

ENCOURAGEMENT

REFRESHING OTHERS WITH
A WORD FITLY SPOKEN



FALL CONFERENCE 2026
SEPTEMBER 12



JOHN LEHMAN

John Lehman was born in Decatur, IN, but grew up in Taiwan for 15 of his first 18 years of life. He has served in pastoral ministry for more than 40 years, including 35 years as a staff pastor. In 2024, he launched Words Fitly Spoken, a ministry dedicated to counseling, encouraging, shepherding, and teaching for the strengthening of pastors, missionaries, church leaders, and local churches around the world. The name of his ministry stems from his book, *Encouragement: Refreshing Others with a Word Fitly Spoken*.

John holds a Doctor of Ministry in Counseling, is a Fellow of the Association of Certified Biblical Counselors (ACBC), and is the author of several practical, Scripture-centered books on parenting, marriage, encouragement, and spiritual growth. He and his wife, Suzie, reside in Greenville, South Carolina, and are grateful to invest in the next generation of church leaders through biblical teaching and personal encouragement.

John and Suzie have four grown and married children, and fourteen grandchildren.

Schedule

8:30am | Check In

9:00–10:00am | Session 1

10:00–10:15am | Break

10:15–11:15am | Session 2

11:15–11:30am | Break

11:30–1:00pm | Lunch (off campus)

1:00–2:00pm | Session 3

2:00–2:15pm | Break

2:15–3:15pm | Session 4

Session 1

I. Encourage Like Solomon (Prov. 25:11)

A. Words Fitly Spoken (WFS) Explained

1. Word
2. Fitly
3. Spoken
4. Apples of gold
5. Settings of silver

B. Words Fitly Spoken Evaluated

1. Well-timed
2. Well-suited to the occasion
3. Well-suited to the character
4. Well-spirited
5. Well-expressed

Points to ponder and implement:

1. What makes a WFS?
2. What keeps us from using WFS?
3. How can you begin using WFS?

Session 2

II. Encourage in Word and Deed (Chaps. 1-3)

A. The Goal of Encouragement

1. To come alongside, build up, comfort, strengthen, exhort, and/or help others
2. To help others trust God, persevere through trials, obey Christ, grow spiritually, and remain faithful

B. Scriptural Examples of Encouragement

1. Joseph (Gen 50:20)
2. Moses (Deut 31:7-8)
3. Jonathan (I Sam 23:16-18)
4. Abigail (I Sam 25:24-31)
5. Boaz (Ruth 2:8-12)
6. The Good Samaritan (Luke 10:25-37)
7. Barnabas (Acts 9:26-28; 13:13)
8. Paul (Phil 1)
9. Jesus (John 13; John 21:15-17)

Points to ponder and implement:

1. Describe two times you were encouraged: one through words and one through actions, and tell how you were you encouraged.
2. Based on Ephesians 4:29, share how can you use your words to encourage others.
3. According to Psalm 19:14, share how we should approach all speech.

Session 3

III. Encourage in Action and Attitude (Chaps. 4–6)

1. Cultivating the right type of lifestyle
2. Balancing values and principles
3. Surrender and commitment
4. Developing humility
 - a. Intentional discipline
 - b. Intentional determination
 - c. Intentional application
 - d. Intentional sacrifice
 - e. Intentional kindness
 - i. In word
 - ii. In deed

Points to ponder and implement:

1. What are two challenges in overcoming discouragement? How can you help others and others help you?
2. How can you make humility a daily priority in a world that misunderstands it?
3. In what areas do you need the Holy Spirit's help to cultivate humility in your life?

Session 4

IV. Encourage by Knowing and Showing (Chaps. 7-10)

1. Uplifting words—I Thess 5:11
2. Thankful words—I Thess 5:18
3. Loving words—John 13:34-35
4. Tender words—Eph 4:32
5. Kind words—Prov 16:24
6. Empowering words—Phil 4:13
7. Affirmative words—Eph 4:29
8. Forgiving words—Eph 4:32
9. Prayerful words—Phil 4:6
10. Patient words—James 1:19
11. Grateful words—I Thess 5:18
12. Humble words—Phil 2:3
13. Gentle words—Prov 15:1
14. Power of encouragement
 - a. Be attentive
 - b. Be affirmative
 - c. Be appreciative
 - d. Be affectionate
15. Practical pointers
 - a. Be genuine
 - b. Be diligent
 - c. Be assertive
 - d. Be selfless
 - e. Be loving

Session 4

IV. Encourage by Knowing and Showing (Cont.)

16. The 10 Commandments of encouragement

- a. Speak to people
- b. Smile at people
- c. Call people by name
- d. Be friendly and helpful
- e. Be cordial
- f. Be generally interested in others
- g. Be generous with praise
- h. Be considerate of others' feelings
- i. Be thoughtful of the opinions of others
- j. Be a servant

17. Be a Barnabas (Acts 9:26–29)

- a. See the best in people
- b. Sacrifice for others
- c. Develop and mentor others
- d. Stand by people when they stumble
- e. Rejoice in God's work in others

18. The importance of encouragement

Points to ponder and implement:

- 1. Think of two or three ways in which you may use your words to show kindness to people you know.
- 2. Using Eccl 10:12 as your basis, think of ways you can be gracious to those you come in contact.
- 3. Using attention, affirmation, appreciation, and affection, consider how you can cultivate the grace of encouraging others by applying these intentional actions.

Words to the Wise

“Say what you mean, mean what you say, without being mean!”

Additional Notes

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