

Service of Encouragement and Support

خدمه التشجيع



Self Assessment



- 1- Honestly, answer the questions you have.
- 2- *Give yourself (1) for each answer for Yes, (1/2) for maybe and (0) for NO*
- 3- Don't worry? You will keep the assessment sheet for yourself.



Encouragement

The art of encouragement is the **foundation of education** and it is the basis of psychological construction.

Encouragement is a glimmer of light that flows within oneself to expel the darkness of despair and failure.

فن التشجيع .. هو عماد التربية و عمود البناء النفسى .. هو
بصيص النور الذى يتدفق داخل النفس ليطرد منها ظلام اليأس
و الفشل



How I can reflect light in the dark hearts of people to cast a glimmer of hope and joy?

Dr. Alexander B.

كيف أعكس الضوء في قلوب الناس المظلمة لألقى فيها
بصيص الأمل والرجاء والفرح؟
الدكتور ألكسندر باباديروس





For every single word of criticism, you need **9** words of encouragement to get rid of the negative effect that the word left in the subconscious mind.

لكل كلمة نقد واحدة تتلقاها النفس تحتاج لتسع كلمات تشجيع
لتطرد الأثر السلبي لهذه الكلمة من العقل الباطن

The Downcasted Soul النفس المنحنية

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God”. Psalm 42: 5-6

Mephibosheth



2 Samuel 4:4



became disabled.

Soul

Word of criticism
Painful Education

التربية المؤلمة

Downcasted

The soul is a beautiful flower, if you
water it with encouragement, it will
recover and bloom

النفس كالوردة الجميلة إذا أعطيتها مياه التشجيع والعون تنتعش
وتزهر



The 10 characteristics of the Soul which lacks love and encouragement سمات النفس المحرومة من الحب والتشجيع:

1- Attention getting behavior

1- محاولة لفت الأنظار

2- Overly focused on Self

2- التركيز الزائد على الذات

3- Hypersensitivity

3- الحساسية المفرطة

4- Overly envious

4- الغيرة الشديدة

5- Perfectionism

5- الكمالية المفرطة



The characteristic of the Soul which lacks love and encouragement

سمات النفس المحرومة من الحب والتشجيع:

6- Love of domination

6- حب السيطرة

7- Reclusive attitude

7- العزلة

8- Compensation by Sickness

8- التعويض المرضي

9- Hurtful criticism

9- النقد الجارح

10- Inexplicable sadness

10- الحزن غير المفهوم



What should we do?

Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all. 1 Thessalonians 5:14

ونطلب إليكم أيها الأخوة إنذروا الذين بلا ترتيب **شجعوا صغار النفوس** اسندوا
لضعفاء تأنوا على الجميع (تسالونيكي الأولى 5:14)

“Then **Caleb**... said, "Let us go up at once and take possession, for we are well able to overcome it." Numbers 13:30

لكن **كالب** انصت الشعب إلى موسى وقال أننا نصعد ونمتلكها لأننا قادرون عليها.



6 Practical steps



1- Change your internal view towards your children.

1- غير نظرتك الداخلية للأولاد

2- Change your choice of words:

A) Get rid of all the negative words choices.

B) Replace the negative word choices with positive ones.

2- غير مفردات لغتك

- تخلص من الكلمات السلبية بكل أنواعها

- استبدل المفردات السلبية بأخرى إيجابية

3- Accept your children and forgive their negligence.



3- أقبل أولادك وأغفر لهم تقصيراتهم

4- Give your children some of your quality time.

4- أعط أولادك بعض من وقتك الهام.

5- Encourage your children to take on responsibility

5- شجع أولادك على تحمل المسؤولية.

Create S.M.A.R.T. Goals



6- Avoid the comparison between kids.

6- تجنب المقارنة بين الأولاد.



The Danger of Making Comparisons

Most famous encourager in the New Testament?

St. Barnabas

“But Barnabas took him and brought him to the apostles. And he declared to them how he had seen the Lord on the road, and that He had spoken to him, and how he had preached boldly at Damascus in the name of Jesus”.
Acts 9:26

“Then after some days Paul said to Barnabas, “Let us now go back and visit our brethren in every city where we have preached the word of the Lord, and see how they are doing.”

37 Now Barnabas was determined to take with them John called Mark.

38 But Paul insisted that they should not take with them the one who had departed from them in Pamphylia, and had not gone with them to the work”. Acts 15:36-38



Be careful

Encouragement without discipline and direction will spoil the children

التشجيع بدون تأديب أو توجيه هو تدليل
مفسد



Self Assessment.

Check your score?



8-10 = You are too sensitive and you have a great feeling of insufficiency.

You need to overcome that with your Father of confession.

5-7 = You are moderately insufficient. With more faith and confidence you will be able to overcome it.

2-4 = You have a great confidence. You need only to watch yourself to overcome any road blocks.

“So **do not fear**, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. **Isaiah 41:10**



For I, the Lord your God, will hold your right hand, Saying to you, '**Fear not**, I will help you.'

Fear not, you worm Jacob, You men of Israel! I will help you," says the Lord And your Redeemer, the Holy One of Israel.

15 "Behold, I will make you into a new threshing sledge with sharp teeth; You shall thresh the mountains and beat them small, And make the hills like chaff. **Isaiah 41:13-15**

لَا تَخَفْ لِأَنِّي مَعَكَ. لَا تَتَلَفَّتْ لِأَنِّي إِلَهُكَ. قَدْ أَيْدُتُكَ وَأَعَنْتُكَ وَعَضَدْتُكَ بِيَمِينِ بَرِّي.

لَأَنِّي أَنَا الرَّبُّ إِلَهُكَ الْمُمْسِكُ بِيَمِينِكَ الْقَائِلُ لَكَ: **لَا تَخَفْ**. أَنَا أُعِينُكَ. «**لَا تَخَفْ** يَا دَاوُدَ يَعْقُوبَ يَا شِرْذِمَةَ إِسْرَائِيلَ. أَنَا أُعِينُكَ يَقُولُ الرَّبُّ وَفَادِيكَ قُدُّوسُ إِسْرَائِيلَ.
15 هَنَذَا قَدْ جَعَلْتُكَ نَوْجاً مُحَدَّداً جَدِيداً ذَا أَسْنَانٍ. تَدْرُسُ الْجِبَالَ وَتَسْحَقُهَا وَتَجْعَلُ
الْأَكَامَ كَالْعُصَافَةِ.

