#Goals

Part 2 – Encourage
Study Guide

Many people would agree that the most important thing in life is our relationships. The way to live life by design, and not by default, is to set good #relationshipgoals. Last week, we discussed how to pursue those goals and make progress by engaging intentionally with others. This begins with our families and then extends outward. This week, we talk about how to create a healthy atmosphere of *encouragement*, not criticism.

"The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence." - Proverbs 10:11 (ESV)

1. Think back in your life. Do you remember a time when someone gave you a word of encouragement? How did that impact you?

2. **Read Proverbs 10:11 and 18:21.** Discuss the implications of our words. How do our words lead to both death and life? Provide recent real life examples.

3. **Read Proverbs 4:23 and Luke 6:45.** What do our words have to do with our heart? How can we develop a heart that overflows with encouragement?

4. **Read Proverbs 12:25.** What is the difference between flattery and a genuine compliment? How can you tell?

5. **Read Proverbs 27:5-6.** Is it possible to encourage others by challenging them? Who do you feel you need to challenge and how should you go about it?