Becoming an Encourager

There is something that you and I can do which will change people’s lives. It is very simple. It won’t cost you a cent. It will make you feel better. In fact, it will change your life as well as others. **Encourage!**

Encouragement changes people and may even alter history. If this is true, then I should be asking, “To whom should I give encouragement?” The simplest answer is everyone.

Friends and family come first. Little notes of praise posted on Facebook or Twitter can change a friend’s day. Praise for your parents or children as they leave for the day will go with them until they are back home again. A call to your husband during lunch to let him know that you appreciate him.

How do we give encouragement to others? Say, “You look nice today,” and mean it. Your compliments must be sincere and truthful. There is something you can say that is nice about everyone. “I really like your hair.” “Those are great shoes.” Letters of thankfulness to people who make a difference to our world will often fill their emotional ‘buckets’ and also ours in turn.

Learn to practice random acts of kindness and love. Make this part of your life. Encouragement can and should be more than a catch phrase. One of the most fun things you can do is encourage people you don’t know. Have a nervous or slow cashier? Tell them you aren’t rushing them and they are doing a good job.

There may be no greater blessing for you than being a small part of allowing God’s mercy and grace to fall on someone else through your encouragement. Let’s encourage each other this week.

**Blessings,**

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