

**Sunday, August 11<sup>th</sup>, 2024**  
**1000 Oaks Bible Church**

**Cultivating Healthy Relationships:  
"Encouragement"**

## \* INTRODUCTION

A. It has been said, “A person needs encouragement like a plant needs water.”

So what is encouragement? It is instilling courage!

B. <https://www.youtube.com/watch?v=fSaKwDPBTeM>  
(0:45-End)

C. Finding Discouragement is not hard - Life can be discouraging at any turn. Health issues, financial issues, relationship issues, aging issues, career issues...

DISCOURAGEMENT

dreamstime.



**D. But God's Word has a declaration to you and me –  
II Corinthians 4:1 Therefore, since we have this  
ministry, as we received mercy, we do not lose heart.**

**1. This is Paul's encouragement to new Christians  
“We have a Calling to fulfill, we don't have time to  
get discouraged”**

**2. We do not lose heart... Things happen that can  
leave you feeling discouraged, heartbroken, empty,  
or lonely - God's Word says, “Don't lose heart!”**

# **I. THE EXAMPLE OF BARNABAS**

**A. Acts 4:36 Now Joseph, a Levite of Cyprian birth, who was also called Barnabas by the apostles (which translated means Son of Encouragement)**

**\* How is it possible that such an incredible name isn't crazy popular?**

**\* Is "Barney Fife" the top of the list?**



1. Some people have names that may be justified and some not be justified: Alexander the Great, Stormin Norman Schwarzkopf, Queen Latifah, King James, Johnny Football Manziel, Ringo, Bad Bunny, Jack the Ripper, Kevin “Mr Wonderful” O’Neil, etc.

2. Barnabas had to be popular - his effect on others was so uplifting he earned the nickname – **Mr Encouragement!**



**B. Acts 9:26-27 When Saul came to Jerusalem, he tried repeatedly to associate with the disciples; and yet they were all afraid of him, as they did not believe that he was a disciple.**

**27 But Barnabas took hold of him and brought him to the apostles and described to them how he had seen the LORD on the road, and that He had talked to him, and how he had spoken out boldly in the name of Jesus at Damascus.**

**C. Acts 15:36-40 After some days Paul said to Barnabas, “Let us return and visit the brethren in every city in which we proclaimed the word of the LORD, and see how they are.”**

**37 Barnabas wanted to take John, called Mark, along with them also. But Paul was of the opinion that they should not take along with them this man who had deserted them in Pamphylia and had not gone with them to the work.**

**C. Acts 15:36-40** Now it turned into such a sharp disagreement that they separated from one another, and Barnabas took Mark with him and sailed away to Cyprus.

**40** But Paul chose Silas, and left after being entrusted by the brothers to the grace of the LORD.

1. Paul and Barnabas agree to take a missionary trip to churches where they have traveled to before. On that trip John Mark had gone with them – Acts 13:5. They ran into tough opposition and John Mark left Barnabas and Paul and went home – Acts 13:13.

2. So on this return trip Paul will not accept John Mark going since he had quit previously. Does John Mark turn into human garbage?  
Nope! Mr Encouragement steps up

## II. THOUGHTS ABOUT ENCOURAGEMENT

A. Famous story - two men who were sent by a shoe manufacturer to a remote country to sell shoes...

B. YOU decide your reaction to tough circumstances. But some people have not learned to handle that. Good news! You can be their encourager.

**C. II Corinthians 1:4 God comforts us in all our troubles so that we may be able to comfort those experiencing any trouble with the comfort with which we ourselves are comforted by God.**

**\* God comforts you - not to make you **Comfortable**, but to turn you into a **Comforter**.**

**D. Acts 16 - Paul and Silas beaten and thrown in prison. Should have been in pity and pain. Instead, at midnight they decide to throw a Praise Party! They were Thermostats not Thermometers.**

- **CURBSIDE**

A. Time to send you off with some ways to develop Encouragement:

B. Ephesians 4:2 **Let no unwholesome word come out of your mouth, but if there is any good word for edification according to the need of the moment, say that, so that it will give grace to those who hear.**

\* Just start encouraging. **Any good word... Say that!**

**C. Proverbs 27:9 Oil and perfume make the heart glad, so a man's counsel is sweet to his friend.**

**\* Smells don't affect my heart, but Encouragement smells like a skillet of sizzling fajitas at Lupe Tortilla.**





D. I Thessalonians 5:14 We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone.

\* Barnabas didn't pick a champion; he helped turn John Mark into a champion. **“An encourager doesn't throw people away – he/she will recycle them!”**

E. Romans 12:8 Encouragement is listed as a spiritual gift. They recognize potential in others. They edify. They are authentic empathizers.

**F. Romans 1:11-12 For I long to see you so that I may impart some spiritual gift to you, that you may be established; 12 that is, that I may be encouraged together with you while among you, each of us by the other's faith, both yours and mine.**

**\* “I can't wait to get there so I can encourage you - but I want the encouragement to be contagious!”**

**G. This should be our intentional desire at TOBC. We should come here already planning to encourage others. Our encouragement should be Contagious.**