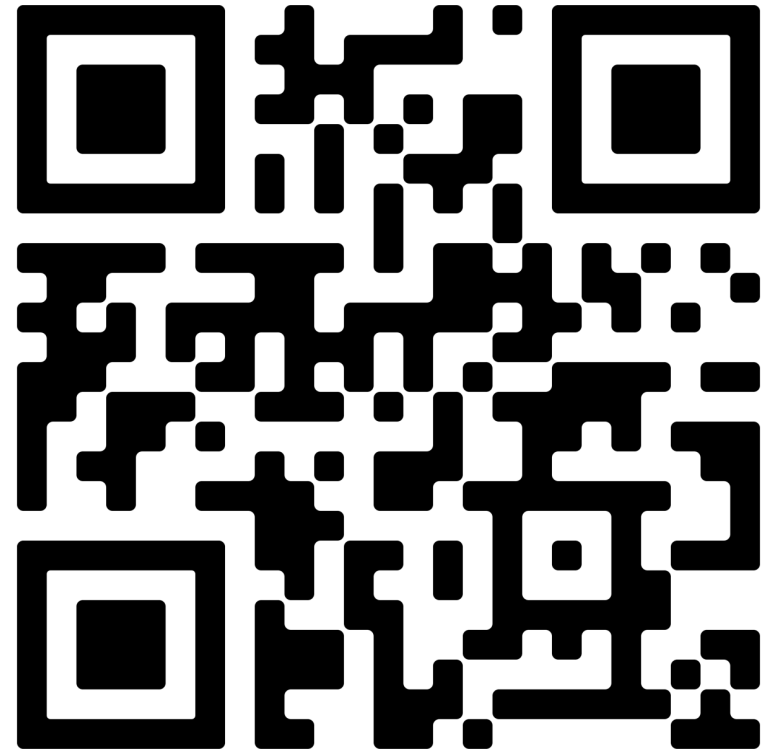




Equipping Lay People to
Help Families in Crisis

Eddie Moody

www.FirstAidforEmotionalHurts.com



Come unto me, all ye that
labour and are heavy laden,
and I will give you rest.

Matthew 11:28

Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.

2 Corinthians 5:20



Bear ye one another's burdens,
and so fulfil the law of Christ.

Galatians 6:2



How to Help Others Through Difficult Times

• Be



Freedom File - Feb. 4 (additional)

American Forces Network Afghanistan 

Courtesy Video
 Date Taken: 02.04.2010
 Posted: 02.04.2010 08:23
 Video Location: AF

This edition features a story on a Army Chaplain building a chapel on FOB Shindand in Afghanistan. Produced by Lance Cpl. Marc Morgenstern.



