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## **SESSION 7**

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# BASIC HELPING AND CRISIS INTERVENTION



in partnership with  | Hope for the Heart

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# BASIC HELPING AND CRISIS INTERVENTION

## Introduction – Presented by Nick Vujicic



Jesus Christ always has a purpose for our lives, even in the midst of our greatest pain and disappointment.

- *“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” (Jeremiah 29:11)*
- *“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8:28)*
- Every single one of us goes through our own disabilities.
  - We do not know what people are going through; neither can we ever compare our brokenness to theirs.
  - **Brokenness is brokenness.**
  - **Hope is hope.**
  - We all face difficult circumstances in life, and we need hope to heal and move forward into all that God has for us.
- *“In this world you will have trouble. But take heart! I have overcome the world” (John 16:33)*
  - Life is not easy, and He never promises that it will be.
  - If the Christian life was all about prosperity and good times, Jesus would not have warned us about trouble.
  - We are here to do work.
- When we trust God with our pain, He can reveal a greater purpose in those broken pieces.
  - When we give our broken pieces to God, this takes us into our destiny.
  - This brings us to a state of humility we need to see God’s perfect plan.
  - *“He must become greater; I must become less.” (John 3:30)*
  - God’s strength shines in our weaknesses even more: *“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” (2 Corinthians 12:9)*
  - No matter how dark a situation may be, there is always hope.
  - God is not the one who causes bad things to happen in our lives.
  - *“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” (John 10:10 ESV)*

## Nick's Story

I still sometimes wish that I had arms and legs to run with my sons, to hug my daughters, to hold my wife's hand. However, seeing how God has used my life for His purposes, that blessing and that long line in heaven of people coming up to me, saying, "Nick, thank you for being the hands and feet of Christ," and what am I going to say? "Oh, that was my plan all along. Yeah, you're welcome." No, that was God's plan. He is the one holding the pen. And I get to come along and see in first person the movie that God always scripted from the beginning. No, He did not want me to be born without arms and legs. It was sin and the fall of man that made me without limbs. But then as a 15-year-old, I gave my life to Jesus and said, **"God, give me arms and legs. But if you don't give me arms and legs, use my pain."** And He has. He has now used me in ways that I would never have imagined.

There is nothing stopping me from still believing for arms and legs. I still have a pair of shoes in my closet in case He gives it to me. I wanted to do it. I got driving gloves to drive a car. I don't even know that by the time if God gives me arms and legs, anyone is going to be driving cars ... there are self-driving cars. I don't care. I wanted to do what I felt that I needed to do for me, myself, and I in my faith with God.

My prayer is this: "God, I love you. Thank you for everything you have given me. Thank you that you heal me. Thank you that I'm in a purpose-driven life. I'm in front of the frontlines, standing in front of the gates of hell and redirecting traffic, meeting presidents, speaking to the multitudes, millions at a time, through livestream secular television to preach the gospel. Thank you. Thank you that even one was able to hear the truth. Thank you, God, that you know I want arms and legs. But **thank you, God, that even if I don't get a miracle, you will use me to be a miracle for someone else.**"



The greatest miracle is eternal life and an active relationship with Jesus Christ.

- One day, God will wipe away every tear and take away all our pain and suffering.
  - *"He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." (Revelation 21:4)*

- There is also hope in this life now.
  - As we trust God with our pain, we find a full life, purpose, and eternal meaning.
  - The next generation is struggling with a lack of meaning and purpose.



Ask God how He wants to use the broken pieces of your life to bring hope to the world around you.

- We overcome by the blood of the Lamb and the word of our testimony: *“And they overcame [the devil] because of the blood of the Lamb and because of the word of their testimony.”* (**Revelation 12:11** NASB)
- There is power in your story. Your history is His story.
- The hope give to us through Jesus Christ does not disappoint: *“and hope does not disappoint.”* (**Romans 5:5** NASB)
- No matter what the plot has been, God can and will rewrite beauty into any story.

### Reflect

*“Ask God how He wants to use the broken pieces of your life to bring hope to the world around you.”* —Nick Vujicic



Trust God to reveal His purpose in our pain.

