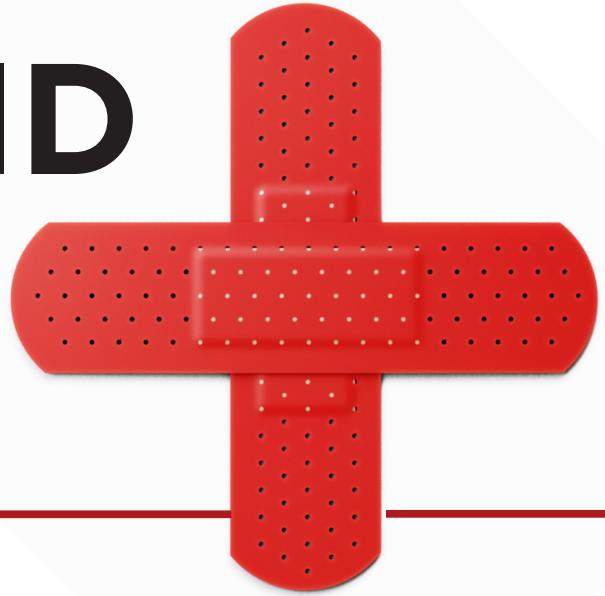


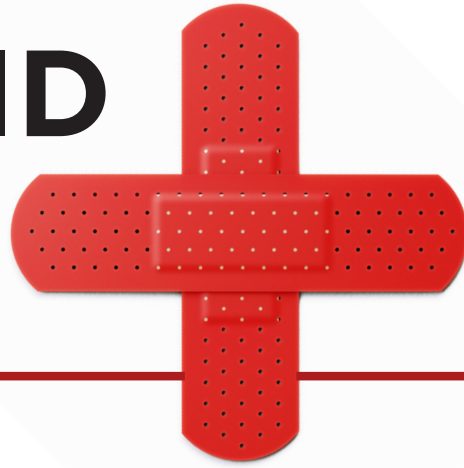
FIRST AID READY



A FORTY-DAY
GUIDE TO HELPING
OTHERS IN SPIRITUAL,
PHYSICAL, AND
EMOTIONAL CRISIS

NAFWB

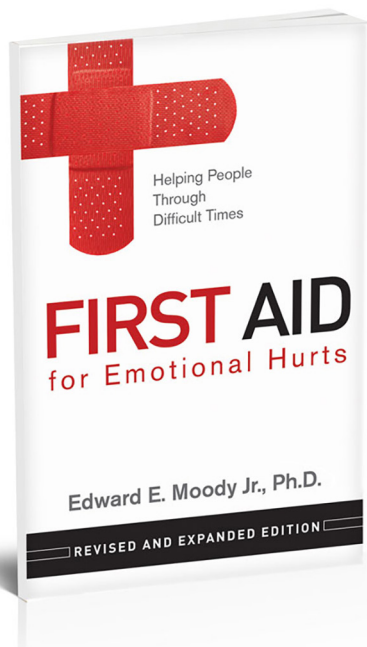
FIRST AID READY



And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. —**Ephesians 4:11-16**

ABOUT THE **BOOK**

First Aid for Emotional Hurts was first published in 2008 and revised and expanded in 2018. It was designed to help laypeople minister to hurting people. Today, our society experiences more depression, anxiety, grief, and addiction than perhaps any time before.



This book can be used to equip believers to provide practical help to friends, co-workers, fellow congregants, neighbors, classmates, and family members. Christ is the answer to the difficulties people are facing today.

A 40-day journey through **First Aid for Emotional Hurts** can equip believers to be the hands and feet of Christ by providing them with the information and biblical wisdom to help others.

First Aid for Emotional Hurts describes tools every Christian has and the specific techniques that can be used to help hurting people. Daily readings will cover how to use these tools and techniques.

ABOUT THE **AUTHOR**

Dr. Edward E. Moody, Jr., veteran counselor and executive secretary of the National Association of Free Will Baptists, wrote **First Aid for Emotional Hurts** as part of the **First Aid** series to equip individuals to respond to crisis. Starting with the biblical model of helping others, each book explores unique situations one may face when dealing with emotional and mental conditions ranging from grief, loss, and addiction to marital issues, depression, and everything between.



