

34: WHY MEN NEED ENCOURAGEMENT TO STAY ON THE TRAIL

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In Brotherhood & Accountability

3 Min read



“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.” — *Hebrews 10:24-25*

Most men assume encouragement means a fist or chest bump, a head nod, or that leaning in shoulder-to-shoulder is a compliment. A quick word, a pat on the back, or a casual “you’re doing great” are also common. While those moments are welcome, Scripture describes something deeper. Hebrews 10:24–25 says, “Let us consider how to stimulate one another to love and good deeds... encouraging one another.”

The word “consider” is intentional. It means thought needs to go into your response. Think deliberately, not accidentally.

On a long trail, hikers quickly learn the value of a steady voice beside them. When the path climbs sharply and lungs burn, a simple word—“Keep going, you’ve got this”—can steady a man’s pace.

Spiritually, many men underestimate how powerful that kind of encouragement can be. Life wears a man down, responsibilities pile up, and quiet disappointments accumulate.

This is where real encouragement matters—not empty praise, but truth spoken at the right moment. Encouragement strengthens weary men and keeps disciples moving forward when the trail grows steep.

APPLICATION

The often-unsaid reality is that strong men still need encouragement. Culture tells men to absorb pressure quietly, handle problems alone, and “tough it out.”

Hebrews 10 challenges that mindset. It calls believers to *stimulate* one another toward love and good deeds. The word carries the idea of stirring movement, almost like a spur urging a horse forward. Encouragement is not passive. It pushes a man toward faithfulness when fatigue tries to pull him backward.

On the disciple’s trail, encouragement takes several forms. Sometimes it reminds a brother of the truth when discouragement clouds his thinking. Sometimes it is recognizing quiet faithfulness that no one else notices. Other times, it is simply showing up—walking beside a man long enough that he remembers he is not alone.

Men often assume others are doing fine because most men stay silent. Yet many are fighting quiet battles: weariness, temptation, discouragement, doubt. A thoughtful word at the right time can steady a man’s footing.

Encouragement strengthens a man. It sharpens his resolve and lifts his eyes back toward the direction Christ is leading.

Steady encouragement helps men stay on the trail.

LIVE IT OUT

Today, consider one man walking a hard stretch of trail. Send a message, make a call, or speak a word that reminds him of truth and strength. Sometimes one steady voice is enough to help a man keep walking forward.

PRAY THIS..

“Father, help me to be sensitive to the men around me who need a word of encouragement.”

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Practice builds the man.***

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