- Beautiful things can come from giving our broken pieces into the hands of God Almighty who can do all things.

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# BASIC HELPING AND CRISIS INTERVENTION

## Caring for the Whole Person



### Understanding Needs-based Care

*“And Jesus grew in wisdom [mental/cognitive] and stature [physical], and in favor with God [spiritual] and man [emotional/social].” (Luke 2:52)*



### A Hierarchy of Needs

\*Based, in part, on the work of personality theorist, Abraham Maslow

- **Physiological Needs**—breathing, hunger, thirst, and rest  
*“Some wandered in desert wastelands . . . They were hungry and thirsty, and their lives ebbed away.” (Psalm 107:4–5)*
- **Safety Needs**—Shelter, health, and security (physical, financial, property, family, etc.)  
*“‘Because of the devastation of the afflicted, because of the groaning of the needy, now I will arise,’ says the Lord; ‘I will set him in the safety for which he longs.’” (Psalm 12:5 NASB)*
- **Belonging and Love Needs**—Acceptance by God and others (friendship and family)  
*“So then let no one boast in men. For all things belong to you . . . and you belong to Christ; and Christ belongs to God.” (1 Corinthians 3:21–23 NASB)*
- **Esteem Needs**—Self-worth and value (confidence, achievement, and respect)  
*“. . . being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Philippians 1:6)*
- **Spiritual Needs**—Spiritual Awareness and Fulfillment  
*“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God . . .” (Psalm 42:1–2)*
- **Servanthood**—A person’s desire and motivation to develop, use and fully experience his or her God-given potential, talents, gifts and capacities to serve Him and others.  
*“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.” (1 Peter 4:10)*

## Reflect

*“The big picture is that we live in a broken world. And so we know things are broken, and we know sin is at the heart of our separation and brokenness.” —Haley Scully, M.A.*

## Caring for the Whole Person

### What it Means to Be Present with Someone

- **Attunement:** at-tune \ ə-’tün—to bring into accord or harmony; to make aware or responsive
- **Resonance:** The principle of resonance in physics states that when two frequencies are brought together, the lower will always rise to meet the higher.
- **The Ministry of Presence:** the process by which a believer is aware or “attuned” to the presence of the Lord through the agency of the Holy Spirit and allows God to move through him or her in such a “resonating” way that others can have their spirits uplifted and experience movement toward Him in restorative, healing, or transformative ways

*“Blessed are those who have learned to acclaim you, who walk in the light of your **presence, LORD.**” (Psalm 89:15)*

*“You have made known to me the paths of life; you will fill me with joy in your **presence.**” (Acts 2:28)*





## Balancing Grace and Truth

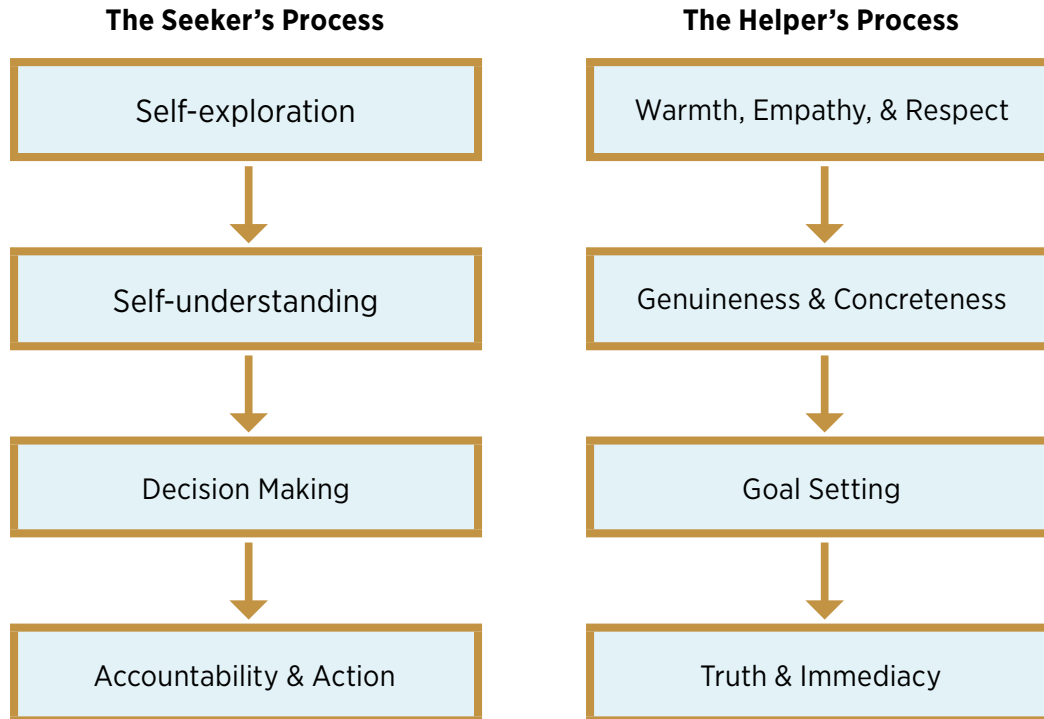
\*Based, in part, on the work of Dr. Gary Sweeten (LifeWay)

