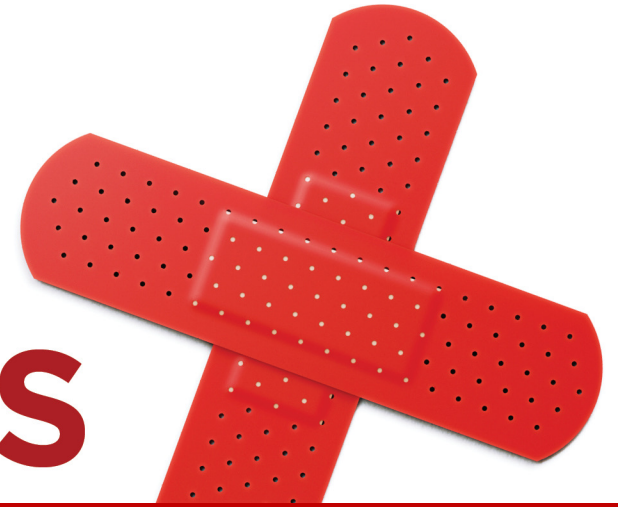
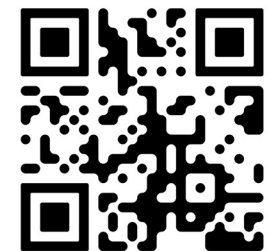


