



One Anotherhood:

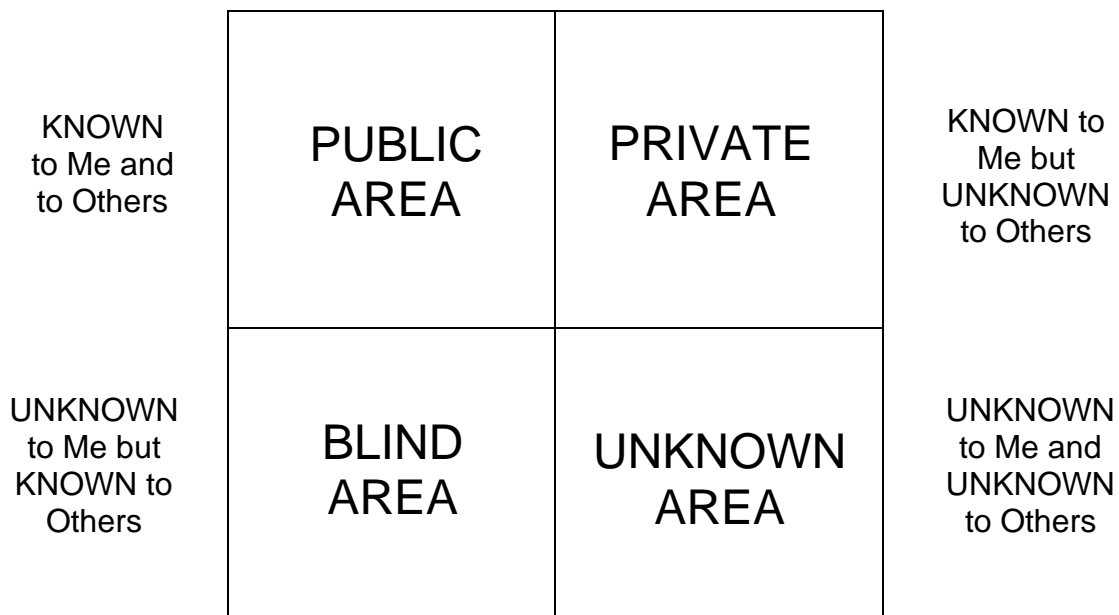
Two Sides of the Coin

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Skills of a Great Accountability Partner & Friend

- A. **Sacred Encouragement:** Encouraging One Another: Building Confidence. Giving & receiving it and how to build confidence in another person.
- B. **Sacred Confrontation:** Confronting One Another: Building Character. Giving & Receiving it and how to build character into another person.

Grasp the Johari Window to Improve your Self-Awareness & Growth:



(Source: Joseph Luft and Harrington Ingham, 1955)

1. **REVELATION:** Are you willing to volunteer your hurts, insecurities and fears?
2. **RECEPTIVITY:** Are you will to listen to the observations/evaluations of others?

A. ENCOURAGEMENT IS GOD'S PLAN FOR THE ONE ANOTHERS IN YOUR WORLD

Romans 15:1-2

We who are strong ought to bear with the failings of the weak and not to please ourselves.
2Each of us should please his neighbor for his good, to build him up.

1 Thes. 5:11

Therefore encourage one another and build each other up, just as in fact you are doing.

Hebrews 10:25-26

Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching. 26If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left,

2 Cor. 12:19

Have you been thinking all along that we have been defending ourselves to you? We have been speaking in the sight of God as those in Christ; and everything we do, dear friends, is for your strengthening.

Romans 14:19

Let us therefore make every effort to do what leads to peace and to mutual edification.

Ephes. 4:16, 29

From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. 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.

Romans 1:11-12

I long to see you so that I may impart to you some spiritual gift to make you strong--
12that is, that you and I may be mutually encouraged by each other's faith.

Other Scripture:

B. THE SPECIFICS OF GIVING ENCOURAGEMENT

1. Be honest and genuine in the encouragement you give. God knows your heart. What are your motives? Are you trying to win their favor or sincerely bless them? Give your encouragement without manipulation - expecting nothing in return.
2. Pray through what God may want you to be saying to them. While you should be sure to listen to His prompting, caution on “God told me”. Share to refresh them.
3. Actually JUST DO IT ~ remember, good intentions don’t edify but kind words can. When you feel the stirring to say something, don’t miss the opportunity. Respond.
4. Be as specific and as current as possible. Connect your comment to what you want to affirm as soon as you have opportunity. Don’t wait unless there is clearly a better time later.
5. Use their name when encouraging them. Rarely can you over-use their name.
6. Don’t be “hit and run” in your encouraging. One-liners have their place, but can come across as throw away, meaningless lines. One-liners in passing seldom produce the edification that even brief moments of interaction can bring.
7. Your tone matters - avoid sounding like a “canned” expression, a tacked on comment or one spoken under obligation. Give your words whether verbal or written from the heart. Show feeling with your comments to convey the meaning.
8. Learn to appreciate who they are first so their worth is not tied to their accomplishments alone. Don’t feel that encouragement on small things will devalue the praise of bigger things.
9. Avoid giving encouraging comments without sincere support intended. Encourage to “build up”, not to “butter up” ~ flattery is destructive. That’s like building a wall without mortar. It looks good for a while, but it doesn’t last.
10. Be sure the person hears you clearly and realizes that you are sincere. Don’t let them brush it off. Their response to your encouragement often shows if it has been received as you intended.
11. Remember the place of public affirmation- Build people up in the appropriate contexts to increase the impact. Just be sure to do it for all – being consistent- and have done it privately first.
12. Consider a variety of means of encouraging.
 - Verbal: In person, casual or appointment, phone call, phone message, public.
 - Written: note, card, text, email, Facebook- public and/or private.

C. REGARDING GIVING ENCOURAGEMENT, THREE THINGS I WANT TO DO ARE:

- 1.
- 2.
- 3.

D. THE SPECIFICS OF RECEIVING ENCOURAGEMENT:

1. Really listen to the encouragement; let it be heard deep in your heart. Ask God to use it to lift and strengthen you.
2. Assume the comments are genuine until you clearly see otherwise. Don't be skeptical or fear you are being manipulated.
3. Be sincere about receiving the encouragement. Be gracious and humble, recognizing that God enables and equips.
4. Don't back away from the encouragement or compliment, brush it off or try to pass it on. Yet don't go into a big "speech" about your contribution or a big commercial about you. Don't receive affirmation and then brag.
5. Simply acknowledge the encouragement and say "thanks". If it really meant something to you, tell them why. Show appreciation for them making the effort.
6. Be sure to make their encouraging effort worthwhile so you won't be guilty of stopping a person's growth as an edifier. You want them to be glad they encouraged you.
7. Be honest about your need if you are in "hard" times. Share a specific request if they have shared a true concern.
8. Seek support if needed. If they sought your encouragement, they will likely be willing to support you more.
9. By keeping a mental record of the encouraging remarks you receive, you can learn what people appreciate and better minister in the future. It also could be a confirmation of gifts and abilities in service.

E. TO RECEIVE ENCOURAGEMENT BETTER, THREE THINGS I WANT TO DO ARE:

- 1.
- 2.
- 3.