### **Balancing Responsibility between Helpers and Seekers**

- **A Helper:** an individual willing to assist others in the process of moving toward God, healing, restoration, change, and personal/spiritual growth
- **A Seeker:** anyone desiring to draw closer to God, healing, restoration, change, and personal/spiritual growth by pursuing help, greater understanding, personal involvement, and accountability

When Helpers are **over-responsible**, then Seekers are usually **under-responsible** and vice versa.

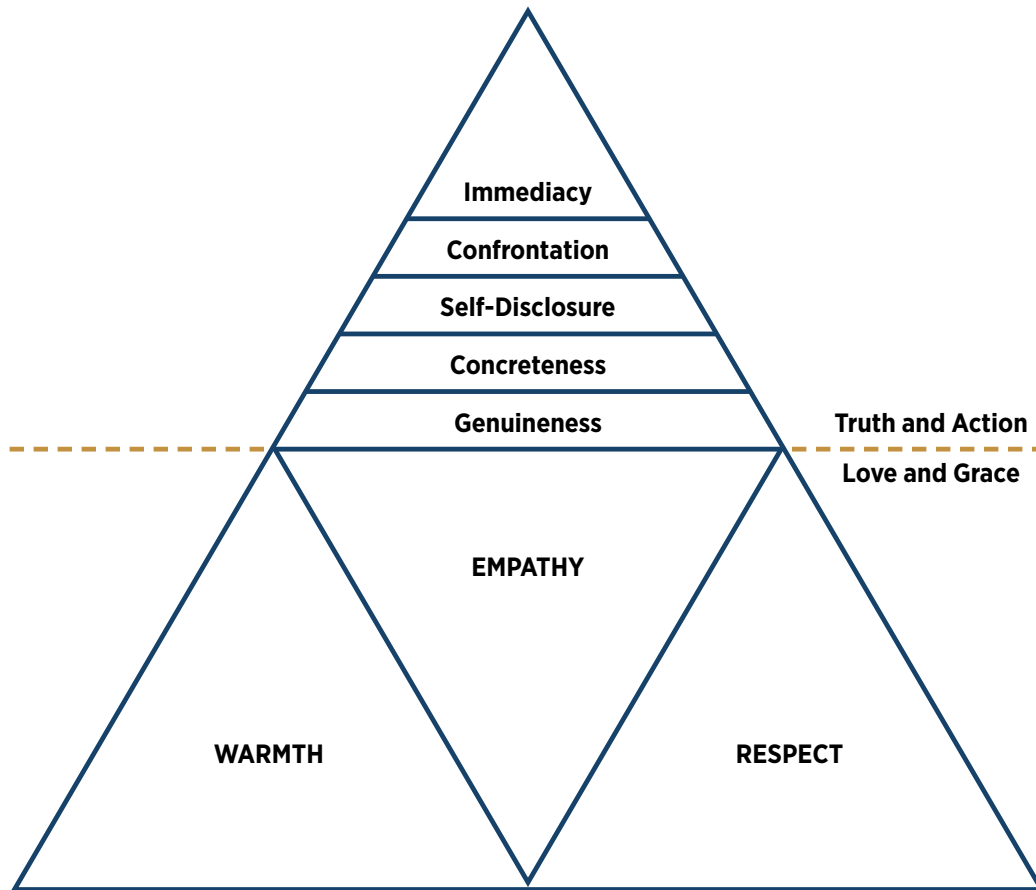
### **Balancing the Surface Issues and the Matters of the Deep Heart**



