



BONUS SESSION

WHEN HELPING YOU IS HURTING ME:

COMPASSION FATIGUE AND MAKING A
COMMITMENT TO BALANCED SELF-CARE



in partnership with  **Hope for the Heart**

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WHEN HELPING YOU IS HURTING ME: COMPASSION FATIGUE AND MAKING A COMMITMENT TO BALANCED SELF-CARE

Introduction – Presented by Nick Vujicic



This course has given you a good foundation of how to offer care to the brokenhearted.

- Pray about specific people groups to whom God is calling you.
- Explore the further training offered through Champions for the Brokenhearted.
- God is raising up an army of believers who say in their hearts, **God, here I am. Send me.**
 - Send me to the trafficked woman.
 - Send me to the single mothers and the single fathers.
 - Send me to the grieving widow.
 - Send me to the veteran.
 - Send me to the prisoners.
 - Send me to the suicidal teenager.
- We all have a mission field.
 - We all are part of the Great Commission.
 - This cause is what the Holy Spirit was waiting for, to mobilize His army on a unified front through the Church.
 - Thank you for making yourself available unto God.
 - Thank you for being a Champion for the Brokenhearted.

Reflect

“We all are part of the Great Commission, whether we are called to go across the world or go across the street.” —Nick Vujicic

Nick's Prayer

Father God, we thank you for these courses, how you moved to us, how you equipped us, how you have built this, how you have commissioned us, how you have set this plan in your mind before even the earth began. Father, we thank you that the time is short, that we are living in very exciting times. God, you have given us an equipping and empowering course and courses to be the hands and feet, to be the answer, to be your heart, and to be the Holy Spirit in flesh to help those who are crying, who feel like hope is not for them. Father, we thank you that your hope has no bounds and limits. Father, we thank you that you would bless us. Transform us daily. Heal us. Continue to keep our eyes fixed on you so that we do not sink. Keep our feet stood firm on the rock. Thank you, Jesus. Thank you for the truth. Thank you for sending us to go out to open up the prison bars of the captive and to heal the brokenhearted. We thank you, God. In Jesus' name we pray. And all God's people said, Amen.

WHEN HELPING YOU IS HURTING ME: COMPASSION FATIGUE AND MAKING A COMMITMENT TO BALANCED SELF-CARE

Burnout vs. Stress



Knowing the Difference

Note: Excerpted from Dr. Archibald Hart (1984), *Coping with Depression in the Ministry and Other Helping Professions*. New York, NY: W. Publishing Group.

- **Burnout** is a defense mechanism characterized by **disengagement**.
Stress is characterized by **over engagement**.
- In **burnout**, the emotions become **shut down**.
In **stress**, the emotions become **overactive**.
- In **burnout**, the **emotional** damage is primary.
In **stress** the **physical** damage is primary.
- The exhaustion of **burnout** affects **motivation and drive**.
The exhaustion of **stress** affects **energy levels**.
- **Burnout** produces **demoralization**.
Stress produces **disintegration**.
- **Burnout** can best be understood as **a loss of ideals and hope**.
Stress can best be understood as **a loss of fuel and momentum**.
- **Burnout** produces a sense of **helplessness and hopelessness**.
Stress produces a sense of **urgency and hyperactivity**.
- **Burnout** produces **paranoia and detachment**.
Stress produces **panic and anxiety**.
- **Burnout** may **never kill you**, but your long life may not seem worth living.
Stress may **kill you prematurely** and you won't have enough time to finish what you started.

Reflect

“If you’re always last . . . you won’t always last.” —Eric Scalise, Ph.D.

- **Three Sources of Stress in My Ministry/Profession/Life Are:**

1.

2.

3.