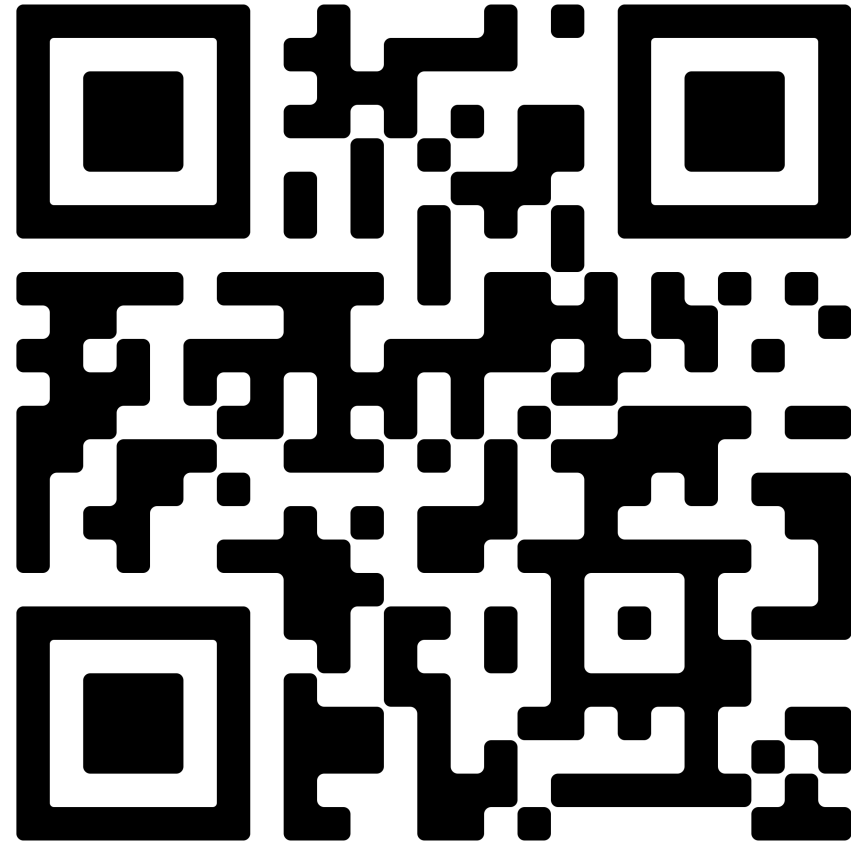
FIRST AID *for* EMOTIONAL **HURTS**



Equipping Your Congregation
to be First Aid Ready

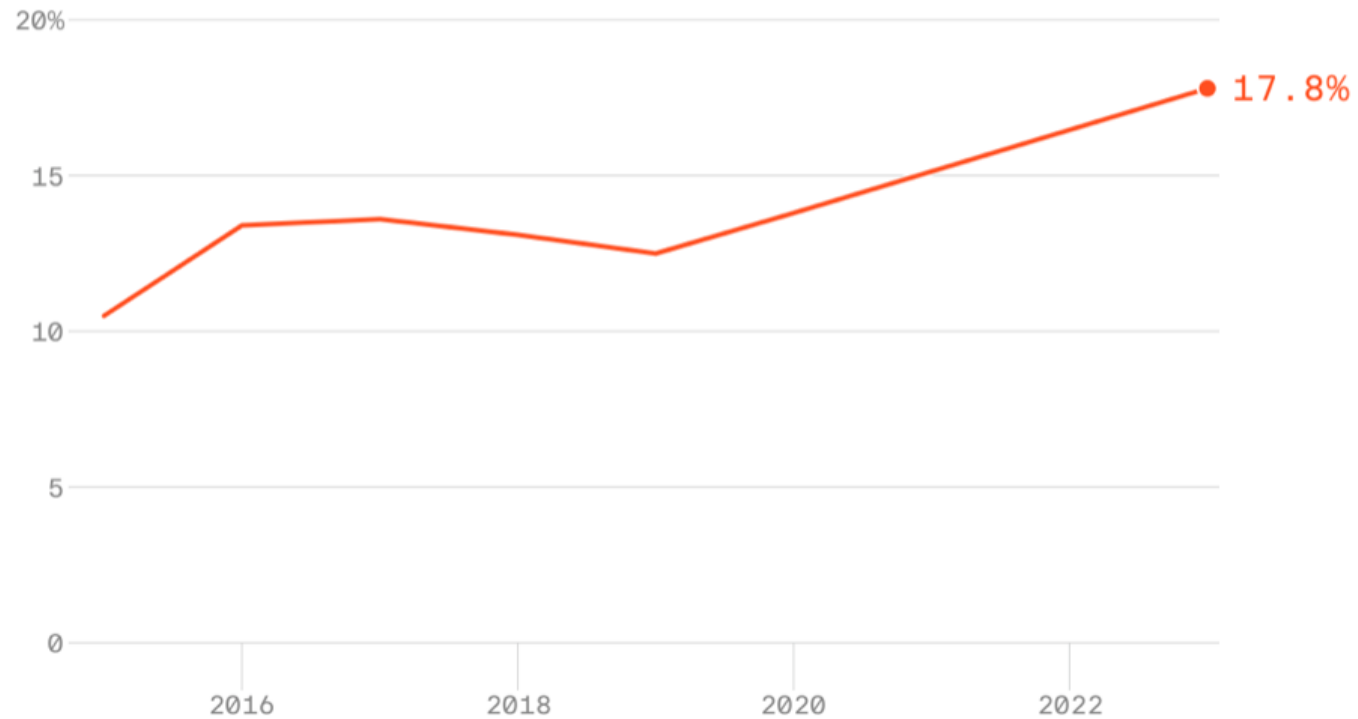
EDWARD E. MOODY, JR., PH.D.
EMOODY@NAFWB.ORG





Share of Americans who say they currently have or are being treated for depression