ENLISTING **PARTICIPANTS**

Here are some suggestions for enlisting participants to become **First Aid Ready**:

- + Pray for the Lord to impress upon people the need to become **First Aid Ready**. Aim for three to eight participants to train at a time. Ask God to enable participants to immediately begin to utilize their first aid skills to help others.
- + Plan for a time and day for the group to meet in person or online once a week or once every two weeks. Adapt a format that meets the needs of your group.
- + Prepare by reading **First Aid for Emotional Hurts** and by being prepared to guide the group discussions. Realize that some of the subjects discussed may be especially difficult for participants. Be prepared to refer them to professional counselors in your area should the need arise. When responses are inaccurate, gently guide participants to the truth.
- + Persist by continuing with the study even when some of the excitement wanes. Also, do not be discouraged if you do not have a large number of participants. Keep looking for and preparing for the next group of participants who hope to become **First Aid Ready**.



ARE THEY READY?

PREPARING **CONGREGATIONS** TO HELP THOSE IN CRISIS, TRAUMA, AND RECOVERY

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.

WHAT DO THEY NEED TO KNOW?

What does the average congregant need to know to help people through crisis and trauma? Most importantly is to embrace his or her call to be an ambassador of Christ (2 Corinthians 5:20) to those who do not know Him... and a burden bearer (Galatians 6:2) for those who do. When a tragic event takes place, they ask, “What can I do to help?” A shift from bystander to participant will take place when they become other centered.

Next, we want to empower congregants by helping them identify and utilize the tools they have as Christians. God is at work within every Christian (Philippians 2:13), preparing them to help others. We want to shift away from the idea that only an expert can help. Often, the average person can assist in ways an expert cannot since they are a part of the community and have a rapport with the individual in need.

WHAT DO THEY NEED TO DO?

OBSERVE: Just like Joseph observed the baker and the butler in prison (Genesis 40:6-7), we want our congregants to observe those in their neighborhoods, workplaces, schools, and even the Church. In an emergency, we want them to look for those in need and consider ways to help. Observe, but never gawk. If congregants are trying to assist someone at an accident scene, it might help to position their backs toward the action and face the person they are assisting. Later, we want them to observe the coping strategies that should be used following a crisis. For example—have they isolated themselves from others or engaged in negative, or even dangerous, coping activities?

ATTEND: Train congregants to “attend,” much like the friends of Job did immediately after the deaths of his children (Job 2:11-13). Concentrate on the power of presence, which is easier said than done. For example, after a house fire in our community on a cold night, some of our congregants attended to the family while the firefighters worked. The family had a difficult time leaving their home behind, so people stayed with them despite the elements. Another way of attending is to stay involved with someone after a loss. For example, a widow might withdraw from friends, saying she does not wish to be a “third wheel.” When we insist that those recovering from trauma join us for meals or trips (attend to them), they often improve.

LISTEN: Like Job’s friends, when we listen to people rather than correct them or try to “fix” them, healing occurs (Job 4:7-8). We get into trouble when we quote passages like Romans 8:28 out of context. We are also less likely to harm (Proverbs 10:19) and more likely to help when we listen (James 1:19). If we listen, we will hear guilt, doubt, and blame, which open opportunities for better helping later. For now, just being able to unburden themselves to someone they know will help those traumatized.

ACT: We want our congregants to prepare to act. When Jesus described those who served Him (and others in His name), He referred to their actions (Matthew 25:35-36). The Good Samaritan was commended for helping the wounded traveler (Luke 10:34-37). Help congregants identify needs in various crises (e.g., cleaning the home or mowing the lawn after a loved one has died).

Everyone offers, “Please let me know if I can do anything to help.” A father whose daughter died in an accident told me, “People say that as they back out the door.” Helpful congregants look for a need and meet it. Once people see a person’s willingness to help, they are more likely to open up about other needs.



RESPOND: Prayer steadies the helper during a crisis and invites God into the situation. Asking, “Would you like for me to pray with you?” is an invitation rarely rejected. Research indicates the first coping strategy people utilize after trauma is prayer. Praying aloud is helpful because we are modeling for listeners how to pray. Praying for the person by name is also comforting. Encourage congregants to offer reading Scripture like Psalm 46 and prepare them with additional passages to share throughout recovery. As they walk with others on this journey, they will listen to them, read a pertinent passage to them, and pray.

