

INFLUENCE

I build
others up



Developing rhythms
in my relationship
with the church

Influence *I build others up*

We live in a society that is focused on “what’s in it for me?” However, the reality is that if everyone adopts that attitude no one would grow. When we live our lives to impact and influence others in positive ways, the whole world becomes a better place, and that doesn’t even require faith in Jesus. Imagine what a follower of Jesus, who has the Holy Spirit alive in them, can do in the world. In order to intentionally influence for good, we must choose to specifically encourage and support God’s image in each person we meet. While many will knock others down, we must become people who build up, challenge, and invite people to become who God made them to be.

PRACTICES

ENCOURAGE: In Ephesians 4:29 it states that we should share what is helpful for building others up according to their needs. Practice building others up with words of life. Look for spiritual gifts and Godly choices, and specifically affirm them. The better you get to know the other person, their needs, insecurities and fears; the better you’ll be able to build them up through words that give life and energy.

MODEL: One of the best ways to influence others is by setting an example. What are some Jesus-like characteristics and actions that you could begin practicing around others? Who could you invite to join you in doing something selfless for another person? Reflect on your life and pay attention to the example you’re setting. One great question to ask yourself is “if the people around me lived the way I live, would I be grateful?”

INVEST: Jesus had 12 disciples and He spent additional time with 3 of them. The key was his intentionality. He was trying to help them grow to be able to influence and impact others. There’s a multiplying impact when we do that. For this practice, find one or two people who you could meet with regularly. Share what you’ve been learning, go through a book or study together, and encourage them to be intentional in their influence.

DIG IN

Read the following verses and write down what you learn about influence from them.

2 Timothy 2:1-2, 14-22:

Ephesians 4:25-5:2, 15-17:

Mark 3:13-15:

We all have influence. We can choose to use that influence intentionally for God's purposes. He has entrusted us with the message of Truth and life. We carry out that message through intentional influence. One of the best ways we can influence is by focusing on the positives and calling them out in others by affirming them.

How do you choose which people to devote your time and attention? What things do you look for in a person to intentionally influence them?

What most challenges you in this topic?

What kinds of things can you begin doing that will increase your positive influence?

RESPOND

Of the three practices (Encourage Model, Invest), which feels most natural to you? Which stands out as an area for growth? If a practice is natural for you, take it to the next level. If a practice is an area where you would like to grow, make a plan to read more about it, and seek out others who do it well or have incorporated it into their lives. Then, actively and intentionally try out that practice for a month. Write down how you have seen God working in you, and others, as a result of anticipating God's movement through the practice.

Who are you spending time with in hopes of being influenced by them? If you don't have someone building into your life, intentionally seek out someone who you can learn from. Make a plan. Decide who, when, and how often you'll meet. Set an intention for what you want to learn.

Choose to reach out to someone who could benefit from some coaching, or just friendship with you. As the conversation continues, discern if this could be an ongoing relationship/meeting. When you find someone that you feel could be helped by your relationship, set up a regular time to talk about life, and read the Bible or do a study together.

ADDITIONAL RESOURCES

Caring for One Another: 8 Ways to Cultivate Meaningful Relationships by Edward T. Welch

Encouragement: The Unexpected Power of Building Others Up by Larry Crabb

Instruments in the Redeemer's Hands Study Guide - How to Help Others Change
by Timothy S. Lane & Paul David Tripp

FOR KIDS

Over the Fence: Adventures in Friendship by Elizabeth Hansen



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