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33)



“Take heart! I have overcome the world.”
(John 16:33)

A Look at Expectations



The “Call” to the Ministry

- Pastors and ministry leaders most often claim the gifts of **preaching** and **teaching** regarding their call to the ministry.
- The Barna Research Group shows that pastors and ministry leaders who have the gift of **leadership**:
 - Tend to have a more positive and balanced experience in their roles
 - Tend to have the lowest levels of burnout and stress
- Surveys conducted by the Barna Research Group indicate that only **six percent** of pastors and ministry leaders who were interviewed felt that they were strong in this particular gift area.
- Operating outside of one’s gift area(s), especially on a prolonged basis, usually leads to **stress**, **burnout**, and a potential **crisis of faith**.



A Look at *Your* Expectations—Balancing Optimism with Realism

- When most ministry leaders step into God's calling in their lives, they probably expect to be **successful**.

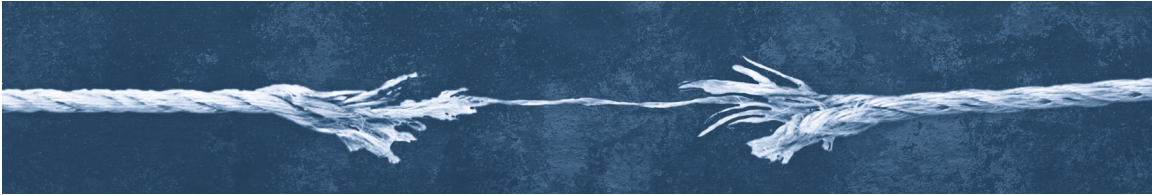
Dive Deeper

Research indicates that pastors and ministry leaders are among the most frustrated and stressed-out groups of professionals:

- **40%** have had an extramarital (emotional or physical) affair since entering the ministry
- **50%** of marriages end in divorce
- **50%** of wives feel that their husbands entering the ministry was unhealthy for their families
- **57%** would leave the ministry if they could
- **70%** do not have a close friend, confidant, or mentor
- **71%** continually battle anxiety and/or depression
- **77%** felt that they did not have a good marriage
- **80%** spend less than 15 minutes per day seeking God
- **80%** of adult children of pastors have sought some kind of help for depression
- **80%** of seminary graduates will leave the ministry within the first five years after degree completion
- **80%** feel discouraged in their roles (85% for spouses)
- **90%** report feeling frequently fatigued on a daily basis
- **90%** say their training inadequately prepared them for the realities of ministry
- **90%** say the hardest thing about ministry is trying to lead uncooperative and unthankful people
- **100%** had a close associate who left the ministry because of burnout, church conflict, or moral failure
- **1,500** leave the ministry every month in the United States
- **7,000** churches close their doors every year in the United States

Sources: Focus on the Family, Barna Research Group, Campus Crusade for Christ, the Schaeffer Institute

- Pastors and ministry leaders sometimes define success by **quantitative** indicators (e.g., buildings, baptisms, and budgets) vs. **qualitative** indicators (e.g., those qualities that help define and make us more Christlike).
- What did Jesus focus on?
 - We must be careful not to over interpret large numbers as the sole or primary evidence of ministry success.



A Look at *Their* Expectations—Setting Appropriate Boundaries

- The **individual** expectations placed on a ministry leader may be legitimate; however, the **composite** expectations can overwhelm any person.
- Counselors, pastors, and other ministry leaders often accept very difficult job descriptions and few other vocations have such a broad range of demands. Acceptance of this **stress producing** job description may indicate we have been put on a pedestal, and we must be very careful if we come to like the view from up there.
- “. . . bond-servants **for Jesus’ sake.**” (2 Corinthians 4:5 NASB)
 - Sometimes we can over-function as shepherds and facilitators and can, therefore, under-function as true caregivers.
 - When we are working harder on someone else’s problems or personal responsibilities than they are, the person may have succeeded in giving us their “job,” and we need to learn how to set boundaries.
- **Boundaries:** the story of the **Rich Young Ruler** (Matthew 19:16–24, Mark 10:17–25, Luke 18:18–25)



The Fallout of Unmet Expectations

- Ministry leaders are often not allowed to *hurt, fail, or be human*.
- As stress increases, so does one's resistance to getting help, and the result may be a *crisis*.
- Often the only one who really sees what's going on is the ministry leader's spouse (if he or she is married).
- One of the greatest challenges in the new millennium is not the *growth* of ministry organizations and churches, but the *health* of these entities and their leadership.
- Systemic, organizational, and congregational health is a function of both healthy individuals and healthy leadership. This is one of the *most neglected aspects* of seminary and Bible college training.



