

## Practice #1: Encouragement

This is a *practice* not a *perfection*, because we're all learning! These practices open space for you to experience God in a special way so that His Holy Spirit might teach and grow you as a disciple.

**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."

**1 Thessalonians 5:11** "Therefore encourage one another and build one another up, just as you are doing."

**Hebrews 10:24** "And let us consider how to stir up one another to love and good works..."

**1 Thessalonians 4:18** "Therefore encourage one another with these words."

As disciples, we are called to **encourage** each other. The simple power of kindness cannot be overestimated. Not *flattery* but *encouragement*. It is the act of filling people with courage to be all that God desires them to be.

To some people this comes naturally, but *all* people are called to it. The **Holy Spirit** can help guide and lead us to know **who** and **how** to encourage. The truth is, discipleship can often be a difficult road, and it's one we are meant to walk *together*. Encouraging others builds them up, but it also brings growth to you as well.

**Q: Are you open to the promptings of the Holy Spirit as He guides you to "divine appointments" of encouragement?**

\*In the video, Mike and Rob each share a story of the Holy Spirit specifically guiding towards an encounter of encouragement that had long-lasting effects.

You never know what's going on in someone's heart. But God does. And the same Holy Spirit that is at work in their heart can stir *yours* into action. **It's a beautiful thing when the Holy Spirit builds up the church of Jesus by bringing disciples together to encourage one another.**

**Q: How can you be an encouragement to your fellow disciples this month?** We encourage you to pray each day for God to bring someone to your mind that you can encourage.

As always, expect to see God at work! We hope you will share those stories with us this month, so that we can share them with the church. Reach out to us at [mike@canvaschurch.ca](mailto:mike@canvaschurch.ca) or [filgates@hotmail.com](mailto:filgates@hotmail.com) to pass on these stories. If you're willing, we'd love to film you telling the story, so that we can share it with the rest of the church.