



The Encouragement App

Series: Life Apps, Part 6

Text: Proverbs 11:25

February 23, 2014

Message Notes

Gottman Institute research on conversation: ***For every one encouraging comment, there are six critical comments.***

3 Circles of Conversations

- **Inner Circle:** Marriage, Kids, Dating, Close Friends.
- **Influence Circle:** Work, Leaders, Managers.
- **Life Circle:** people we encounter on a regular basis.

What if we began to see every interaction as an opportunity?

If we improve our criticism-encouragement ratio, we will create healthier environments for our relationships.

The Encouragement Principle: Proverbs 11:25b (NIV) - *He who refreshes others will be refreshed.*

Another way of saying this is, **He who replenishes is himself replenished.** Everyone in these circles needs replenishing because: **We live in a world where people are suffocating from self-doubt and insecurity.**

Inner Circle:

- **Women:** men in these circles are asking themselves, "Do I have what it takes?" Men live in a world that tells them they don't. Women, do you know how powerful your voices are?
- **Men:** women in these circles are asking themselves, "Do you notice me? Am I special?" "Did he notice what I've done today? Did he take into account all that I have to do?"
- **Parents:** What if our kids filled out ratio cards for us? What would it look like?
- **Youth/Children:** One of the greatest gifts you can give your parents is to encourage and recognize what they do. It's hard to see your parents as real people, but they are.

Influence Circle: Question for bosses/leaders/managers to ask their employees at least twice as much as "What are you doing?" is "How are you doing?"

Life Circle: How do you treat or speak with people you interact with each day? Pay attention to the community: single moms, widows.

When we apply this life app, it's like bringing oxygen to the people in your world.

Encouragement is never small when you are on the receiving end of it.

Many people do not feel good enough about themselves to let you feel good about yourself. T

So, what are we to do about this? **If we all encouraged others, then we would receive the encouragement we need.**

Replenish others and you will be replenished. Those that breathe encouragement and life into others are the people you most want to be around. (Note: this doesn't mean there should never be any complaints or criticisms. We just need to improve our ratios and focus on replenishing others.)

So, here's your homework assignment: *improve the ratio of your conversations*. See them as opportunities to replenish others. Lean toward encouragement. Be intentional. Why? It's simple. **Replenish others and you will be replenished.**

Life Application Questions

1. When was the last time you said something encouraging to a co-worker? Your spouse? Your family? When was the last time someone said something encouraging to you? Which comments are you most likely to remember?
2. Kelly shared that research has revealed the for every one encouragement there are 6 criticisms. What are your thoughts about that? Why do you think we criticize more than encourage?
3. Kelly illustrated three circles of influence: inner circle; influence circle; life circle. In which circle are you most sensitive about giving and receiving encouragement?
4. Read Proverbs 11:25. Is the principle in this verse always true? Explain your answer.
5. In what "circles" do you need to be more encouraging?
6. With whom do you need to express more encouragement? What is stopping you? What would be the possible benefits of encouraging them?
7. What steps can you take to ensure that you are improving the ratio of encouragement to criticism?
8. How have you seen the benefits of "replenishing others" be a source of replenishment for you?
9. What is one thing you plan to do to apply this Life App today?