

## **Speaking LIFE into our own lives**

We all know that our perception on things determine our outlook, our behavior, our mood and how we also handle it. With that in mind, we are responsible for coming up with positive reinforcement. From now on this is how I will start my day and encourage others to do the same. The bible says in Proverbs 23:7 that as a man thinketh in his heart so is he or in some translations or so he becomes. So...

When you wake up in the mornings, look in the mirror and say...

- Healing, looks good on you!
- Peace, looks good on you!
- Happiness, looks good on you!
- Freedom, looks good on you!
- Victory, looks good on you!

For over ten years, I would walk into work, which was a psychiatric hospital and see the patients struggling with their handicapped challenges. Meeting this every day I had to speak to my own self to uplift my spirit, I would say; "This is the day the Lord has made, I will rejoice and be glad in it!"

I heard a great statement years ago, "garbage in, garbage out". We should listen to music, read books, and associate with people that build up and doesn't tear us down. It is so easy to think the negative, and speak words of destruction, but I choose to be an encourager and not a critic, because I love seeing people excel. Here are a few scriptures that motivate us to be an encourager.

- 1 Thessalonians 5:11 - Wherefore comfort yourselves together, and edify one another, even as also ye do.
- Proverbs 16:24 - Pleasant words are as a honeycomb, sweet to the soul, and health to the bones.
- Philippians 2:4 – not looking to your own interests but each of you to the interests of the others.

Are you an encourager? Would your spouse or your children consider you to be one? What about your neighbors or that person in your life who is struggling to find a ray of light in their darkness?

Characteristics of an encourager. 1) One who sacrifices for others. (Acts 4:32-37) 2) One who sees the best in others. (Acts 9:26-31) 3) One who is slow to judge others. (Acts 15:36-41).

Encouragement really works; however, no one cares how much you know until they know just how much you care. When you are encouraging others it takes the focus off of you and puts it on the needs of others. So in essence, to encourage others minimizes our situations.

At this moment you are empowering yourself, taking back your life and control, no longer a Critic, but an Encourager.

Let's Pray...

Father, I am asking You to teach me how to be an encouragement to those around me. Help me to see those who are hurting. Don't let me miss the broken hearts that cross my path. Bring to my remembrance Your words and give me the wisdom and love to be "God's ambassador" to the people in my world.

In Jesus' name,

Amen.

Lisa Sutton and her husband are the pastors of Freedom Fellowship Church of Palestine. You can check out [freedomfellowshipchurch.net](http://freedomfellowshipchurch.net) or you may contact her at [lisasutton@icloud.com](mailto:lisasutton@icloud.com)