10:10a** - The thief comes only to steal and kill and destroy.

**And here's what that means:**

1. You will get \_\_\_\_\_.
2. You will be \_\_\_\_\_.
3. You will get \_\_\_\_\_.

\* **Some will be better at encouragement than others because it will be their \_\_\_\_\_.**

**Romans 12:6a & 8a** - We have different gifts...if it is to encourage, then give encouragement.

**Effective ways to encourage others:**

**1. With your \_\_\_\_\_.**

**Philippians 1:14** - And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

**2. With your \_\_\_\_\_ (presence).**

\* **ACCEPTANCE** - Connect without judgment.

\* **ATTUNEMENT** - Respond to what another is experiencing. Get "in their well."

\* **VALIDATION** - Convey that person's experience is significant and not to be dismissed.

\* **IDENTIFICATION** - Share your similar story.

\* **CONTAINMENT** - Allow the other to vent while staying warm without reacting.

\* **COMFORT** - Provide support for someone's loss.

**3. With your \_\_\_\_\_.**

**Proverbs 12:25** - Anxiety weighs down the heart, but a kind word cheers it up.

**Ephesians 4:29** - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**Here's \_\_\_\_\_ to communicate with your words:**  
*I see you. I value you. I appreciate you. I am helped by you.  
You've blessed my life. I am grateful for you. I believe in you.*