*“The afflicted and needy are **seeking** water, but there is none, and their tongue is parched with thirst; I, the LORD, will answer them Myself, as the God of Israel I will not forsake them.” (Isaiah 41:17 NASB)*

*“Behold, God is my **helper**; the LORD is the sustainer of my soul.” (Psalm 54:4 NASB)*

 **Balancing Love and Grace with Truth and Action**



- **Grace** = the freely given and unmerited favor of God that signifies receiving that which is not earned or deserved
- **Truth** = the fundamental reality of Christ that stands apart from and even transcends one's perceived experience

*“The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of **grace and truth** . . . Out of his fullness we have all received grace in place of grace already given. For the Law was given through Moses; **grace and truth** came through Jesus Christ.” (John 1:14, 16–17)*

*“Instead, **speaking the truth in love**, we will grow to become in every respect the mature body of him who is the head, that is, Christ.” (Ephesians 4:15)*

## **Balancing Compassion with Practicality**

*“I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.” (John 17:20–21)*



- An acronym for the helping process – bringing people into the **SON**
  - S** — Sensitive Seating
  - O** — Open Posture
  - L** — Leaning Forward
  - A** — Appropriate Eye Contact
  - R** — Relaxed Demeanor
  - T** — Touching Verbally and Emotionally
  - E** — Environmental Awareness
  - A** — Accommodating Differences

*“So, as those who have been chosen of God, holy and beloved, **put on a heart of compassion**, kindness, humility, gentleness and patience.” (Colossians 3:12 NASB)*

*“To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law. To the weak I became weak, to win the weak. **I have become all things to all people so that by all possible means I might save some.** I do all this for the sake of the gospel, that I may share in its blessings.” (1 Corinthians 9:20–23)*

 **Balancing the Helper's Orientation with the Seeker's Experience**

**Warmth-O-Meter**

<b>The Helper's Warmth Level</b>	<b>The Seeker's Experience</b>
Hugging and Weeping	→ Very Hot
Moving Close and Touching	→ Unpleasantly Warm
Attentive/Interested/Concerned	→ Warm (Room Temperature)
Somewhat Concerned	→ Cool
Mechanical	→ Chilly
Clinical and Distant	→ Cold
Ignores or Moves Away	→ Freezing

**Empath-O-Meter**

<b>The Helper's Response Level</b>	<b>The Seeker's Experience</b>
Deep Insight into Issues	→ Extremely Vulnerable
Touches Underlying Issues	→ Vulnerable
Validates Thoughts/Feelings	→ Valued and Understood
Omits Thoughts/Feelings	→ Hopeful of Being Understood
Partially Responds	→ Devalued and Misunderstood
Ignores Thoughts/Feelings	→ Hurt
Invalidates Thoughts/Feelings	→ Rejected

**Respect-O-Meter**

<b>The Helper's Attitude Level</b>	<b>The Seeker's Experience</b>
Tough Love	→ Commitment
Compassion	→ Caring Love
Humility	→ Respect
Superiority	→ Inferiority
Holier Than Thou Attitude	→ Judgment
Hidden Contempt	→ Condemnation
Open Contempt	→ Attack

## Dive Deeper

*“Sympathy says, ‘I’m sorry you’re hurt.’ Empathy says, ‘I’ll hurt with you.’ Compassion says, ‘I’ll hurt with you and I’ll stick around until the hurt is gone.’”* —June Hunt, Founder, Hope for the Heart

*“You don’t know what God can do with your broken pieces until you give God your broken pieces!”* —Nick Vujicic