Dive Deeper

The Dynamics of a Healthy Ministry Organization or Church

- ***Has very few power struggles***—leadership is able to command respect vs. having to demand respect
- ***Is unfragmented***—there is a sense of unity through a well communicated common vision and purpose
- ***Addresses conflict directly***—hidden agendas, gossip, and misdirected criticism are minimized
- ***Emotions are embraced and encouraged***—people are allowed to be transparent and real
- ***People do not invade each other's boundaries***—the system avoids excessive dependency and triangulation
- ***Does not tolerate troublemakers***—empowers the healthy and marginalizes the dysfunctional
- ***Is usually in a non-defensive posture***—leadership is approachable and open to constructive feedback
- ***It's not a closed system***—minimizes spiritual “favoritism” or “nepotism” and is open to input
- ***Low organizational anxiety***—leadership is confident, secure, and humble

Source: Dr. Archibald Hart, the Hart Institute

Poor Coping Strategies



How Unmet or Unrealistic Expectations May Be Handled

1. Develop a preoccupation with _____ people or situations.
2. Overindulge in _____ such as drugs, alcohol, sex, gambling, etc.
3. Avoid _____ and seek _____ over reality.
4. Seek to _____ everything and everyone as a means of survival.
5. Justify one's actions by _____ other things and other people.
6. Choose to simply _____ the profession or ministry.



We Were Created with Limits

- We now live in a fast-paced, push-button, and instant-everything world—it's a recipe for stress and burnout.

- The effects of technology, innovation and progress include:
 - **Overload**—constantly living beyond one's means
 - **Margin-less-ness**—the ever-reducing space between one's load and one's limit or capacity
 - **Obsolescence**—the present reality where yesterday's technology becomes today's norm and tomorrow's history



The Building Blocks of Stress

1. Role _____ What am I supposed to be doing?
2. Role _____ Am I doing the right thing?
3. Role _____ Am I doing too much?
4. Role _____ Does what I do really matter?
5. Role _____ Am I alone too much?
6. Role _____ Am I still in control?

The Neurobiology of Stress



The Amazing Brain

- The brain has three primary parts: the hindbrain, the midbrain, and the forebrain.
- The brain has 86 billion **neurons** (cells). The average neuron fires about 200 times per second and connects to another 200,000 in the process.
- The forebrain includes the **cortex/neo-cortex** (the thinking part of the brain where cognition takes place) and interacts with the **limbic system** (the feeling part of the brain where emotion takes place).
- The feeling of pleasure is produced and regulated by a circuit of specialized nerve cells within the limbic system called the **nucleus accumbens**. This is the reward and pleasure center of the brain; it also processes pain.
- The **amygdala** plays a primary role in the processing and memory of emotional reactions and acts like a “traffic cop” directing messages in and around the brain.
- **Neurotransmitters** are the **chemical messengers** released by the electrical impulses of a neuron, which record sensory experiences called **imprints**. These **imprints** are encoded, passed along appropriate pathways (across a **synapse**), and stored (usually at the unconscious level). Dopamine is one of the major agents related to the **“pleasure pathway”** to/through the limbic system. It plays a key role in love, sex, and is instrumental in the development of addiction and stress responses.

The brain has 86 billion neurons—the average neuron fires about 200 times per second and connects to another 200,000 in the process.





