



*but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*  
Ephesians 4:29b

## *Becoming an Expert in Encouragement*

with Carlynn Fabarez

### 1. Consider

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(Eph. 4:29b)

### 2. Speak

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(Prov. 31:26)

### 3. Daily

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(Col. 3:16, Ecc. 4:9-11, Prov. 15:28)

#### a.Prepare

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#### b.Prepare

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#### c.Prepare

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# *Personal Quiet Time*

## Sunday After the Retreat

1. What is the most encouraging thing someone ever said to you and what did you do as a result of it? What did that teach you about your words? Now remember a time you encountered a Negative Nellie in your life and talk about how you felt after your encounter with her? What did that teach you about your words?
2. Eph. 4:29 says our words should build people up, meet their needs and be gracious. What will you do in your next conversation to accomplish one of these godly goals?
3. Put up a post it note that reads "Some things just don't need to be said" somewhere in your life.
4. Are you helping or hurting your husband's reputation in the church/community with your words? What will you do this week to encourage the bettering of his reputation from this point on?
5. Rate yourself 1-10 on how you are doing at being a happy wife to your husband. What will you do to improve that rating this week?
6. Read Elizabeth's story in Luke 1:5-25, 39-45. What do you admire about her most? Who is the Elizabeth you run to when you need comfort or help? Name one thing you can do to be more like her.
7. In the interest of the Word of God dwelling in you richly, I have some tough questions for you.
  - a. What do you do to study (not read) the Bible on your own?
  - b. How much time did you spend reading and studying the Bible on an average day last week?
  - c. Do you choose a bit of application or a verse to meditate on and memorize every day?
  - d. How many minutes do you spend in concentrated prayer each day?
  - e. What system do you use to pray for others?
  - f. Where do you have your quiet time to insure privacy and minimal distraction?

## Sunday After Retreat Quite Time

- g. What time do you start your quiet time every day?
  - h. Who's your accountability partner and if you don't have one, who can you ask to be one?
8. Read James 1:19 out loud 3x and make it your aim to listen more than you talk at the dinner table tonight. Set a reminder on your phone or elsewhere 15 minutes beforehand to read this verse and pray.
  9. Pray right now for your next social interaction and ask God to make you a blessing to that person. Then go and spend the entire conversation talking about the other person, ask them open ended questions about their family, job, ministry, and life.
  10. Memorize a new verse every week this month about your words. Here are some good ones to get you started.

**Psalm 141:3** *Set a guard, O LORD, over my mouth; keep watch over the door of my lips!*

**Proverbs 10:19** *When words are many, transgression is not lacking, but whoever restrains his lips is prudent.*

**Proverbs 12:25** *Anxiety in a man's heart weighs him down, but a good word makes him glad.*

**Proverbs 31:26** *She opens her mouth with wisdom, and the teaching of kindness is on her tongue.*