## Problems and Burdens

### What it Means to Be Present with Someone

- **Problem Ownership: The Possibilities**

\_\_\_\_\_ own the problem

\_\_\_\_\_ own the problem

\_\_\_\_\_ own the problem

\_\_\_\_\_ own the problem

\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ problem

- **Bearing One Another’s Burdens**

*“Carry each other’s burdens, and in this way you will fulfill the law of Christ. . . . for each one should carry their own load.”* (**Galatians 6:2, 5**)

“**Baros**” (burden)

“**Phortion**” (load)

- **God Takes Care of What We Cannot Do (Acts 12:1-18)**



***God Takes Care of  
What We Cannot Do***

## The Nature of a Crisis



### Universal Principles and Coping Mechanisms

- **A crisis can be:**

- \_\_\_\_\_: an event that actually happened (accidents, a death, drug overdose, suicide, child running away, etc.)
- \_\_\_\_\_: fears, drug-induced psychosis, delusions, demonic oppression, etc.
- \_\_\_\_\_: an unwanted pregnancy, expected legal action, potential job loss, pending divorce, terminal illness, etc.

- **A crisis can be the result of:**

- living in a sinful and broken world
  - the sinful choices of another person
  - making unwise and/or sinful choices
  - spiritual warfare and spiritual attacks
- Most crises dissipate within **6–8 weeks**. It's how the crisis is managed that often determines the outcome. In some cases, this may produce a greater crisis than the original event. Unresolved issues can cause the person to feel “stuck,” thereby creating what is referred to as a “transcrisis state.”

- **Hearing and Doing Can Make All the Difference**

“Therefore **everyone who hears these words of mine and puts them into practice** is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But **everyone who hears these words of mine and does not put them into practice** is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” (Matthew 7:24–27)



- **Step 2—*BREAK DOWN* the Problem**

- Look for the major issue(s) or theme(s).
- Pay attention to **Definitions**, **Characteristics**, and **Causes** as described in the **Keys for Living** resources.
- Assess **how critical** the situation or crisis really is in terms of **thoughts, feelings, behaviors, experiences, incidents**, etc. (use a **10-point Self-Report Scale** like the typical pain scale used by doctors and in the emergency room). Be aware of the tendency to deny, minimize, and/or under-report:
  - › **Frequency**
  - › **Intensity**
  - › **Duration**
  - › **Variability**
  
- Determine the priorities for effective intervention and/or care, especially any life threatening or other critical decisions that need to be made—**safety first!**
- Look for those issues that can be attended to easily and quickly.
- Examine what has been tried already.
- Look at new alternatives and directions that can be considered.
- Examine any potential consequences of actions that may be taken.
- Work toward appropriate ownership of the problem or situation.

- **Step 3—*COMMIT* to a Plan of Action**

- Identify all potential support systems and resources.
- Encourage the formulation of a plan and utilize the following principles in doing so:
  - › Build a plan using the person's **strengths**.



- › Build a plan with 2–3 primary/initial goals.
  - › Build a plan with **specific objectives** (smaller steps) to meet those goals.
  - › Build a plan with goals and objectives that are **attainable**.
  - › Build a plan with goals and objectives that are **behavioral**.
  - › Build a plan with goals and objectives that are **measurable**.
- 
- Pay attention to **Steps to Solution** as described in the **Keys for Living** resources.
  - Set time limits to initiate the plan.
  - Be firm and supportive in working through resistance.
  - Know when you are in over your head.
  - Have referral sources available and be ready to utilize them.
  - Contact a supervisor, member of the leadership team, and/or pastor as appropriate.
- 
- **Step 4—DOCUMENT the Interaction**
    - Write down any identifying information.
    - Document the important points of what you discussed, said, did, or recommended.
    - Note any issues or concerns, especially those that may have legal, ethical, or liability-related implications.
    - Keep the documentation confidential.
- 
- **Step 5—EXPLAIN the Plan of Action**
    - Make sure the person understands exactly what the next steps are.
    - Consider writing down the plan of action and/or contact people and phone numbers.
    - Have the person repeat the plan of action back to you verbally.
    - Notify a family member, close friend, pastor, etc. and explain the plan as appropriate.

- Tell the person that you will follow up with them and give them the day/time.