Stress Hormones

- The primary stress hormones are _____ and _____.
- These hormones help create and enhance **neural pathways** (like an Interstate Highway System in the brain). This is based on an axiom that says, “Neurons that fire together, wire together.”
- The **fight, flight, or freeze** responses during stress are instinctive, yet they typically compromise calm or rational thinking because adrenaline signals the body to move blood out of the brain and to our major muscle groups (i.e., our legs) where it may be needed more.
- Christian psychiatrist and stress researcher, Dr. William Wilkie, theorizes that this is due to the capacity of the **reticular formation**, an area at the back of the brain that processes incoming data and decides what will receive attention and what will be dismissed.

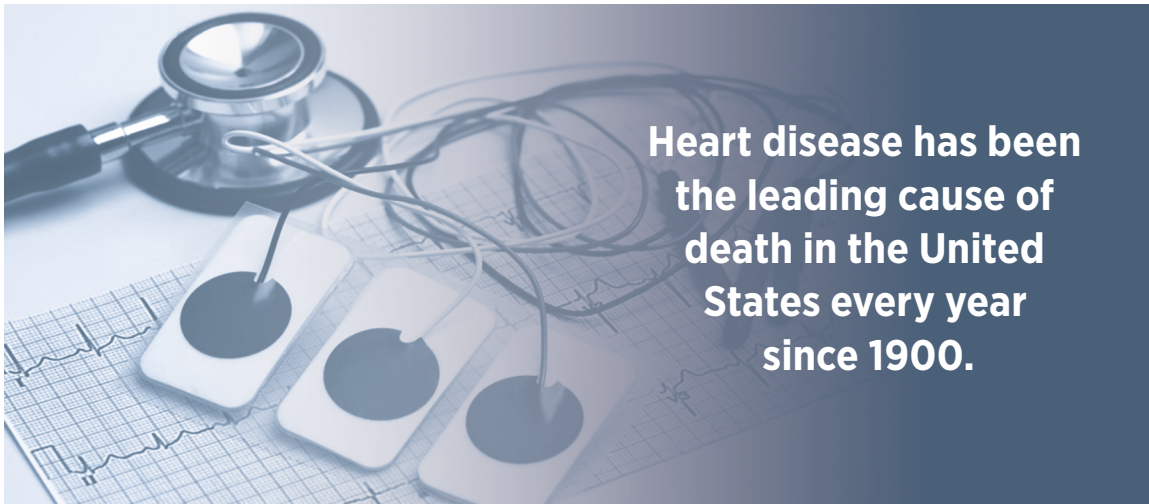


The Loss of Pleasure and the Rise of Anhedonia

- Defining **anhedonia**: **an** (without or loss of) + **hedone** (pleasure or delight) = the inability to derive pleasure out of the ordinary things in life
- Also described as **emotional numbness, apathy, boredom, and sadness** (different than normal depression)
- It is the very real consequence of **overstimulation** and a major cause of moral failure in the ministry
- Research has shown that **multitasking, multiprocessing, and simultaneous multisensory inputting** has a long-term destructive effect on the brain’s pleasure system, as well as the ability to concentrate and focus.
- The result is what is referred to as **dopamine flooding** and **hedonic dysregulation** because the pleasure center of the brain is hijacked, alternative responses are not processed by the neocortex, and an addictive process is then created.

- Dr. Hans Selye, a Canadian endocrinologist and often seen as the “father of stress research,” began to define stress in terms of the **General Adaptation Syndrome** during the 1950s. He went on to define stress as the “*nonspecific response of the body to any demand.*”
- **Eustress**: the stress of everyday normal living, which is seen as positive and beneficial
- **Distress**: the stress caused by strain, overexertion, exhaustion, suffering, or some kind of pain
- Stress releases **adrenaline** and **cortisol** into the bloodstream with the potential for harmful effects over time:
 - a narrowing of the capillaries and other blood vessels leading into and out of the heart
 - a decrease in the flexibility and dilation properties of blood vessels and their endothelium linings
 - a decrease in the body’s ability to flush excessive LDL cholesterol (the bad kind) out of its system
 - a decrease of up to 50 percent in certain cognitive processes
 - an increase in the production of blood cholesterol (especially LDL)
 - an increase in the blood’s tendency to clot