REMEMBER: Being present with someone in a trauma creates a bond like no other. Educate congregants about the ebb and flow of the grieving process and how to help the person who experiences doubt. Eventually, they will have the opportunity to address doubts and guilt, though they may need to point the individual to a pastor or professional helper. Provide referral information so they have a place to direct those needing more assistance. Often, referral to an expert is received better from a friend. As the recovery continues, make contact during holidays, the birthday of the loved one lost, the anniversary of the event, and other significant times.

HOW DO WE TRAIN THEM?

After the accident at the beginning of my ministry, we began using Bible studies to train our congregation. The material eventually became my book, *First Aid for Emotional Hurts*. It seemed beneficial to consider the tools and techniques of helpers in the Bible. The Church will never handle these situations perfectly, but we can prepare our churches to help people through the worst day of their lives by working together. When our people are Christ’s ambassadors and burden bearers, Jesus shows up (Matthew 18:20).

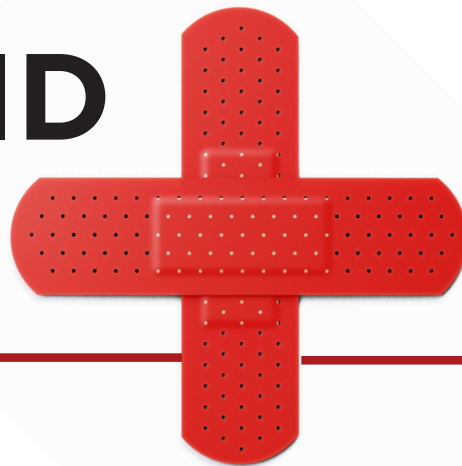
Adapted from *Christian Counseling Today*, Vol. 24 No. 4.

FIRST AID READY

READING SCHEDULE

Day	Topic	Reading Pages
<input type="checkbox"/> Day 1	The Call	9-14
<input type="checkbox"/> Day 2	Barriers to Responding	15-20
<input type="checkbox"/> Day 3	Be Ready	20-26
<input type="checkbox"/> Day 4	Serve	26-30
<input type="checkbox"/> Day 5	Tools: Prayer	31-40
<input type="checkbox"/> Day 6	Tools: The Word and Your Words	41-46
<input type="checkbox"/> Day 7	Tools: The Church and Your Relationships	46-53
<input type="checkbox"/> Day 8	Your Character	55-63
<input type="checkbox"/> Day 9	Your Techniques: Part 1	63-67
<input type="checkbox"/> Day 10	Your Techniques: Part 2	68-74
<input type="checkbox"/> Day 11	Find the Inn	74-82
<input type="checkbox"/> Day 12	Looking for Helping Professionals	82-86
<input type="checkbox"/> Day 13	What About Medication?	86-89
<input type="checkbox"/> Day 14	Helping People Through Grief and Loss	91-96
<input type="checkbox"/> Day 15	Losses and Their Impact	96-103
<input type="checkbox"/> Day 16	Using Your Tools	103-109
<input type="checkbox"/> Day 17	Dealing With Doubt	109-113
<input type="checkbox"/> Day 18	Using Your Techniques	113-121
<input type="checkbox"/> Day 19	Stuck in Grief	121-127
<input type="checkbox"/> Day 20	When Down Gets Dangerous	129-134
<input type="checkbox"/> Day 21	Types and Causes of Depression	135-140
<input type="checkbox"/> Day 22	Using Your Tools	141-144
<input type="checkbox"/> Day 23	Using Your Techniques	144-153
<input type="checkbox"/> Day 24	Find the Inn	154-163
<input type="checkbox"/> Day 25	Helping People Survive and Thrive	165-169
<input type="checkbox"/> Day 26	Surviving Trauma	169-174
<input type="checkbox"/> Day 27	Surviving Phobias and Anxiety	174-177
<input type="checkbox"/> Day 28	Using Your Tools	178-183
<input type="checkbox"/> Day 29	Using Your Techniques	184-188
<input type="checkbox"/> Day 30	A Prescription for Handling Anxiety	188-196
<input type="checkbox"/> Day 31	Breaking the Deadly Cycle	197-203
<input type="checkbox"/> Day 32	More Substances	203-207
<input type="checkbox"/> Day 33	Nonsubstance Addictions	208-211
<input type="checkbox"/> Day 34	Using Your Tools	211-219
<input type="checkbox"/> Day 35	Using Your Techniques	219-231
<input type="checkbox"/> Day 36	Problems We Don't Understand	233-238
<input type="checkbox"/> Day 37	Using Your Tools & Techniques	238-251
<input type="checkbox"/> Day 38	Helping Families Survive and Thrive: Part 1	253-259
<input type="checkbox"/> Day 39	Helping Families Survive and Thrive: Part 2	260-274
<input type="checkbox"/> Day 40	What's Next?	275-276