- **Step 6—*FOLLOW UP* as Soon as Possible**

- Contact the person the next day if possible, or as agreed upon.
- Verify that the action plan has been implemented/started.
- Provide ongoing support and accountability.
- Assess if/how the *Steps to Solution* as described in the *Keys for Living* resources are being implemented.
- Assess the ongoing level of isolation and the proactive/consistent commitment to stay connected to available/recommended support systems (both within the church and the community at large).
- Check progress utilizing the same four assessment markers as in Step 2 (Frequency, Intensity, Duration, and Variability).



### **Spiritual Action Items**

- Pray without ceasing and understand the nature of the spiritual battle before you.
- Always model the character, humility, and love of Christ.
- Be grace-oriented in your words and actions.
- Seek to understand the person's spiritual journey and where he or she is in terms of having an authentic and personal relationship with Christ.
- Always point the person and the situation back to Christ wherever, however, and whenever possible.
- Pray with the person whenever it is appropriate and with the person's consent – at the beginning and end of each session or phone call. Remain sensitive regarding when it would be helpful to stop and pray at any point in the process or conversation.
- Ask God for discernment and wisdom at all times—be led by the Holy Spirit.

- Be aware of your own cultural influences, beliefs, and values—allow for the possibility that God may want to move outside of your “box.”
- Bring in Scripture and/or biblical principles whenever appropriate—utilize the **Keys for Living** resources.
- Be careful to not contradict or undermine the values, beliefs, core principles, policies, and mission of the organization or church you are affiliated with and may represent.
- Incorporate other Christ-centered resources (licensed mental health practitioners, other professionals, support groups, books, videos/podcasts, music, ministries, etc.) whenever and however appropriate.
- Have others be in prayer with you and for you.



*“Call on me in the day of trouble; I will deliver you, and you will honor me.”*  
(**Psalm 50:15**)

*“As for me, I call to God, and the LORD saves me.”* (**Psalm 55:16**)

### **Reflect**

*“We should be in prayer as caregivers. We should endeavor to always model the character and humility of Christ. We are in that role to be the hands, the feet, the voice in that moment to people in crisis . . . to try and understand their spiritual journeys, from their perspectives, in their stories . . . to create the relationship where they feel safe and confident and can move forward.”* —Eric Scalise, Ph.D.

## CASE STUDY #1

*This case study is offered as an opportunity to apply strategies and skills presented in this training to a real-life situation. Think about how you might respond to someone in this situation*

Melynda is a 21-year-old college student in her junior year. Although she has been an above average student overall, her grades have taken a noticeable dip during the last semester. Her father is a very successful heart surgeon at a prestigious medical/research university and would very much like for his daughter to pursue a medical career of her own. Thus far, he has paid for her entire college education and has also agreed to cover the cost of medical school once she graduates. He wants her to take the Medical College Admission Test (MCAT) before the year is out.

Over the past three months, Melynda has lost almost 20 pounds and frequently skips meals because she “doesn’t feel hungry.” Sleep has been fitful for her most nights of late and she has a hard time falling asleep at bedtime. If she does manage to fall asleep, she often wakes up early and then feels agitated and anxious much of the next day. This trend has resulted in her missing several of her early morning classes, including a recent midterm exam (for which she then received a failing grade). Concentrating on her studies has become more difficult and she will just burst into tears at the smallest of things.

Melynda experiences a great sense of worthlessness and guilt over her falling grades because, “Daddy’s going to be so disappointed in me!” Her biggest struggle is that she doesn’t really even want to go to medical school, and beyond that, has no idea what to consider pursuing. She recently mentioned to a friend that, “Life just feels so confusing right now.” The thought of telling her father is very unsettling because she is convinced that he would not understand, much less accept her decision.

The relationship between Melynda (an only child) and her father had not been that close growing up. He always seemed too busy, yet he must love her she reasoned, “After all, he is paying for school.” Every time they talked, it was mostly about grades, applying for medical school and for her to, “Do the best that she could.” The trouble is that Melynda never believed the best she could do would ever measure up.

