

May 13, 2012

Pastor Chris Hill

Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:22 (NIV2011)

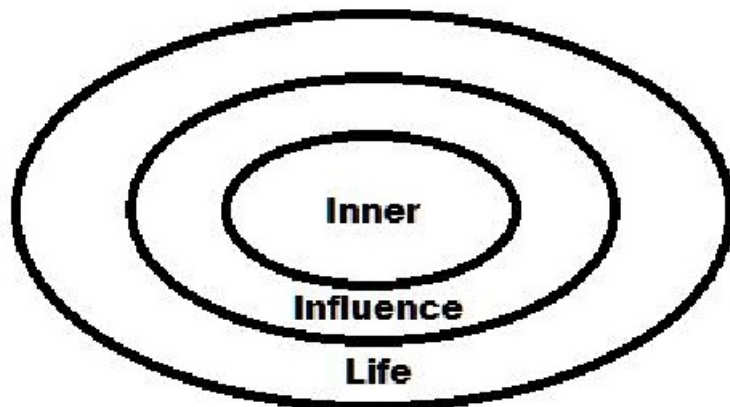
The Gottman Institute

- Normal everyday conversation  
 \_\_\_ encouragement for every \_\_\_ criticisms

What is your ratio?

1. Encouragement Works With \_\_\_\_\_

- Three levels of \_\_\_\_\_



- The battle against \_\_\_\_\_ and \_\_\_\_\_ speech

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Philippians 4:8 (NRSV)

2. Changing Our \_\_\_\_\_

... those who refresh others will themselves be refreshed. Proverbs 11:25 (NLT)

- Decision to go \_\_\_\_\_ the \_\_\_\_\_ in our thinking and conversations
- Don't wait until someone \_\_\_
- The spiritual principle of \_\_\_

**My Next Step Today Is To:**

- Trust my life to God, experiencing His forgiveness of my sins and new life which is abundant.
- Recognize that I have a problem with criticism and negative conversation and therefore commit to increase my use of encouraging words.
- Intentionally say something encouraging every day this week.
- Meditate on and/or memorize Proverbs 11:25b