



# Intentional Encouragement

## How To Do Affirmations In Life Group

*Life can be brutal so take time to encourage each other. Here is the general format for doing affirmations during Life Group.*

### **How:**

Have everyone in turn affirm one person. Then, focus on the next person until everyone has affirmed each group member.

Affirm the things that are commendable, likeable, or praiseworthy. Affirm the strengths you see in them. Tell what you see God doing in their lives, where they have grown and changed, and the gifts God is developing in them. Tell them how they have made a difference in your life and in the group.

### **Variations:**

- Share strengths you see in each member using the fruits of the Spirit in Galatians 5:22-23.
- Think of one gift you'd like to give each person in the group (i.e. peace, a new car...). Tell them and pray for them.
- Describe each person in the group using three positive words.
- Give each person a piece of paper and a felt tip pen. Write an affirmation on each person's paper and sign it.

### **Optional discussion questions before giving affirmations:**

- What is challenging for you in giving sincere compliments? Why?
- How do you want people to respond when you compliment them?
- How do you normally respond when someone compliments you? Why?
- Which is more difficult for you: giving compliments or receiving them? Why?

### **Optional discussion questions after giving affirmations:**

- What did you think was the hardest part of this meeting?
- Which compliment surprised you the most or meant the most to you?
- Do you suppose God enjoys being complimented as much as we do? What compliments do you want to give God?
- Tonight we spent the full meeting affirming each other, but we don't have to wait for a structured setting to give sincere compliments. What are some ways we can affirm the people around us (in our families, classes, jobs, etc.) in the day-to-day?