

Thought for the Week – Encouragement

Have you ever felt low or discouraged then someone says something which really lifts you up?

In 1 Thessalonians we see encouragement as a command "... encourage one another and build one another up,"

Encouragement is a powerful force. It has been shown that no one can accomplish significant achievements in life by doing it alone, it is always done with the help and assistance of others.

Theologian William Barclay once said, "One of the highest of human duties is the duty of encouragement. ... It's easy to pour cold water on enthusiasm. The world is full of discouragers. We have a duty to encourage one another."

Many times a word of praise or thanks or appreciation has kept a person going.

One of the early disciples earned the nickname 'Encourager'. When we first hear about him he is selling some land to help provide for fellow Christians who were in poverty. He then travelled around giving encouragement to those who were starting their Christian lives. We know him as Barnabas even though his name was Joseph, because in Greek it means 'Son of Encouragement'.

Encouragement is without doubt one of the most powerful things we can do to help others in their life's journey. Let's actively look for ways to encourage all those we encounter this week.