FIRST AID READY



DAILY ACTIONS

Day 1

The Call, 9-14: Think through the people you encounter on a typical day (family members, neighbors, co-workers/classmates, fellow congregants, or others in the community). Identify those who have an emotional need. Take time to pray for each individual.

Day 2

Barriers to Responding, 15-20: Identify what barriers (time, fear, helplessness, etc.) you struggle with most when it comes to helping people. Take time to pray about these barriers in your own life. Ask God to give you wisdom and fortitude as you seek to overcome weaknesses to help others.

Day 3

Be Ready, 20-26: What unique training or experiences have you had that God might use to help others? Ask God to help you use this training and experience to help others.

Day 4

Serve, 26-30: What opportunities do you have to be an ambassador for Christ with family members, neighbors, co-workers/classmates, fellow congregants, or others in the community? Ask God to help you be His ambassador and a burden bearer to them.

Day 5

Tools: Prayer, 31-40: Who do you know that would benefit from one of the prayers we have examined today? Look for an opportunity to pray that prayer with them.

Day 6

Tools: The Word and Your Words, 41-46: Which of the myths we reviewed do you hear the most often? Look for an opportunity to gently correct a myth if you hear it or to offer an encouraging word to someone.

Day 7

Tools: The Church and Your Relationships, 46-53: Who are you in a relationship with that can use some help? Invite them to go to church with you. If you cannot invite them in person, send a note to ask them to join you for a meal after the service.

Day 8

Your Character, 55-63: How did you do on the fruit of the spirit self-assessment (page 56)? Ask God to help you better exhibit those qualities and to be more helpful to the hurting. How good are you at keeping the confidence of others? Ask God to help you keep the confidence of others and to resist the temptation to gossip.

Day 9

Your Techniques: Part 1, 63-67: Spend time observing people throughout the day. Who do you notice that is downcast? Look for an opportunity to attend to and listen to them.

Day 10

Your Techniques: Part 2, 68-74: As you listen to someone today, put yourself in that person's shoes. Write down the way you think he or she may be feeling. Try to identify actions you can take to assist.

Day 11

Find the Inn, 74-82: Try to identify those helping professionals to whom you could point hurting people in your area. If you need help locating these professionals, refer to the "Find a Christian Counselor" tab at www.FirstAidforEmotionalHurts.com.

Day 12

Looking for Helping Professionals, 82-86: Learn what you can about the helping professionals you identified yesterday from their website descriptions and pray for them.

Day 13

Medications, 86-89: Who do you know that might be using medications? Pray for them and look for ways to support them.

Day 14

Helping People Through Grief and Loss, 91-96: Who within your community seems like a modern-day Job? Take time to pray James 5:7-11 for that person today.

Day 15

Losses and Their Impact, 96-103: As you consider various losses described in today's reading, make a list of the people around you that come to mind.

- + Loss of a young child
- + Loss of an adult child
- + Loss of a loved one to murder
- + Loss to suicide
- + Loss of a spouse
- + Loss of a sibling
- + Multiple losses
- + Terminal illness

Take time to pray for each one of them. Consider sending a simple, handwritten note letting them know you have prayed for them.

Day 16

Using Your Tools, 103-109: Invite one person you prayed for yesterday to join you for a meal or coffee. If possible, include a widow or widower friend in group activities.

Day 17

Dealing With Doubt, 109-113: If you have people within your church who have experienced these losses, consider the feasibility of setting up a support group or doing a grief share class. Examine the road to recovery, paying special attention to the days that are especially difficult. Pray on these days for these individuals.

