

# Three ways to encourage

Encourage one another and build each other up.

1 Thessalonians 5:11

Sometimes life brings us down, makes us feel sad, scared, or lonely. Sometimes, after trying and failing at something, we just want to give up.

That's when we need someone to encourage us.

To cheer us on. To tell us they are praying for us.

To remind us that God is with us and He will see us through.



## 1 Speak good words

- You're doing a great job!
- You're so talented.
- You're amazing!

## 2 Speak God's Word

- Don't be afraid. God's got this!
- God loves you, and I love you too.



## 3 Be there for people

- You can count on me!
- I'm your friend no matter what.