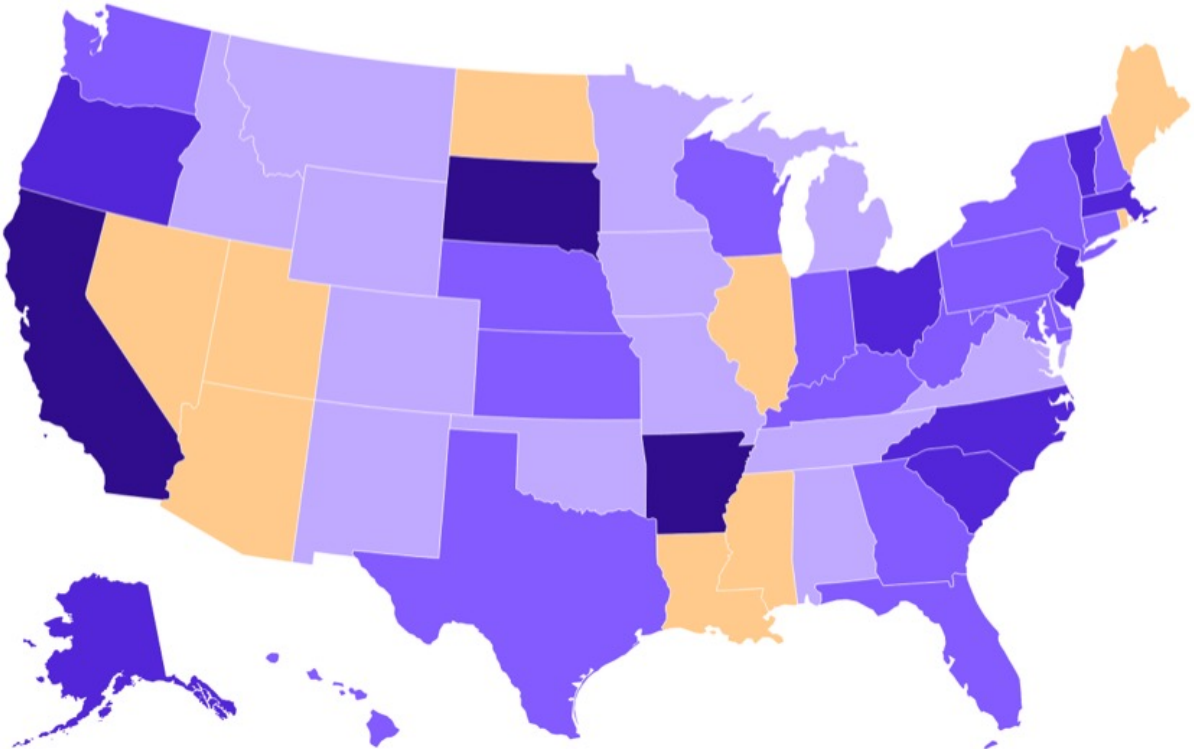
Regularly conducted surveys of approximately 5,000 U.S. adults



Data: Gallup; Chart: Axios Visuals

Percentage change in the prevalence of anxiety and depression in children

