

## LIFE APPS - PART 3: WHO NEEDS IT?

SUNDAY, OCTOBER 11, 2020

*Conversations – we all have them. Some are good; some are embarrassing; some are memorable. Conversations are part of life but sometimes we don't realize how significant a part of life conversations are. In the typical relationship, there is a ratio of 1:6 in conversations – which means for every 1 compliment, there are 6 complaints/criticisms (ratio is 1:8 in parent/child relationship). We all need encouragement so what if we approached every interaction as an opportunity for encouragement?*

### READ PROVERBS 11:25B

- What might it look like practically for you to be “refreshed”?
- What are some things that tend to drain and keep you from being refreshed?
- How are you typically impacted by negative comments and criticism?
- What are some practical ways encouragement serves you better than criticism?
- When we feel bad about ourselves (discouraged), why is it so challenging to be an encourager to others?
- What are some ways encouraging others can lead to you being encouraged?
- What are some steps you can take to be intentional about encouraging others?
- How does being discouraged impact your relationship with God?
- Is it easier to connect with God when you are encouraged (refreshed)? Talk more about this.
- How might your approach change if you viewed every encounter as an opportunity for encouragement?
- What next step will you take to change the ration of the positive and negative in your conversations?

EVERY INTERACTION IS AN OPPORTUNITY FOR ENCOURAGEMENT