Her parents divorced when she was 14 and her mother died of breast cancer during Melynda’s first semester in college. Feeling trapped, Melynda has even entertained thoughts of wanting to die and just ending it all. She recently asked a good friend whether people could still go to heaven if they committed suicide. Up to this point, she has not tried anything and does not have any well formulated plans.

Melynda grew up going to church with her parents and remembers enjoying it, but after her mother died, she felt like God was not really there for her, and besides, there were too many “commandments” to keep up with anyway. She has been going to a college group at her church even though her attendance has been sporadic. In fact, she seems more disconnected and isolated with each passing week. At the urging of a friend, she contacted one of the pastors and you were asked to meet with her. As she begins the conversation, she appears sad, has poor eye contact, is somewhat apprehensive, and it looks like she might have been crying.

## CASE MANAGEMENT ANALYSIS

### Utilizing the ABCs

#### A – Achieving a Connection

How would you connect with this person and begin to form a helping relationship?

#### B – Breaking Down the Problem

Use the *Keys for Living* resources to better understand **Definitions**, **Characteristics**, and **Causes** as they pertain to the presenting issue(s).

**Physical** needs and issues

**Emotional** needs and issues

**Family/Social/Relational** needs and issues

***Mental/Psychological*** needs and issues

***Financial, Vocational, or Other/Practical*** needs and issues

***Spiritual*** needs and issues

**Factors Regarding the Situation, Issues, Symptoms, Emotions, Behaviors, etc.**

***Frequency***

\_\_\_\_\_ **Score:**

***Intensity***

\_\_\_\_\_ **Score:**

***Duration***

\_\_\_\_\_ **Score:**

***Variability***

\_\_\_\_\_ **Score:**

**Overall Score:**

(4-15 = Low Risk; 16-25 = Moderate Risk; 26-40 = High Risk)

### **C – Committing to a Plan of Action**

Use the *Keys for Living* resources to better understand **Steps to Solution** as they pertain to the presenting issue(s).

What steps does the **care seeker** need to take?

What steps does the **caregiver** need to take?

### **D – Documenting the Interaction**

What are the potential legal, ethical, and/or liability related issues?

*“By wisdom a house is built, and by understanding it is established; and by knowledge the rooms are filled with all precious and pleasant riches. A wise man is strong, and a man of knowledge increases power. For by wise guidance you will wage war, and in abundance of counselors there is victory.”*  
**(Proverbs 24:3-6** NASB)

## A Caregiving Encounter



### **The Power of Relationship: Acts 3:1-11** (NASB)

*“Now Peter and John were going up to the temple at the ninth hour, the hour of prayer. And a man who had been lame from his mother’s womb was being carried along, whom they used to set down every day at the gate of the temple which is called Beautiful, in order to beg alms of those who were entering the temple. When he saw Peter and John about to go into the temple, he began asking to receive alms. But Peter, along with John, fixed his gaze on him and said, ‘Look at us!’ And he began to give them his attention, expecting to receive something from them. But Peter said, ‘I do not possess silver and gold, but what I do have I give to you: In the name of Jesus Christ the Nazarene—walk!’ And seizing him by the right hand, he raised him up; and immediately his feet and his ankles were strengthened. With a leap he stood upright and began to walk; and he entered the temple with them, walking and leaping and praising God. And all the people saw him walking and praising God; and they were taking note of him as being the one who used to sit at the Beautiful Gate of the temple to beg alms, and they were filled with wonder and amazement at what had happened to him. While he was clinging to Peter and John, all the people ran together to them at the so-called portico of Solomon, full of amazement.”*

- **vv. 3-4—Peter and John offered the beggar**

- by giving him their \_\_\_\_\_ and \_\_\_\_\_
- by not \_\_\_\_\_ him
- by \_\_\_\_\_ in what He’s doing

- **vv. 4-5—Peter and John offered the beggar**

- by creating \_\_\_\_\_
- by commanding \_\_\_\_\_
- by building \_\_\_\_\_



- **v. 6—Peter and John offered the beggar**

- by acknowledging His \_\_\_\_\_
- by acknowledging His \_\_\_\_\_
- by acknowledging His \_\_\_\_\_

