

Moving Men from Discouragement to
ENCOURAGEMENT

Purpose: To develop the skill of countering discouragement in friends by speaking words of appreciation, affirmation and hope.
Instructions: Sub-divide into groups of two or three. 1) In each category write at least three examples of ways men can get discouraged (lose heart and hope). 2) Share *briefly* one personal experience of discouragement, past or present, in these three areas. 3) Write specific words of encouragement for each example you listed. Reconvene, discuss and pray.

| | Examples | Personal Experiences | Words of Encouragement |
|-----------------|----------|----------------------|------------------------|
| WORK | | | |
| MARRIAGE | | | |
| FAITH | | | |
| other: | | | |