File a Media I

DVIDS Fo
 Military fami
 and photos of
 Learn How H

Video Tag
 Afghanistan, c

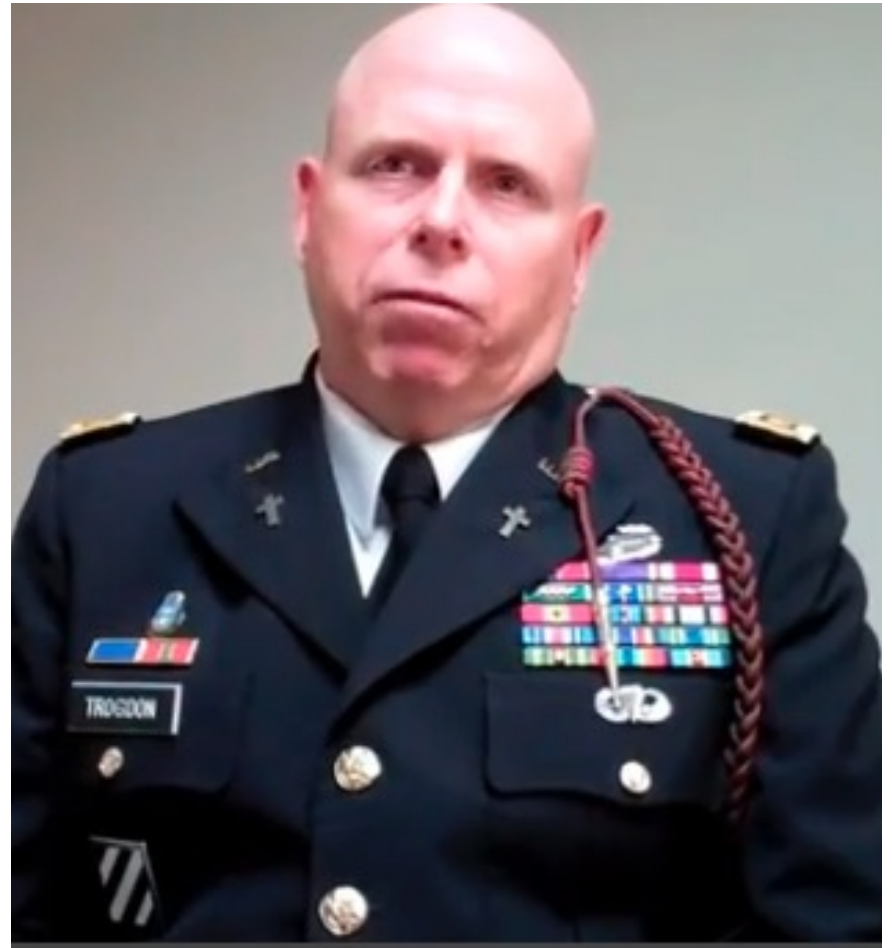
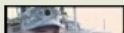
Related V



Taken: 03.08.10



Taken: 03.08.10



⁶ And Joseph came in unto them in the morning, and looked upon them, and, behold, they were sad.

⁷ And he asked Pharaoh's officers that were with him in the ward of his lord's house, saying, Wherefore look ye so sadly to day?

Genesis 41:6-7

How to Help Others Through Difficult Times

- **Be**
- **Be there**



¹¹ Now when Job's three friends heard of all this evil that was come upon him, they came every one from his own place; Eliphaz the Temanite, and Bildad the Shuhite, and Zophar the Naamathite: for they had made an appointment together to come to mourn with him and to comfort him.

Job 2:11

¹² And when they lifted up their eyes afar off, and knew him not, they lifted up their voice, and wept; and they rent every one his mantle, and sprinkled dust upon their heads toward heaven. ¹³ So they sat down with him upon the ground seven days and seven nights, and none spake a word unto him: for they saw that his grief was very great.

Job 2:12-13

How to Help Others Through Difficult Times

- **Be**
- **Be there**
- **Listen, listen, listen!**



⁷ Remember, I pray thee, who ever perished,
being innocent? or where were the righteous
cut off?

⁸ Even as I have seen, they that plow iniquity,
and sow wickedness, reap the same.

Job 4:7-8

And it was so, that after the Lord had spoken these words unto Job, the Lord said to Eliphaz the Temanite, My wrath is kindled against thee, and against thy two friends: for ye have not spoken of me the thing that is right, as my servant Job hath.