Among 3- to 17-year-olds; 2016-2020



Data: Annie E. Casey Foundation; Map: Erin Davis/Axios



Culture ■ Leadership ■ May 31, 2023

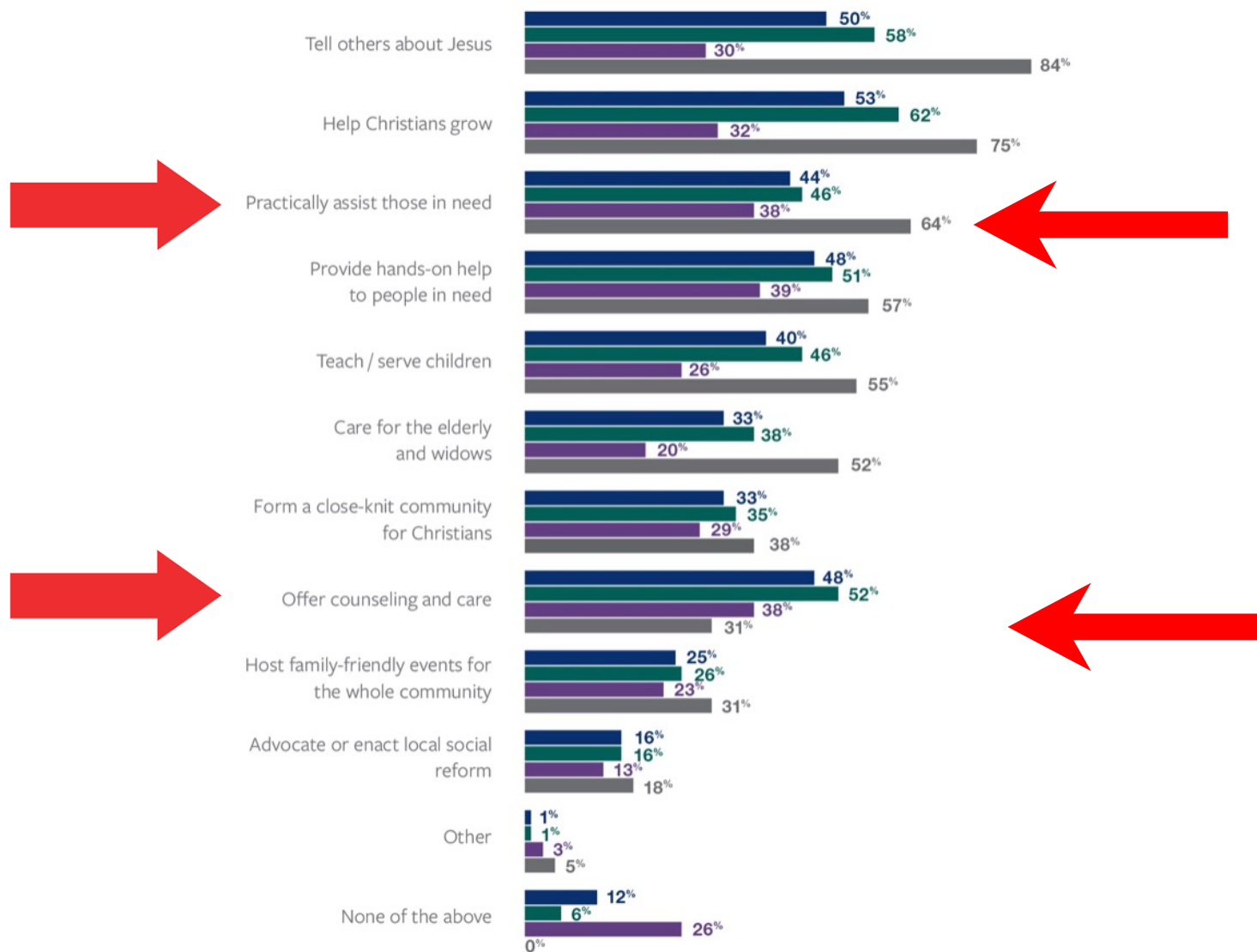
How Pastors & Non-Christians See the Church's Role

