

Practicing Affirmation

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1. What drew you to this topic? Why did you choose this class?

2. CS Lewis wrote, “The world rings with praise- lovers praising their mistresses, readers their favorite poet, walkers praising the countryside, players praising their favorite game- praise of weather, wines, dishes, actors, motors, horses, colleges, countries, historical personages, children, flowers, mountains, rare stamps, rare beetles, even sometimes politicians or scholars, I had not noticed how the humblest, and at the same time most balanced and capacious minds, praised most, while the cranks, misfits and malcontents praised least.” Do you agree with this statement? Why or Why not?

3. The following are some topics that Crabtree covers in his book. Which of the following is motivating to you & why?

1 Affirming others earns us the right standing from which to make suggestion. It gains us a hearing.

2 Affirmation lifts morale in the home, office & any where.

3 Affirmation energizes people. It not only lifts their spirits but motivates them to action.

4. Affirmation of others makes us easier to live with.

5. Striving to affirm others puts us in the practice of looking at them positively.

6. Affirmation constructively uses time that could have a been wasted complaining.

7. By commending Christlike qualities and celebrating them when we spot them, affirmation showcases the character of God, giving him honor for a being the kind of God he is.

8. Behaviors that are rewarded and celebrated are more likely to be repeated.

9. When we comment God’s image in people, God is glorified, and that why we were made—to glorify God.

3. Difference between Encouragement & Affirmation.

Encouragement: The act of inspiring with courage, spirit, or confidence

Affirmation: a statement or proposition that is declared to be true.

Encouragement looks ahead while *affirmation looks at what is with an attitude of praise.*

In Practicing Affirmation, Sam Crabtree uses the word affirmation in a way that is more synonymous to the word praise, which means to express approval or admiration of; commend; extol. To offer grateful homage to (God or a deity), as in words or song. How might affirmation be at times more difficult than encouragement?

4. Share about a time in your life where you were either affirmed or discouraged that elicits strong emotion.