

## Moving Women 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 women 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
<b>WORK</b>			
<b>MARRIAGE</b>			
<b>FAITH</b>			
other:			