Day 18

Using Your Techniques, 113-121: Consider sending a handwritten card or note to someone you are praying for. Sample note:

Dear _____,

I wanted you to know I prayed for you today. I am especially praying for God to comfort you as the (insert event here) of (insert name of person here) approaches. May God be with you and comfort you.

Sign your name.

Day 19

Stuck in Grief, 121-127: Who do you know that is stuck in grief? Pray for that individual today. Invite him or her to join you for coffee, a meal, or a walk. Listen carefully. If the person is struggling, encourage him or her to consider seeing a helping professional.

Day 20

When Down Gets Dangerous, 129-134: Can you identify people within your sphere of influence who are struggling with some of the symptoms described? Pray Psalm 102 on their behalf. Look for an opportunity to take them for coffee or a walk. Be prepared to listen to them, though the activity itself will be helpful.

Day 21

Types & Causes of Depression, 135-140: Do you know anyone struggling with the types of depression described? Pray Psalm 63 for that person. What can you learn from the angel and God's help for Elijah? Perhaps you can help a friend develop a routine through daily walks or reminders about eating or taking medication.

Day 22

Using Your Tools, 141-144: Identify ways you can use your tools to help those depressed or to dispel myths about depression. If you are helping someone who has thought about suicide, help them develop a card with the following information:

Who can you call?

I will never leave you nor forsake you. —Hebrews 13:5

+ Pastor _____

+ Counselor _____

+ Friend _____

+ Backup friend _____

+ 911 (if all else fails)

Help them insert names and numbers for each person. Examine the article on suicide. Take time to think through how you would help someone in the aftermath of a suicide.

Day 23

Using Your Techniques, 144-153: Identify people you know who are depressed. Listen carefully for the presence of rumination. Consider ways you can help them. Identify ways you can move them from the cycle on page 151 to the cycle on page 152.

Day 24

Find the Inn, 154-163: Who are professionals in your area that you can recommend a depressed person see? Do you know someone depressed as a result of bad decisions they have made? Pray for that individual throughout the day.

Day 25

Helping People Survive and Thrive, 165-169: Who struggles with anxiety? Pray Psalm 121 for that person throughout the day.

Day 26

Surviving Trauma, 169-174: Who do you know that struggles with trauma or abuse? Pray Psalm 91 for them throughout the day. (Consider veterans, sexual abuse/assault survivors, accident survivors.) Send a note to a service member or military family member to let that individual know you prayed for him or her today.

Day 27

Surviving Phobias & Anxiety, 174-177: Who do you know that struggles with a phobia or eating disorder? Pray Psalm 139 for that individual throughout the day.

Day 28

Using Your Tools, 178-183: Practice using devotional meditation with a problem you have. Look for an opportunity to help another person with devotional meditation as shown below.

Devotional Meditation

1. Sit quietly and pray. (2 minutes)
2. Read a Scripture passage. (2-5 minutes)
3. Answer these questions:
 - a. What is the meaning of this passage? (2 minutes)
 - b. What does this passage mean for me? (2 minutes)
 - c. What does this passage promise? (2 minutes)
 - d. How can I apply this passage to my life today? (2 minutes)
4. Pray. (5 minutes)
5. Sit quietly and reflect. (5 minutes)

Day 29

Using Your Techniques, 184-188: Practice using challenging questions to confront debilitating thoughts you have. Look for an opportunity to help another ask the questions shown below.

Challenging Questions

1. What is the evidence for this thought?
2. What is the evidence against this thought?
3. Is this thought based on facts?
4. Am I focusing on something likely or unlikely to happen?
5. Are my judgments based on facts or feelings?

Day 30

Prescription for Handling Anxiety, 188-196: Look for opportunities to use the anxiety prescription to address issues you face in life. This will enable you to better use this prescription to help others.

Day 31

Breaking the Deadly Cycle, 197-203: Who are people in your life like Jamie, Samantha, John, and Howard? Pray Romans 6 over their lives, asking God to help them die to sin and use their members as instruments of righteousness.

Day 32

More Substances, 203-207: Identify ways to educate people about dangerous substances. For example, marijuana has become popular even though it is more dangerous than tobacco. Opiates are especially difficult to stop using. Look for ways to help prevent people from getting entangled with these substances.

Day 33

Nonsubstance Addictions, 208-211: Who do you know that is struggling with gambling, gaming, or pornography? Pray for James 1:12 to become true for those individuals today.