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**IN YOUR OPINION, WHAT IS A CHURCH'S ROLE IN A COMMUNITY?
PLEASE SELECT ALL THAT APPLY.**

● 2020: All U.S. adults ● 2020: Christians ● 2020: Non-Christians ● 2022: Pastors



Source: Barna Group
n=1,520 U.S. adults, October 9–20, 2020; n=584 U.S. Protestant senior pastors, September 6–16, 2022.

Fam Community Health. 2002 Apr;25(1):71-82.

Bereaved parents' use of individual, family, and community resources 4 to 60 months after a child's violent death.

Murphy SA¹, Johnson LC, Lohan J, Tapper VJ.

+ Author information

Abstract

We recruited a community-based sample of 261 parents bereaved by the violent deaths of their 12- to 28-year-old children. Parents were observed over time, and data were collected from several sources. The findings showed that of six individual, family, and community resources examined, none of the resources seemed to improve parents' outcomes either 1 or 5 years later. Implications of the findings are discussed.



Barriers to Responding

-
- *Someone else* will help



Barriers to Responding

- Someone else will help
- *Time*



Barriers to Responding

- Someone else will help
- Time
- *Fear*

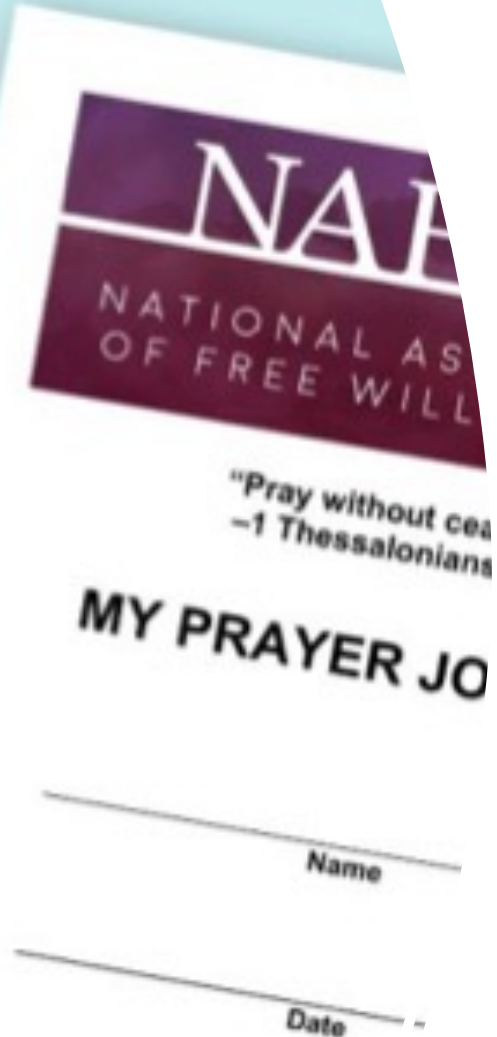


Barriers to Responding

- Someone else will help
- Time
- Fear
- Helpless

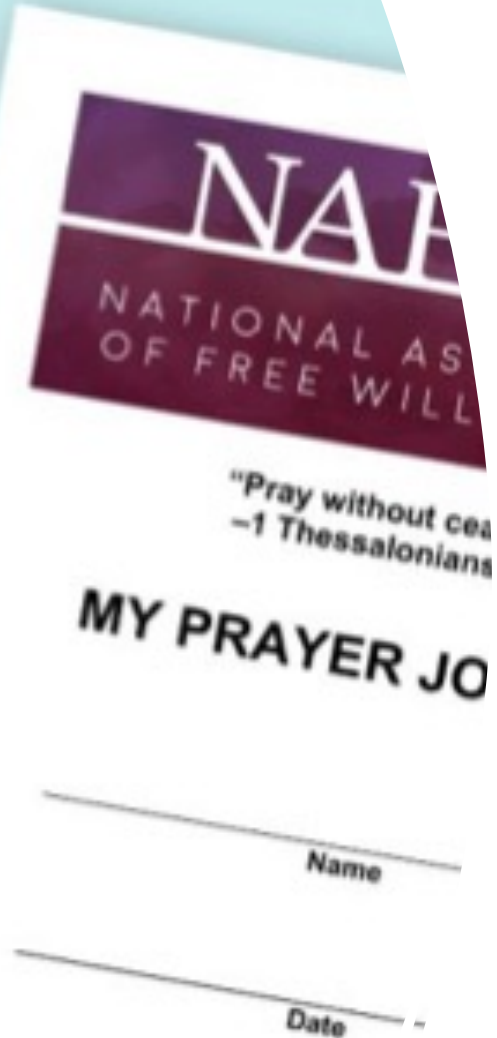
What tools do you have?

- Prayer
 - Pray aloud



What tools do you have?

- Prayer
 - Pray aloud
 - Pray by name



WORST CASE SCENARIO

When your world turns upside down, remember Psalm 46:

- + God will help you and be your refuge and strength (verse 1).
- + God will be with you and will not be moved (verse 5).
- + Do not fear (verse 2), behold the works of the Lord (verse 8), and be still (verse 10).
- + The same God who helped Jacob (and all believers before you) will be your refuge (verses 7, 11).

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What tools do you have?

- The Word
 - For *comfort*

What tools do you have?

- Prayer
- The Word
 - For comfort
 - For direction

DEFEATING FEAR

A prescription for controlling your fear:

- +Start the day rejoicing (Philippians 4:4). Read the Bible and see the character and characteristics of God.
- +Face Your Fear. What is the worst that could happen? Whatever it is, God will help you (Matthew 28:20).
- +Pray. Take whatever is bothering you straight to the Lord and ask for His help (Philippians 4:6).
- +Combat negative thoughts (2 Corinthians 10:5). Take a walk; get outside. Look for examples of God's care for you in what you see (Matthew 6:25-34).
- +Focus on the Scripture. When a fearful thought arises, combat it with a favorite Scripture. When you think you won't make it, read passages like Psalm 121.
- +Think rightly. Limit your intake of media or anything else that increases your distress. Be intentional about what you view, read, or watch (Philippians 4:8).
- +End the Day Well. Our brains dwell on what we think about before bedtime (Psalm 63:6). Avoid media and spend time in the Word (Psalm 1) and talking to the Lord, which leads to peace (Philippians 4:6).

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What tools do you have?

- Your Words
 - *Text*

What tools do you have?

- Your Words
 - Text
 - *Social media message*

What tools do you have?