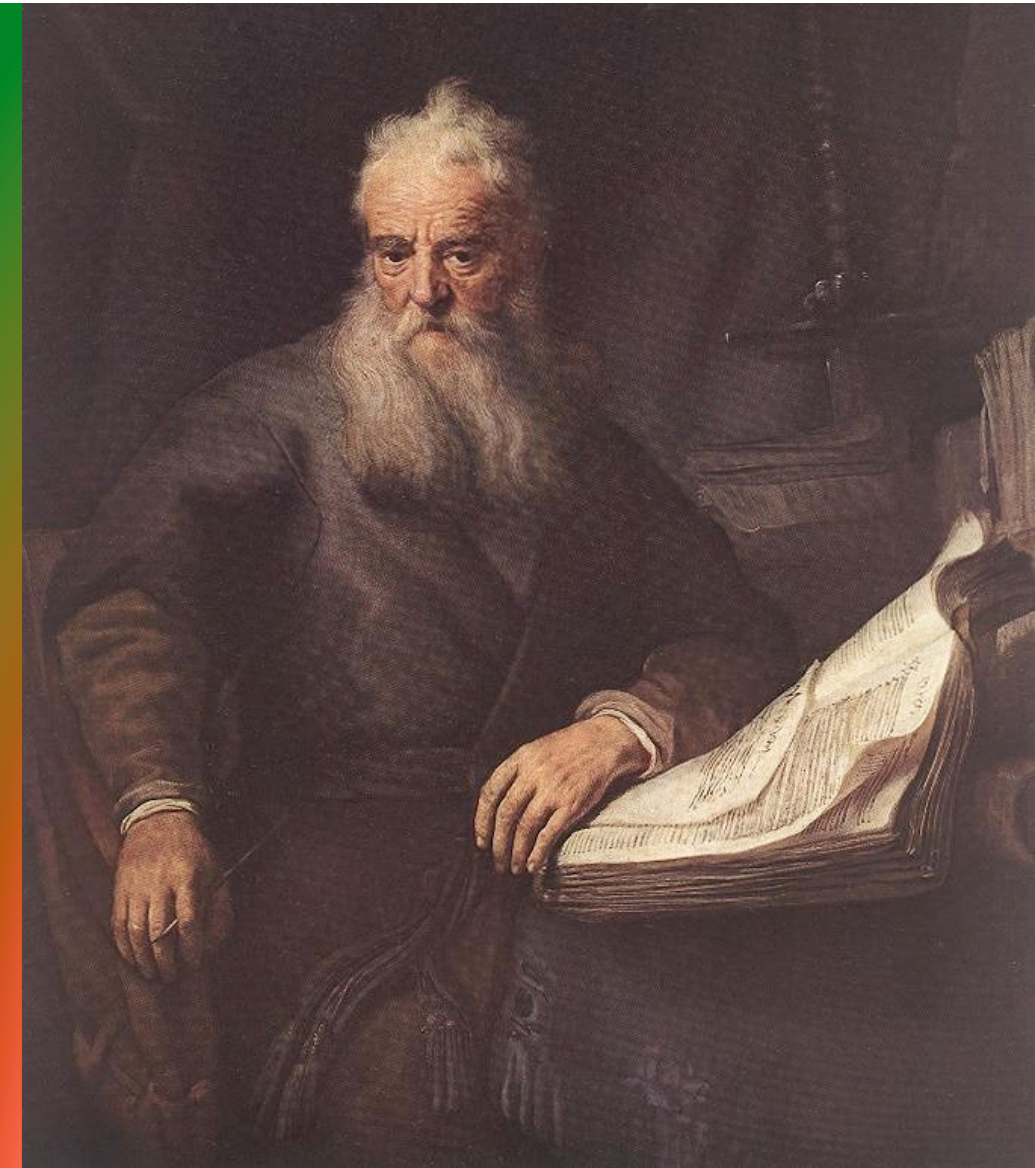
Job 42:7

In the multitude of words there
wanteth not sin: but he that
refraineth his lips is wise.

Proverbs 10:19

How to Help Others Through Difficult Times

- ***Be***
- ***Be there***
- ***Listen, listen, listen!***
- ***Put yourself in their shoes***



1 Corinthians 9:19-23

***How to Help
Others Through
Difficult Times***

- **Be**
- **Be there**
- **Listen, listen,
listen!**
- **Put yourself in
their shoes**
- **Act**

Matthew
25:35-40



How to Help Others Through Difficult Times

- *Be*
 - *Be* *there*
 - *Listen, listen, listen!*
 - Put yourself in *their shoes*
 - *Act*
- Keep it confidential*

The words of a talebearer are as wounds, and they go down into the innermost parts of the belly.

