

ENCOURAGING OTHERS (ESPECIALLY LEADERS)

Being Refreshed

[The words in this section are related to the concepts of "cold" and "cool," but they are used in a more figurative or metaphorical sense.]

Being refreshed, encouraged.

- Philippians 2:19 - Paul hoped that Timothy would be able to visit the Christians at Philippi, and then return to Paul with *encouraging* news about them.
- 2 Timothy 1:16 - Paul referred to a person who often *refreshed/encouraged* him, when Paul was in prison. Paul prayed that God would show mercy to the man's family. (This person is contrasted to many others who had forsaken Paul - v. 15.)

TO THINK ABOUT...

Two types of encouragement are illustrated here:

- *Direct encouragement*: Paul was encouraged by the presence of a loyal friend.
- *Indirect encouragement*: Paul was (or would be) encouraged when he heard about the spiritual growth of other believers.

The focus of these two verses is on encouragement received by a leader in the church (Paul). These two specific instances occurred while Paul was in prison; but he needed encouragement at other times, too. (See, for example: Romans 1:11-12.)

What are some ways (direct and indirect) that you can encourage the church leaders you have contact with? In answering this question, focus on things you can *do* (or *be*), rather than on verbal praise. (Verbal praise can have value, but when it is excessive, or not backed up by one's *actions*, it can actually have a *negative* effect.)

What are some of the ways that people *discourage* leaders? What are some of the ways you can *avoid* these discouraging practices?

You may wish to do your own study of other verses that focus on encouragement. The Bible has *much* to say about people encouraging each other.

GREEK WORDS:

anapsucho, to cool again, to cool off, recover from the effects of heat: to refresh - 2 Timothy 1:16

eupsucho, to be of good courage, to be of a cheerful spirit - Philippians 2:19

[Both of these are related to the word *psuchos* (cold). Many other verses focus on the topic of encouragement, but they do not use the "temperature words" found in these two verses.]

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