- Your Words
 - Text
 - Social media message
 - Card

The Surprise of Reaching Out: Appreciated More Than We Think

Peggy J. Liu¹, SoYon Rim², Lauren Min³, and Kate E. Min⁴

¹ Marketing and Business Economics Area, The University of Pittsburgh Joseph M. Katz Graduate School of Business

² Psychology Department, William Paterson University of New Jersey

³ Marketing and Business Law Area, The University of Kansas School of Business

⁴ Business and Economics Department, Wheaton College

People are fundamentally social beings and enjoy connecting with others. Sometimes, people reach out to others—whether simply to check-in on how others are doing with brief messages or to show that they are thinking of others by sending small gifts to them. Yet, despite the importance and enjoyment of social connection, do people accurately understand how much other people value being reached out to by someone in their social circle? Across a series of preregistered experiments, we document a robust underestimation of how much other people appreciate being reached out to. We find evidence compatible with an account wherein one reason this underestimation of appreciation occurs is because responders (vs. initiators) are more focused on their feelings of surprise at being reached out to. A focus on feelings of surprise in turn predicts greater appreciation. We further identify process-consistent moderators of the underestimation of reach-out appreciation, finding that it is magnified when the reach-out context is more surprising: when it occurs within a surprising (vs. unsurprising) context for the recipient and when it occurs between more socially distant (vs. socially close) others. Altogether, this research thus identifies when and why we underestimate how much other people appreciate us reaching out to them, implicating a heightened focus on feelings of surprise as one underlying explanation.

Keywords: appreciation, social relationships, surprise, gifts, prediction

Supplemental materials: <https://doi.org/10.1037/pspi0000402.supp>



What tools do you have?

- The Church
 - Worship



What tools do you have?

- The Church
 - Worship
 - Fellowship



What tools do you have?

- The Church
 - Worship
 - Fellowship
 - Activities

Opiates of the Masses?
Deaths of Despair and the Decline of American Religion

Tyler Giles
Wellesley College

Daniel Hungerman
University of Notre Dame and NBER

Tamar Oostrom
The Ohio State University

July 2022



What tools
do you have?

- Your Relationships
 - Work




What tools
do you have?

- Your Relationships
 - Work
 - *Neighbors*





What tools
do you have?

- Your Relationships
 - Work
 - Neighbors
 - Family
- 

PEOPLE NEED YOU...

- + To be filled with the Spirit (Genesis 41:38; Daniel 5:11), so you can help them when others can't (Genesis 41:15; Daniel 5:8).
- + To have a biblical perspective, being better not bitter (Genesis 45:5, 7; 50:19-21; Romans 8:28).
- + To be concerned for them (Genesis 40:5-6; Exodus 32:32; Daniel 4:27; Nehemiah 1:3-4).
- + To live a sacrificial lifestyle (Esther 4:14; Philippians 2:3-4; 1 Corinthians 9:19-27; 2 Corinthians 5:20).

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The Character and Techniques of the Responder

- The Fruit of the *Spirit*

PEOPLE NEED YOU...

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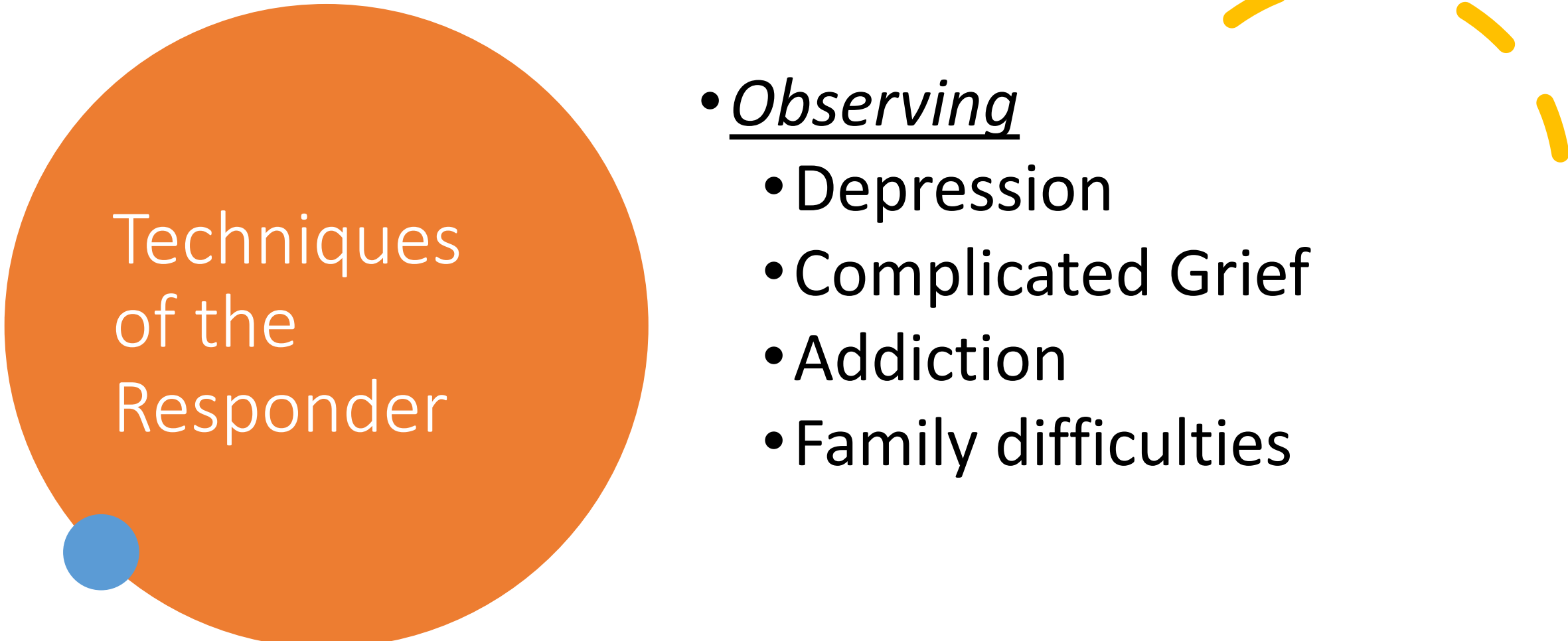
The Character and Techniques of the Responder