Proverbs 26:22

HOW TO GOSSIP TUTORIAL

(IN ALL CASES ONE MUST LOOK SAD OR CONCERNED)

IN TEXAS



"... Bless his L'il ole heart, he just couldn't help it..."

IN A PROTESTANT CHURCH



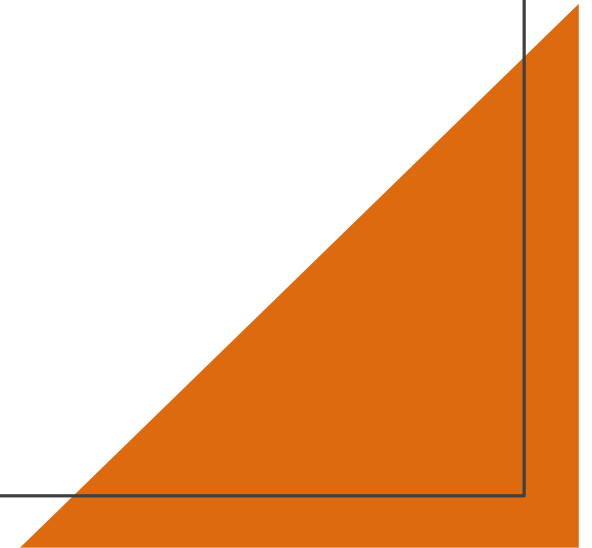
"... Pray for Jason, he's really struggling with ..."

He that covereth a transgression
seeketh love; but he that repeateth
a matter separateth very friends.

Proverbs 17:9

How to Help Others Through Difficult Times

- **Confront** when necessary





Stages of Change

<u>Stage</u>	<u>Motto</u>
• Precontemplation	<i>Who me?</i>
• Contemplation	<i>I need to do something about that, just not now</i>
• Preparation	<i>It is time to get started</i>
• Action	<i>Getting it done</i>
• Maintenance	<i>On guard</i>

How to Help Others Through Difficult Times

- **Confront when necessary**
- **Convey *hope*.**



How to Help Others Through Difficult Times

- **Confront when necessary**
- **Convey hope**
- **When you don't know what to do, find someone who does**


The Good Samaritan Model



And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead.

Luke 10:30






31 And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side.

32 And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.

Luke 10:31-32






³³ But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him,
³⁴ And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

Luke 10:33-34





³⁵ And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.

³⁶ Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?

³⁷ And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.

Luke 10:35-37



How to Help Others Through Difficult Times

- **Confront when necessary**
- **Convey hope**
- **When you don't know what to do, find someone who does**
- **Look for Christian, competent, & capable**



Concerns About Seeking Help

- No one I know goes to counseling
- Counseling is for “other” people
- Counseling is a last resort
- Counseling doesn't work
- People will think I'm crazy if they learn I've been to a counselor

Will people think I'm crazy?

About Jesus . . .

- *And when his family heard it, they went out to seize him, for they were saying, "He is out of his mind." Mark 3:21*

About Paul . . .

- *And as he was saying these things in his defense, Festus said with a loud voice, "Paul, you are out of your mind; your great learning is driving you out of your mind." Acts 26:24*



- **The average individual who has received counseling is better off than 80% of the untreated.**

Consider . . .

There are a variety of professionals we utilize in order to improve our physical health (e.g., audiologist, dentist, optometrist, orthodontist, podiatrist). Could we survive without straight teeth or any teeth at all? Could one survive without clear vision, articulate speech, good hearing or well working feet? We could survive without these. However, teeth, good hearing, adequate vision and good feet enhance the quality of our lives. Too bad many miss out on the ways their lives could be enhanced by mental health professionals.

E. Moody (2010). *First Aid for Your Emotional Hurts: Getting Help*. Nashville: Randall House Publishing.



- **The average individual who has received counseling is better off than 80% of the untreated**
- **What about medicine?**



Equipping Lay People to
Help Families in Crisis

Eddie Moody

www.FirstAidforEmotionalHurts.com

