

# ENCOURAGEMENT FOR *Real Life*

## **110. Encouragement Is Important and Necessary**

You are listening to episode 111 of the Encouragement for Real Life Podcast titled, Why Encouragement Is Necessary and Important. Welcome to the podcast. I thank you for joining me today! Did you know today is the National Day of Encouragement. My daughter texted me last week stating that today was this momentous day! You likely already know I'm all about encouragement, so friend, this is my day! Well, not really, but it's a day I don't want to pass over. So, we're dedicating today's episode to it. So I invite you to hang out with me here for just a little while and as always we're going to find some encouragement (especially today!) and hope for our real lives right now. Plus a whole lot of fun. So, let's get to it!

Happy National Day of Encouragement!

Yes! I wasn't aware of this, but each year on September 12 the National Day of Encouragement is recognized and celebrated. It's a day dedicated to uplifting others around us and for making a positive impact in this world. So of course, the Encouragement for Real Life Podcast is celebrating this day!

How did this day come to be? Well, the Encouragement Foundation at Harding University in Searcy, Arkansas, (yes, that's a real foundation) originally launched the effort behind Day of Encouragement. Mayor Belinda LaForce of Searcy, Arkansas, made the first proclamation for Day of Encouragement on August 22, 2007. Then Arkansas Governor Mike Beebe signed a proclamation making September 12, 2007, the "State Day of Encouragement" for Arkansas. Yay for Arkansas!

Later, President George W. Bush also signed a message making September 12th the official National Day of Encouragement.

Encouragement gets its own day!

### **So the National Day of Encouragement as been around awhile.**

Encourage is defined as: to inspire with courage, spirit, or confidence, so encouragement is the act of encouraging.

Encouragement is necessary and important. Not just for the one we encourage, but for ourselves. Why? Because we each crave encouragement. We each need it, really, every day. And encouragement is day- and life-changing. Let me tell you about Coach K. She was my high school assistant basketball coach. Basketball was my favorite sport to play back then, and I think that had to do with her influence in my young life. She saw something in me I didn't see and she believed in me in ways I didn't believe in myself. Not only this, but she let me know those things. She took the time to tell me so, to influence the way I perceived myself, and set me on a path that completely altered my life. She encouraged me in ways no one (except my parents) did or has since. I'm forever grateful for Coach K.

I want to be more like Coach K.

It's hard to make it a day in this life without encouragement, isn't it? I mean, some days are just downright difficult. It's especially on those days when encouragement is necessary and important, and we could use someone's words or actions to inspire us and to spur us on. And sometimes it's on those days we need to give out that encouragement to encourage ourselves!

The thing about encouragement is that it's really quite simple to do, and encouraging others doesn't cost us anything. Maybe our time and effort, but the payoffs are priceless! We will discuss that here shortly, but today is the perfect day to encourage others. So, how do we go about doing that?

Here's just a thought: What if you and I set out to encourage every member of our families today? Or every person we come in contact with? Or our children? Maybe our boss, our spouse, or that stranger on the street? You know how it feels to receive encouragement, so let's make others in our lives feel that same way.

**I created a list of ways we can encourage others today.**

Here are a few, but there are numerous more we can add to this list:

- send an uplifting text
- compliment someone on a job well done or something kind she/he did
- tell someone you noticed their effort
- thank someone
- offer your smile
- send an encouraging card
- surprise someone with a kind email
- spur on another who is working toward a goal
- help someone who is struggling right now
- show up and support someone
- even small acts of kindness like opening a door for someone can encourage them
- the gesture doesn't have to be big or bold, sometimes it's the small things that others appreciate the most

What is one way you can encourage those around you today?

**I firmly believe God's Word is the best encouragement we can find.**

So I went on a hunt. If you do a search for "encouraging Bible verses" you'll be nearly inundated with results. There are so many! That's a great thing, isn't it?

Here are five Bible verses to encourage our hearts today.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10 NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV

The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you. Psalm 32:8 NLT

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13 NIV

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9 NIV

What's your favorite encouraging verse?

**I have a story for us today, too.**

A man in the Bible, Barnabas, was known as the "son of encouragement." Let's read Acts 11:21-26 NIV:

*The Lord's hand was with them, and a great number of people believed and turned to the Lord. News of this reached the church in Jerusalem, and they sent Barnabas to Antioch. When he arrived and saw what the grace of God had done, he was glad and encouraged them all to remain true to the Lord with all their hearts. He was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord. Then Barnabas went to Tarsus to look for Saul, and when he found him, he brought him to Antioch. So for a whole year Barnabas and Saul met with the church and taught great numbers of people. The disciples were called Christians first at Antioch.*

Barnabas was consistently encouraging those around him. He played a vital role in helping, encouraging, and connecting people as the apostles shared the good news of Jesus. He believed in Paul after his conversion and took him to meet the rest of the apostles in Acts 9. And he supported and mentored John Mark when Paul didn't agree in Acts 15. Barnabas was an encourager. And the thing is, he helped the good news of Jesus spread to the nations that didn't know him yet. Isn't that so cool?

**Barnabas knew this too: encouragement is necessary and important.**

I pray we know it too.

It's no secret encouragement benefits others.

It reminds them they matter.

It helps them realize others care.

This might be just the spark someone needs to finish a goal.

It might bring someone closer to faith in God.

The encouragement we offer might inspire them to go and encourage someone else.

And sometimes our encouragement helps them believe in themselves in ways they can't see on their own.

Encouraging others also benefits us.

We are encouraged when we encourage others.

We feel our words and actions make a difference when we extend encouragement to others.

It helps us mature and grow.

It reminds us of our own successes and how others have encouraged us.

And it feels good to encourage others and releases positive endorphins within us.

Friend, let's be about encouraging others today on this National Day of Encouragement. Let's see how many people we can impact for good. This matters. And not just today, but let's be about encouraging others every single day. Let's be a little more like Barnabas every day of our lives.

**Encouragement is important and necessary.**

This sounds a bit comical to say, but if you found encouragement in this episode, would you please rate it and/or review it from wherever you're listening today? This will help others find this encouragement too. And if you haven't already, subscribe to the podcast so you never miss a new episode.

One more thing before we sign off. I have big news to share. I've written a book, and right now it's in the hands of the designers. Last week I shared the title of the book with my wonderful email community, and word is getting out! So I wanted to share it with you, too. It's titled, Right Now Matters, and it releases on October 17. I wrote this book to help women like you and me who struggle with living in the moment in this culture of distraction. More details are coming very soon, and if you want to learn more, add your email to the Free Resources link in the show notes, and I'll send you the scoop! Plus you'll have access to all the many resources I've created there to encourage your heart.

When you show up, you encourage me. So I thank you. Hang out with me on social media, and let's encourage one another. Happy Day of Encouragement! God bless you!

Links in this episode:

[National Day of Encouragement](#)

[Definition of encourage](#)

[Isaiah 41:10](#) NIV

[Philippians 4:6-7](#) NIV

[Psalm 32:8](#) NLT

[Romans 15:13](#) NIV

[Joshua 1:9](#) NIV

[Acts 11:21-26](#) NIV

*Julie Lefebvre*