- The Fruit of the *Spirit*
- *Confidentiality*

Helping others can be **Complicated...**

- + We may be misunderstood (Luke 15:1-2), so we must live beyond reproach.
- + We must be on guard against falling into sin ourselves (Galatians 6:1-2).
- + We must restore those guilty of despicable sins (1 Cor. 5:1-13, 2 Cor. 2:6-8); some situations are complicated by controversy and misunderstanding.

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Techniques
of the
Responder

- *Observing*
 - Depression
 - Complicated Grief
 - Addiction
 - Family difficulties

HELPING THE **HURTING** AROUND YOU

When you see people in need,
go to them (Luke 10:33, 37).

Meet basic needs (Luke 10:34).

Get them to someone who
can provide more extensive
assistance (Luke 10:35).

Techniques of the
Responder

- Attending

A little good goes an unexpectedly long way: Underestimating the positive impact of kindness on recipients.

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First Posting

[Kumar, Amit](#) [Epley, Nicholas](#)

Citation

Kumar, A., & Epley, N. (2022). A little good goes an unexpectedly long way: Underestimating the positive impact of kindness on recipients. *Journal of Experimental Psychology: General*. Advance online publication. <https://doi.org/10.1037/xge0001271>

Abstract

Performing random acts of kindness increases happiness in both givers and receivers, but we find that givers systematically undervalue their positive impact on recipients. In both field and laboratory settings (Experiments 1a through 2b), those performing an act of kindness reported how positive they expected recipients would feel and recipients reported how they actually felt. From giving away a cup of hot chocolate in a park to giving away a gift

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Techniques of the Responder

- *Listening*

COMFORTING OTHERS

- + Sit silently and invite them to tell their story (Job 2:13).
- + Equip people with the whole Word of God (Acts 20:27).
- + Rally behind the grieving; praise and encourage them (Romans 12:15-16).
- + Follow up in the days, months, and years after their loss and keep praying (John 14:26).

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HELPING THE **HURTING** AROUND YOU

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Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)

HELPING THE **HURTING** AROUND YOU

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Techniques of the Responder

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- Responding

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Techniques of the Responder

- Observing
- Attending
- Listening
- Caring (Empathy)
- Responding
- Acting

Find the Inn

+Finding Help explores the helping process and how to find the particular helping professional needed.

+First Aid for Emotional Hurts
provides information to help
people struggling with
emotional issues.



Helping People
Through
Difficult Times

FIRST AID

for Emotional Hurts

Edward E. Moody Jr., Ph.D.

REVISED AND EXPANDED EDITION

The First
Aid Ready
Process

Leader selection

Kick off sermon



The Good Samaritan by Vincent van Gogh

Answer the Call: First Aid for Emotional Hurts

Luke 10:25-37



The First Aid Ready Process

Leader selection

Kick off sermon

Group formation and
acquisition of resources

Becoming First Aid Ready

40 days of readings

40 days of action steps

Developing plans for . . .

