

Pint Size Parables

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Puff It Up

Behind the Scenes

The term “Puff it up” came about in college when we went to encourage one of our really good friends. She was down and instead of comforting her with the usual hug, we put our arms to her shoulders and slapped them (gently) several times in a circular motion rubbing upwards. She was wearing a puffy winter coat and we pretended to be fluffing her coat up, like you might fluff a pillow. The catchy nature of this became a staple of our closest friends for a quick bit of encouragement because it is just so hard to keep a straight face while someone is doing it to you. If you are so daring to try this technique out on anyone (at your own risk!) then stare them straight in the eye and proceed to pat their shoulders exclaiming, “puff it up”. This practice may be weird with people you do not know so I would recommend reserving this delight for only the closest of friends. To all of you out there we say “puff it up”!

Bible Study

READ:

1 Thessalonians 5:9-11

Ephesians 5:18-20

Romans 15:4 -5

Time and again the Bible encourages us to encourage. This is such an important thing for all of us to do! We are to remind each other of the hope we have in Jesus Christ who has forgiven us of our sins! We have hope in heaven and in His coming again. We should be encouraged to know that God will meet all of our needs (see “Who by Worrying”). There are a lot of things to be encouraged about. So, next time your friends (and enemies) need positive encouragement, remind them of the hope they have in the Lord Jesus and of your friendship.

- 1) First Thessalonians says that God appointed us not to suffer, but to receive salvation through Him. How does this bring us comfort?
- 2) Encouragement is a key to helping each other through life. What are some ways you can encourage other people?
- 3) Can you think of someone you know who needs encouragement? What about someone who is not your friend?