

SCRIPTURE JOURNALING 30 Days of Encouragement

Focusing on encouragement deepens your relationship with God while inspiring others to trust Him more fully.

encouragement faith hope wisdom love trust
thanks courage humility grace joy contentment

- 1. Encouragement Reflects God's Nature** – God is the ultimate encourager, consistently offering hope, strength, and peace to His children. When you focus on biblical encouragement, you mirror His character and bring His comfort to others.
- 2. Strengthens Your Faith and Others' Faith** – Biblical encouragement builds up your trust in God and fosters faith in others, reminding everyone of His promises and faithfulness.
- 3. Provides Hope in Difficult Times** – Scripture is filled with reminders of God's control and care, offering encouragement that lifts your perspective above present struggles and points to eternal hope.
- 4. Encouragement is Commanded in Scripture** – The Bible encourages believers to "build each other up" (1 Thessalonians 5:11) and to bear one another's burdens. Focusing on biblical encouragement fulfills this calling.
- 5. Reveals God's Word as Truth** – Biblically based encouragement roots your words in Scripture, which is living, active, and capable of transforming hearts and minds.
- 6. Equips You to Face Challenges** – Encouragement grounded in God's Word reminds you of His power and provision, giving you strength to endure trials and uncertainties.
- 7. Shifts Focus to God's Promises** – It redirects your perspective from earthly challenges to God's unchanging promises, inspiring confidence and peace in His plan.
- 8. Nurtures a Spirit of Love and Unity** – Biblical encouragement builds bridges of compassion and understanding, fostering strong, Christ-centered relationships.
- 9. Empowers Ministry and Service** – Encouragement rooted in Scripture equips you to uplift and inspire others, empowering them to grow spiritually and serve God with passion.
- 10. Glorifies God in Word and Action** – When you focus on biblical encouragement, your words and deeds shine a light on God's goodness, pointing others to His love and grace.

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1 Romans 15:5

“May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus.”

2 1 Thessalonians 5:11

“Therefore encourage one another and build one another up, just as you are doing.”

3 Joshua 1:9

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

4 Deuteronomy 31:6

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

5 Romans 15:4

“For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.”

6 Hebrews 10:24-25

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

7 Acts 14:22

“Strengthening the souls of the disciples, encouraging them to continue in the faith, and saying that through many tribulations we must enter the kingdom of God.”

8 Colossians 2:2

“That their hearts may be encouraged, being knit together in love, to reach all the riches of full assurance of understanding and the knowledge of God’s mystery, which is Christ.”

9 1 Corinthians 14:3

“On the other hand, the one who prophesies speaks to people for their upbuilding and encouragement and consolation.”

10 Ephesians 6:10

“Finally, be strong in the Lord and in the strength of his might.”

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11 Philippians 1:6

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

12 Proverbs 12:25

“Anxiety in a man’s heart weighs him down, but a good word makes him glad.”

13 Romans 12:8

“The one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.”

14 Hebrews 3:13

“But exhort one another every day, as long as it is called ‘today,’ that none of you may be hardened by the deceitfulness of sin.”

15 2 Corinthians 1:3-4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction.”

16 1 Thessalonians 2:11-12

“For you know how, like a father with his children, we exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God.”

17 Isaiah 41:10

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

18 2 Timothy 4:2

“Preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching.”

19 1 Thessalonians 3:2

“And we sent Timothy, our brother and God’s coworker in the gospel of Christ, to establish and exhort you in your faith.”

20 Psalm 121:1-2

“I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth.”

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21 Philippians 4:13

"I can do all things through him who strengthens me."

22 Galatians 6:9

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

23 2 Corinthians 13:11

"Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you."

24 Isaiah 40:31

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

25 2 Corinthians 7:13

"Therefore we are comforted. And besides our own comfort, we rejoiced still more at the joy of Titus, because his spirit has been refreshed by you all."

26 2 Thessalonians 2:16-17

"Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word."

27 Joshua 1:6

"Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them."

28 Philemon 1:7

"For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you."

29 1 Timothy 4:13

"Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching."

30 Proverbs 27:17

"Iron sharpens iron, and one man sharpens another."