- **vv. 6-7—Peter and John offered the beggar**

- by being \_\_\_\_\_
- by being \_\_\_\_\_
- by being \_\_\_\_\_

- **vv. 8-10—Peter and John offered the beggar**

- by accepting him \_\_\_\_\_
- by leading him \_\_\_\_\_
- by allowing God to write him \_\_\_\_\_

- **vv. 9-11—Peter and John offered the beggar**

- by being \_\_\_\_\_ and \_\_\_\_\_
- by confirming \_\_\_\_\_
- by drawing \_\_\_\_\_



## Becoming a Fragrant Aroma

- There is a special ending to the Jewish Sabbath called the *havdalah* service, which translated means “*separation*.” It signifies that as the Sabbath ends, people will be separated from it and from one another for the next week. Part of the service involves a spice box, and before the Sabbath concludes, the box is opened and passed around. Everyone sniffs the sweet fragrance of the spices that are in it. As they breathe in the fragrance of the havdalah box, it is a reminder of the passing Sabbath and a symbol of the sweetness of the Sabbath to come. It was to help sustain them through the hardships of the week ahead.
- The sweetness of Christ is a reminder of the fragrant aroma of the death, burial, and resurrection of our Savior. If we believe in the resurrection, it will not only help sustain us and carry us through the pressures of life and the hardships the week ahead may bring, but in the life to come and into the unending joys God has for us throughout eternity.

*“Walk in love, just as Christ also loved you, and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.” (Ephesians 5:2 NASB)*

### Reflect

*“As we encounter others and especially as God places people into our hands for the purpose of counsel and care, let us remember that this is a sacred trust and to always reflect our Savior in every way . . . so that people may feel almost as if they were with the Master Himself. Remember . . . it’s **IN** and then **THROUGH**.” —Eric Scalise, Ph.D.*

## Suggested Resources

Life is full of challenges, yet there is hope. The *Keys for Living Library* provides biblical truth and practical help for more than 100 topics to help you overcome difficulties, grow in maturity, and move forward in life.

Throughout this session, various publications from the *Keys for Living Library* were mentioned. For your convenience, we've compiled a list of these resources to which you may want to refer for further study.

<a href="#"><u>Alcohol &amp; Drug Abuse</u></a>	<a href="#"><u>The Occult</u></a>
<a href="#"><u>Childhood Sexual Abuse</u></a>	<a href="#"><u>Pregnancy—Unplanned</u></a>
<a href="#"><u>Chronic Illness &amp; Disabilities</u></a>	<a href="#"><u>Pride &amp; Humility</u></a>
<a href="#"><u>Confrontation</u></a>	<a href="#"><u>Purpose in Life</u></a>
<a href="#"><u>Counseling</u></a>	<a href="#"><u>Rejection &amp; Abandonment</u></a>
<a href="#"><u>Death &amp; Heaven</u></a>	<a href="#"><u>Satan, Demons &amp; Satansim</u></a>
<a href="#"><u>Decision Making</u></a>	<a href="#"><u>Self-Worth</u></a>
<a href="#"><u>Divorce</u></a>	<a href="#"><u>Sex and Human Trafficking (coming soon)</u></a>
<a href="#"><u>Domestic Abuse</u></a>	<a href="#"><u>Sexual Assault &amp; Rape Recovery</u></a>
<a href="#"><u>Employment</u></a>	<a href="#"><u>Spiritual Warfare</u></a>
<a href="#"><u>Fear</u></a>	<a href="#"><u>Stress</u></a>
<a href="#"><u>Financial Freedom</u></a>	<a href="#"><u>Suicide Prevention</u></a>
<a href="#"><u>Friendship</u></a>	<a href="#"><u>Terminal Illness</u></a>
<a href="#"><u>Grief</u></a>	<a href="#"><u>Time Management</u></a>
<a href="#"><u>Hope</u></a>	



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# SESSION 7 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.



*“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?**

**4. In what ways might you make adjustments in attitudes, daily living and/or your relationships after watching the video presentation (briefly list and explain)?**

**5. What is/are your praise(s) and thanksgiving(s) for today?**

**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

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- Yancey, Philip. *Where is God When it Hurts?* Grand Rapids, MI: Zondervan, 2002.