- an increase in the depositing of plaque on the walls of the arteries
- an increase in heart rate, breathing and glycogen conversion rates
- an increase for risk of cardiovascular disease, high blood pressure, stroke and a compromise of the body's immune system
- According to the American Institute on Stress, **80 to 90 percent** of all doctor's visits are stress-related.
- According to the American Heart Association, more than **103 million** Americans suffer from high blood pressure (nearly half of all adults) and nearly **60 million** suffer from some form of cardiovascular disease, resulting in almost 650,000 deaths each year (one out of every four who die or one every 48 seconds).
- Heart disease has been the **leading cause of death** in the United States every year since 1900 (except during the great flu pandemic of 1918) and crosses all racial, gender, socioeconomic and age barriers.
- According to the U.S. Department of Health and Human Services, **25 percent** of all prescriptions written in the United States are for tranquilizers, antianxiety medication and/or antidepressants.



Compassion Fatigue

- The word **compassion** comes from the Latin word, **compat**, which means **“to suffer with.”** It has been defined as: “feelings of deep sympathy or sorrow for another who is stricken by sufferings or misfortune, accompanied by a strong desire to alleviate pain or remove its cause.”
- **Compassion Fatigue** refers to emotional, physical, and spiritual exhaustion that gradually impacts a person's capacity to experience joy or to feel and care for others.

- It is sometimes referred to as _____ or _____ traumatic stress and is often associated with the “high cost of caring.”

- The effects of stress, like sleep loss, are _____.

- **The Two Categories of Caregiving and Ministry-related Stress**

- First, there is the stress *of the ministry*.
- Second, there is the stress *we bring into the ministry*.
- Caregivers and ministry leaders who have dealt with the second category of stress, can better handle the first category of stress.

- An important question to ask yourself or to ask someone who is close to you:

- Is my profession/ministry *causing* the problems in my life?

OR

- Is my profession/ministry *revealing* the problems in my life?

Creating Your Personal Stress Prevention Plan



Principle #1

- Don't forget your _____ because _____ are not your ministry.

*“He appointed twelve that they might **be with Him** and that he might send them out to preach and to have authority to drive out demons.” (Mark 3:14–15)*

*“... and you have perseverance and have endured for My name’s sake, and have not grown weary. But I have this against you, that you have left your **first love**.” (Revelation 2:3–4 NASB)*



Principle #2

- Learn what it means to have _____ and understand that it is not the same thing as _____ or _____.

*“But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, **lovers of pleasure rather than lovers of God**—having a form of godliness but denying its power . . .” (2 Timothy 3:1–5)*

*“You will make known to me the path of life; in Your presence is **fullness of joy**; in Your right hand there are **pleasures** forever.” (Psalm 16:11 NASB)*

*“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me **the joy of your salvation** and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, so that sinners will turn back to you.” (Psalm 51:10–13)*



Principle #3

- Learn to _____ the process and limit your time around negative people.

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.**” (Philippians 4:8)*

*“Since, then, you have been raised with Christ, set your **hearts on things above**, where Christ is, seated at the right hand of God. Set your **minds on things above**, not on earthly things.” (Colossians 3:1-2)*



Principle #4

- Learn to _____ because God has a lot to say about _____ and slow down the _____.

*“Therefore, let us fear if, while a promise remains of **entering His rest**, any one of you may have come short of it. . . . For we who have believed **enter that rest** . . . So there remains a **Sabbath rest** for the people of God. For the one who has **entered His rest** has himself also **rested** from his works, as God did from His.” (Hebrews 4:1, 3, 9-10 NASB)*

“Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40:30-31)

*“If the axe is dull and he does not **sharpen** its edge, then he must exert more strength.” (Ecclesiastes 10:10 NASB)*



Principle #5

- Maintain a healthy foundation of _____ in your daily routine.

