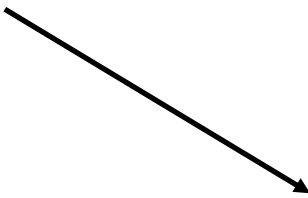


Some Bible passages can give comfort to those who are sick or needy. Match the verses on the left with the comfort or benefits listed right by drawing an arrow from the bible reference to the comfort/benefit:

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Psalm 27:13-14 e.g. • John 10:11,27-28 • Isaiah 49:13,15-16 • Ephesians 2:8-10 • Isaiah 41:10,13 • Philippians 4:19 • Deuteronomy 33:27 • Psalm 91:1-4 • Isaiah 40:11 • Psalm 16:8,9 • 2 Corinthians 12:9,10 • John 3:16,17 • Lamentations 3:19-33 • Revelation 21:1-5 • Psalm 103:10-12 • 1 John 1:9 |  | <ul style="list-style-type: none"> Security Comfort God is Faithful Forgiveness Grace Calming fears Love and hope |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

REFLECT

Make list of the range of troubles and challenges faced by your closest friends at present and pray for God's to strengthen each one.



A guide for pastoral care - one to another
Study #5 — Skills for caring
St Michael's Anglican Church, North Carlton

INTRODUCTION

This series of studies aims to assist church members to consider the importance and advantages of pastoral care which is shared one-to-another. The series titles are:

- #1 - Why Care?
- #2 - Qualities of a good carer
- #3 - Spiritual gifts & Spiritual maturity
- #4 - The PEACE model of pastoral care
- #5 - Skills for caring

To get the most out of this study:

- READ the text for the day
- MAKE time for silence and reflection before going on
- ASK yourself how this passage might be “speaking” to you today
- PRAY for the help of the Holy Spirit
- DISCUSS your thoughts with others

HOW HAVE PEOPLE CARED FOR YOU?

- Q1 What key skills have you witnessed in good care-givers?
- Q2 What was particularly ‘Christian’ about the caring you witnessed?

SKILLS & RESOURCES FOR CHRISTIAN CARE-GIVING

Christian caring includes an attitude of empathy and concern. It's best and natural foundation, as we have learned in earlier studies, is to be grounded in the compassion and love of God for all people. A caring attitude must, of course, become an action to become a true benefit to others, whether that be prayer, service, counsel, or other forms of practical provision. Two important dimensions of Christian care-giving are spiritual empowerment and skills for caring. Intercessory prayer and spiritual giftedness are important features of Christian care-giving. There are also skills that can be learned and practiced that will help Christians to care for others in a manner consistent with the patterns and values that are exemplified in the Scriptures:

1. Listening

Q3 How does it feel when someone doesn't listen well to you?

READ

Be reminded of the importance we place on God's listening abilities by reading the following:

- Psalm 5:1-3;
- Psalm 10:17,18;
- Psalm 86:5-7 '... be quick to listen, slow to speak, slow to anger';
- James. 1:19.

To be an effective listener, the following 'what not to do's' are important...

- ⇒ not blaming or criticising or judging
- ⇒ not preaching or moralizing
- ⇒ not arguing with their view of a situation
- ⇒ not jumping in to save or rescue or correct
- ⇒ not jumping to conclusions
- ⇒ not saying, "I know just how you feel"
- ⇒ not watching your clock or checking your phone
- ⇒ not finishing the other's sentences
- ⇒ not interrupting the other's sharing
- ⇒ not dismissing feelings
- ⇒ not advising or persuading with hasty solutions

DISCUSS

Come up with a list of positive guidelines for being a caring and effective listener:

Q4 How can body-language enhance or detract from listening to another person?

Q5 What helpful role can silence play when listening to another's story?

Q6 What do these words bring to mind with regard to effective and caring approaches to listening?

Validation—Normalisation—Empathy—Time—Privacy

2. The Scriptures

Caring contact with someone is always better when prepared with prayers that seek the help of the Holy Spirit, reflection upon the hope we have in Christ, and recognition that "we are the caregivers, God is the cure-giver."

Some helpful Bible passages include:

- Ephesians 1,
- Luke 11:1-13,
- James 1:19 & 5:7-20,
- Psalm 103,
- 1 John 1:9-2:22.

Q4 What help do these passages offer to the care-giver? ...to the one in need?