

How to Encourage One Another: What the Bible Says About Building Each Other Up in Faith

Encouragement is something every believer needs, and the Bible has a lot to say about it. Hebrews chapter 10 gives us a clear and powerful picture of what it means to encourage one another, why it matters, and how we can actually do it in everyday life.

What Is a Habit, and Why Does It Matter for Christians?

A habit is a settled or regular tendency or practice, especially one that is hard to give up. In other words, it is a routine or behavior you repeat often enough that it becomes automatic. You do it without thinking.

Habits can be good or bad. As believers, we are called to build good spiritual habits, and one of the most important ones is gathering together with other Christians to encourage one another in faith.

What Does Hebrews 10 Say About Encouraging One Another?

Hebrews chapter 10 is one of the most powerful chapters in the entire Bible. In the first eighteen verses, the writer lays out how Jesus' death on the cross was the perfect sacrifice for our sins. Because of what He did, we can enter boldly into the presence of God without guilt, without shame, and without regret.

Then, beginning in verse 19, the writer shifts and says: in light of the gospel, this is how we should live.

"Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, His body... let us draw near to God with a sincere heart and with the full assurance that faith brings." - Hebrews 10:19-22

Notice the corporate language. He says "let us," not just "you." This is written to a body of believers living and growing together.

What Does It Actually Mean to Encourage One Another?

The world encourages people with compliments. "Great job." "You look nice." "You make a difference." Those things are fine, but that is not what the Bible is talking about.

Biblical encouragement means giving support in such a way that it strengthens someone's faith, hope, and confidence in God. It is not just about making someone feel good. It is about pointing them back to who God is and what He has done.

A clear example of this is found in the story of Jonathan and David. Jonathan was the rightful heir to the throne, yet his Father King Saul was hunting David down to kill Him. Instead of becoming David's enemy, Jonathan did the opposite.

"And Saul's son Jonathan went to David at Horesh and helped him find strength in God." - 1 Samuel 23:16

That is biblical encouragement. Jonathan did not just cheer David up. He helped him find strength in God.

Why Should We Encourage One Another?

Because We Need It

Living the Christian life is not easy. We cannot run this race alone. Every believer, no matter how long they have been walking with the Lord, needs to be encouraged by others to keep going and keep persevering.

Because God Commands It

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another, and all the more as you see the day approaching." - Hebrews 10:24-25

This is not a suggestion. It is a command from the Word of God, which is God-breathed and useful for teaching, rebuking, correcting, and training in righteousness. When we encourage one another, we are being obedient to God.

Where Does Encouragement Happen?

Encouragement does not only happen in a church building on Sunday morning. It happens in many spaces:

- In the corporate worship gathering
- In small groups and life groups
- In children's and student ministry
- At retreats and special gatherings
- Around hospital beds, dinner tables, and coffee tables

The key is showing up. You cannot encourage someone who is not there, and they cannot encourage you if you are not there either. Gathering together is not just about what you receive. It is also about what you give.

How Do We Encourage One Another? Practical Ways from Scripture

1. Through Scripture

Sharing a word from the Lord is one of the most powerful ways to encourage another believer. When someone is in a dark or difficult season, the Word of God brings peace that nothing else can.

One example: a pastor visited a family whose mother was on hospice. He does not remember everything he said during that visit, and neither does the family. But what they do remember is that he spoke Psalm 23 over her as she lay on her deathbed. That Word brought a profound sense of peace that stayed with the family long after the visit ended.

To encourage others through Scripture, you have to be in the Word yourself. You cannot give what you do not have.

2. Through Prayer

Praying for and with one another is one of the most meaningful ways we can encourage each other. There is real power in prayer.

One man shared that after a pastoral prayer during one of the hardest seasons of his life, following the death of his wife, he said: "When I left your office, I felt like I could finally breathe again. I felt as though the weight of grief had lifted and that I was going to be okay."

That is not the power of words alone. That is the Holy Spirit at work through prayer.

Encouragement through prayer does not have to be formal. It can be a phone call, a voicemail, a text, or stopping someone before a service and saying, "Can I pray over you right now?"

3. Through Worship and Singing Together

When believers gather and sing together, something powerful happens. Worship is not a spectator sport. It is something we do together as a body, and it builds up and encourages everyone in the room.

"If you have any encouragement from being united with Christ, then make my joy complete." -
Philippians 2:1

Encouragement flows from being united with Christ. When we worship together, we are reminded of who He is, and that reminder strengthens us.

Do Not Give Up Meeting Together

Hebrews 10:25 specifically warns against getting out of the habit of meeting together. Online worship is a blessing, but it is not the same as being physically present with other believers. When you are not in the room, you miss out on receiving encouragement, and others miss out on the encouragement only you can bring.

Showing up consistently is itself an act of faithfulness and encouragement to the whole body.

Life Application

This week, make it your goal to intentionally encourage at least one person in a way that points them back to God. Not just a compliment, but a word of Scripture, a prayer, a phone call, or a voicemail that strengthens their faith and reminds them of who God is and what He has done.

Ask yourself these questions as you go into the week:

- Who in my life right now needs to be encouraged in their faith, and what is stopping me from reaching out to them?
- Am I in the habit of gathering consistently with other believers, or have I been drifting away from that?
- When I encourage others, am I pointing them to God, or just making them feel better in the moment?
- Is there someone I can pray over, share a Scripture with, or simply call this week to let them know God has not forgotten them?

We are formed together, sent together, and called to impact the world together for His glory. That starts with the simple, faithful, obedient act of encouraging one another.