*“In peace I will lie down and **sleep**, for you alone, lord, make me dwell in safety.”
(Psalm 4:8)*

*“When you lie down, you will not be afraid; when you lie down, your **sleep** will be sweet.” (Proverbs 3:24)*



Principle #6

- Pay attention to _____ and _____ regimens.

*“‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything. You say, ‘Food for the stomach and the stomach for food, and God will destroy them both.’ The **body**, however, is not meant for sexual immorality but for the Lord, and the Lord for the **body**. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that **your bodies are members of Christ himself?**” (1 Corinthians 6:12–15)*

*“Do you not know that **your bodies are temples** of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore **honor God with your bodies.**” (1 Corinthians 6:19–20)*



Principle #7

- Learn to be _____ and learn to be _____.

*“But Jesus Himself would often slip away to the wilderness and pray.”
(Luke 5:16 NASB)*

*“Know that the Lord has set apart his faithful servant for himself; the LORD hears when I call to Him. Tremble and do not sin; when you are on your beds, search your hearts and be **silent.**” (Psalm 4:3–4)*

“Be still and know that I am God . . .” (Psalm 46:10)

*“The LORD is good to those who wait for Him, to the person who seeks Him. It is good that he **waits silently** for the salvation of the LORD.” (Lamentations 3:25–26 NASB)*



Principle #8

- Create _____ to avoid stagnation.

“Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” **(Luke 6:38)**

*“ . . . If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of **living water**.’” (John 7:37–38 NASB)*



Principle #9

- Seek to give your _____ to God each day.

*“Cast your **burden** upon the LORD and He will sustain you; He will never allow the righteous to be shaken.” (Psalm 55:22 NASB)*

*“Praise be the LORD, to God our Savior, who daily bears our **burdens**.” (Psalm 68:19)*

*“Come to Me, all you who are **weary and heavy-laden**, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For **my yoke is easy** and my burden is light.” (Matthew 11:28–30 NASB)*



Principle #10

- Learn to _____ your daily and your life events.

*“Teach me good **discernment** and knowledge, for I believe in your commandments.”
(Psalm 119:66 NASB)*

“The LORD makes firm the steps of the one who delights in him.” (Psalm 37:23)



Principle #11

- Learn to have realistic _____ of yourself and others.

*“**Discretion** will protect you, and **understanding** will guard you.” (Proverbs 2:11)*

*“For He Himself knows **our frame**; He is mindful that we are but dust.”
(Psalm 103:14 NASB)*



Principle #12

- Seek to _____ those things that can be attended to easily and quickly.

*“Catch for us the foxes, the **little foxes** that ruin the vineyards, our vineyards that are in bloom.” (Song of Solomon 2:15)*

*“A **little leaven** leavens the whole lump of dough.” (Galatians 5:9 NASB)*



Principle #13

- Learn to _____ your time by saying _____ or your time will control you.

*“There is an **appointed time** for everything. And there is a **time** for every event under heaven . . . He has made everything appropriate in its **time**.” (Ecclesiastes 3:1, 11 NASB)*

*“But I trust in you, LORD; I say, ‘You are my God.’ My **times** are in Your hands . . .” (Psalm 31:14–15)*



Principle #14

- Learn to _____ to others whenever, wherever, and however it’s appropriate.

Jethro counsels his son-in-law, Moses: *“What you are doing is not good. You and these people who come to you **will only wear yourselves out**. The work is too heavy for you; **you cannot handle it alone**.” (Exodus 18:17–18)*

The Apostles respond to the need: *“Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and of wisdom. **We will turn this responsibility over to them . . .**” (Acts 6:3)*

*“The things you have heard from me say in the presence of many witnesses **entrust** to reliable people who will be qualified to teach others.” (2 Timothy 2:2)*



Principle #15

- Find one or two key people in your life to be _____ to.