- Widows
- Sudden death
- Depressed
- Suicide
- Psychosis
- Families

First aid ready is . . .

- A brief 40-day preparation process where participants obtain general information about the emotional problems people in their community are most likely face and the tools and techniques they need to assist them
- An opportunity for participants to learn how to be the hands and feet of Christ, confidently helping those they interact with.

First aid ready requires . . .

- A leader to meet weekly with participants to monitor their progress and develop church wide plans to help people. The leader will need to go through the readings and activities before trying to lead the group to be prepared to help participants process the information.
- The book *First Aid for Emotional Hurts—Revised Edition*.
- The *First Aid* kit from D6 Family is also needed as a resource. The booklets are described *First Aid*, along with ways to use them.
- 3-8 participants over each 40 day process so that the group can learn together and support one another.



After the group. . .

- Participants are encouraged to lead another group to help others become first aid ready.
- You can always call the NAFWB at 877-767-7659 or email us at questions@nafwb.org for help or to address any questions.

First aid ready is
not . . .

Lay counseling
training

Preparing the Church to Help: Training Congregants to Assist Those in Crisis, Trauma and Recovery

Categories: [AACC BLOG](#)

by Edward E. Moody, Jr.



I was leaving a restaurant when I received a call about a serious accident in our community. The caller ended with, "Come quick!" I was a counselor educator at North Carolina Central University and had recently begun serving as a pastor at Tippet's Chapel, a rural church. When I arrived, what I saw was surreal. The fire chief walked me to a grieving couple whose daughter had been killed. I spoke with them, prayed with them, and encouraged them to go home, where I met with them later. At the end of the evening, I remembered seeing several people from our church who knew the couple at the accident scene. In many ways, they could have helped the couple more effectively.



OVERVIEW

- +**First Aid for Emotional Hurts** provides information to help people struggling with emotional issues.
- +**Finding Help** explores the helping process and how to find the particular helping professional needed.
- +**Grief** describes the physical, psychological, social, and spiritual impacts of loss and provides a biblical model for grieving.

OVERVIEW

- +**Depression** uncovers the types & nature of depression and how an individual can find their way out.
- +**Addiction** reveals the nature of entangling behaviors with a step-by-step biblical process for long-term escape.
- +**Sexual Issues** describes a broad range of sexual sins, how one can become entangled, and how to break the chains.

OVERVIEW

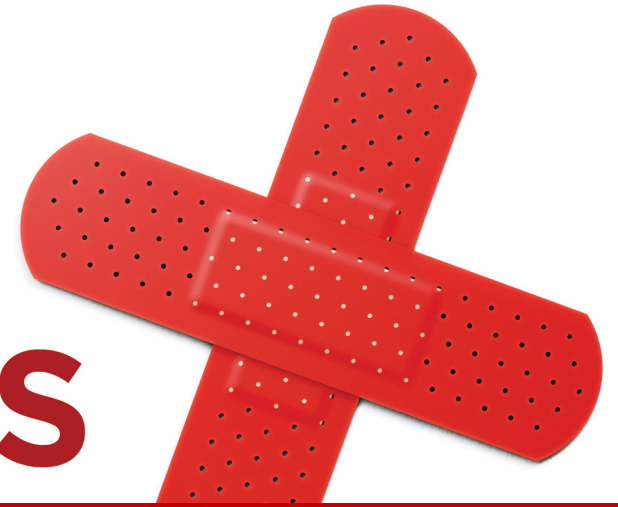
- + **Veterans** (with Lt. Col. David Trogdon) will help you help veterans and their families recover from war's impact.
- + **Helping Children With Emotional Problems** explores how parents and caretakers can intervene to find the root of emotional issues. The book gives special attention to depression, anxiety, and eating disorders.
- + **Helping Children With Learning Problems** shows parents and caretakers how to help children struggling with a learning disability and attention deficit hyperactivity disorder.

OVERVIEW

+Marriage shares practical instruction for marital difficulties, including affairs and domestic violence.

+Ten Therapeutic Life Changes is an uplifting book describing how our faith has a positive impact upon our health.

FIRST AID *for* EMOTIONAL **HURTS**



Equipping Your Congregation
to be First Aid Ready

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