

ENCOURAGEMENT

The act of giving hope and supporting someone are aspirations for Christians. Many also encourage children in sports, activities, and education. Many people encourage employees with employee appreciation awards. Others encourage people in difficult times. The idea of giving hope and support is the essential in seeing someone faltering either in faith, employment, or family dynamics.

Mentor

Share with your mentee a time when you encouraged someone. Give details on the situation that lead you to encouragement. Why did you do it? What did you say? Did you talk directly or during an activity? What were some of the challenges in approaching this person?

Biblical foundation

- Deuteronomy 31:6, ‘Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.’
(TNIV)
- Psalms 55:22, ‘cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.’ (TNIV)
- Isaiah 40:31, ‘but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.’
(TNIV)

Cultural

During gatherings in the Kiiyar or qasgiq (traditional men’s house), instruction was given to young men and adults in their traditional ways of living, hunting, and social aspects (supporting a family). This instruction was encouragement to the young men as they endured living life in harsh and difficult times. Without encouraging the men and youth, many would have given up

their traditional ways of living and celebrating. Encouragement was and is still a huge part of native lifestyle.

Potential activity

Select a time of your choice to have your mentee intentionally encourage someone either in a game or activity. Have your mentee write the feelings in which he intentionally encouraged someone.

- How did you feel?
- What was it like?
- Did you have to think of words to say to encourage?
- What would you have done differently?
 - Why would you?
 - Why not?