

WORDS OF AFFIRMATION



WARM UP

If any of you have a bank account you know how important it is to make deposits as well as withdrawals. A failure to make deposits ends up in us being overdrawn.

Each one of us has an emotional "love tank" that others deposit into and draw from. If our loved ones draw out and don't deposit, then soon our relationship is going to be in the negative. Sometimes relationships get overdrawn and it takes some time of continual deposits to get them back into the positive.

BACKGROUND

Words have a powerful effect on us. *"Death and life are in the power of the tongue, and those who love it will eat its fruit."*

Proverbs 18:21. So we need to constantly be thinking about what we are saying. We will eat the fruit of what we speak. In our relationships with others we need to speak life - words that affirm and build up. It is amazing what we will do for some praise from those we love. Please note that it is not just what we say, but the manner in which we say it. Our tone and body language are also important.

One thing you need to be very aware of: If your spouse or friend has words of affirmation as their love language then they will find any negative words will hurt them twice as much as someone who does not have this love language.



READ Matthew 25:14-23



QUESTIONS

1. How do you feel when someone you love affirms you verbally?

2. How good would it feel to hear the Lord say to you, "well done good and faithful servant?"

3. If it took 10 compliments and encouragements a day to keep the "love tank" full, how full is your loved one's tank? How full is your tank? What can you do to change it?

4. As affirmation is not just verbal but written, write a message that you will later put on a card or letter to a friend, spouse or family member. Discuss with your group for more ideas.



IT'S TIME FOR PRAYER

MY RESPONSE AS A PROMISE KEEPER

I will be an encourager. I will affirm those around me constantly. I will look for opportunities to compliment and encourage others.

CONSIDER THIS

Take turns to read the following verses aloud:

"But encourage one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness." Hebrews 3:13

"The words of the godly encourage many, but fools are destroyed by their lack of common sense." Proverbs 10:21

"So encourage each other with these words." 1 Thessalonians 4:18

"My purpose in writing is to encourage you." 1 Peter 5:12

Additional verses:
2 Corinthians 13:11,
Hebrews 10:25

WRAP UP

Discuss how these verses apply to affirming or encouraging others and what the effect of not doing so would be.