*“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, **seeking someone to devour.**” (1 Peter 5:8 NASB)*

Isolation is the enemy’s plan: *“Simon, Simon, behold, Satan has demanded permission to **sift you like wheat**; but I have prayed for you that your faith may not fail.” (Luke 22:31–32 NASB)*

Who is standing with you? Who is your friend? —**1 Kings 4:1–6** (NASB)

Moving Forward



My Personal Commitment

- Based on what God has been speaking to my spirit and challenging me with, I will **commit to change** by beginning with the following three things:

- 1.
- 2.
- 3.



MEMO

*Do not feel totally,
personally, irrevocably
responsible for
everything and
everyone.*

That's my job!

*Signed,
GOD*

BONUS SESSION NOTES

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REFLECTION

“Search me, God, and know my heart . . .” (Psalm 139:23)

It is important to take time to reflect on and pray about what you are learning and to look for God’s presence in your life. More than 400 years ago, St. Ignatius of Loyola encouraged prayer-filled mindfulness by proposing what has been called the “Daily Examen.” An examen is designed to intentionally set aside time for reflection and prayer to allow the Holy Spirit to give us wisdom and insight by “examining” a particular experience, event, day, etc. It is a technique of prayerful reflection on the events of a given day in order to better discern God’s presence and His direction in our lives.

This is an adapted version of St. Ignatius’ prayer. For your personal edification and spiritual growth, the following template can help you prayerfully think through what God may be speaking to you as it relates to the *Champions for the Brokenhearted* training session. Here are a few simple guidelines:

1. Be still for a few minutes, settle your mind and your spirit in quietness and become aware of the presence of God.
2. Review the training experience with gratitude. Gratitude is the foundation of our relationship with God. It’s a good spiritual discipline to walk through your day in the presence of God and note its joys and delights.
3. Pay attention to your emotions. Reflect on the feelings you experienced during the training session. Ask what God may be trying to say through these feelings.
4. Choose one feature of the training session and pray from it. Ask the Holy Spirit to direct you to something during the session that God thinks is particularly important for you. It may be a vivid moment or something that seems insignificant.
5. Look toward tomorrow. Ask God to give you light for tomorrow’s challenges.

St. Ignatius encouraged people to talk to Jesus like a friend. End your Reflection with a conversation with Jesus. Ask forgiveness for your sins. Ask for His protection and help. Ask for His wisdom about the questions you have and the issues or problems you may be facing. Do all this in the spirit of gratitude.



Dive Deeper

*“We don’t learn by experience alone, but by **reflecting** on the experiences we do have.” —Dr. Mara Crabtree, Regent University*

- 1. In what ways did you discern the Lord's presence with you as you watched the video presentation?**

- 2. What were your three primary "takeaways" from the video presentation in terms of knowledge, insights and/or principles you learned?**

Takeaway #1

Takeaway #2

Takeaway #3

- 3. What weaknesses, shortcomings, blind spots and/or needs did the Holy Spirit reveal to you during the video presentation?**

6. What are the ways in which the Holy Spirit is calling you to be, to do and to act, so that you may more truly follow Jesus Christ in the role of a Christian caregiver?

Resources

- Jantz, Gregory, *Six Steps to Reduce Stress*. Peabody, MA: Rose Publishing, 2016.
- Johnson, Williams, *Physician, Heal Thyself: The Oxygen Mask Principle*. Aslan Press, 2014.
- Moore, Thomas, *Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life* (rev.). New York, NY: Harper Perennial, 1994.
- Tan, Siang-Yang & Scalise, Eric, *Lay Counseling: Equipping Christians for a Helping Ministry* (2nd ed.). Grand Rapids, MI: Zondervan, 2016.