Day 34

Using Your Tools, 211-219: Who can you serve as an accountability partner? Consider different types of accountability relationships: mentor to protégé, spouses, third party, groups, and spiritual leader to follower. Pray for an opportunity to fill one of these roles.

Day 35

Using Your Techniques, 219-231: Identify people at the various stages of change described on page 220. Consider how to pray for them depending upon where they are in the addiction process.

Precontemplation: Lord, please help _____ to see how his behavior is impacting him and those he cares about. Please move him to want to repent of his behavior.

Contemplation: Lord, please help _____'s awareness of his problem to grow. Help him to follow through on his desire to leave this behavior behind.

Preparation: Lord, help _____ be prepared for treatment. Help him to see who he is in You and Your desire to cleanse him of this sin.

Action: Lord, please help _____ as he participates in treatment today. Be with those who work with him. Please give them wisdom as they try to help him follow through.

Maintenance: Lord, please help _____ as he may be tempted from time to time to go into this entangling sin that was so damaging to him. Help him to avoid temptation and to help others get out of this sin.

Day 36

Problems We Don't Understand, 233-238: Identify people in your sphere of influence who struggle with the problems described on pages 233-238. Also, list the people you know that struggle with a particular type of dementia. Pray Psalm 46 for them.

Day 37

Using Your Tools & Techniques, 238-251: Can you help someone struggling with psychosis monitor his or her thinking and taking medication? Do you know a caregiver for someone with psychosis or dementia? Pray for that person to have strength. Identify actions you can take to support him or her.

Day 38

Helping Families: Part 1, 253-259: Do you know a Jeremy or a Stephanie? Pray for them and their parents. Pray they will put Deuteronomy 6:4-7 into practice. Identify those cohabitating, newly married, or recently divorced. Pray for each of them.

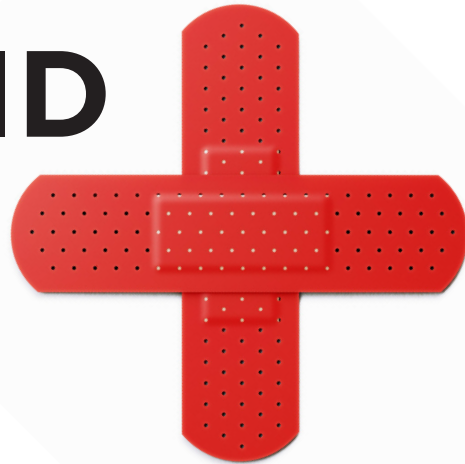
Day 39

Helping Families: Part 2, 260-274: Read Titus 2. Can you take a young person hunting, fishing, camping, running, golfing, boating, or whatever your hobby may be? Can you do the same with an older person as you mentor him or her on being a godly spouse, parent, and worker?

Day 40

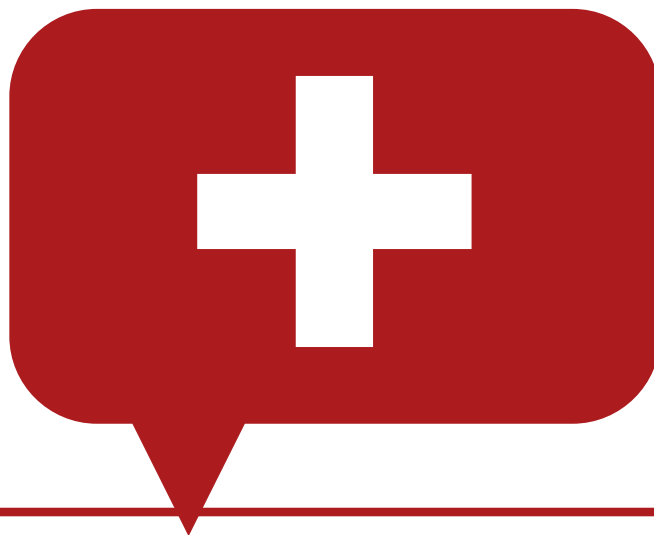
What's Next? 275-276: Pray God will help you to always be **First Aid Ready**. Identify others who can be trained in emotional first aid and recruit them to do the training. Together, we can see hurting people helped in our spheres of influence.

FIRST AID
READY



MORE RESOURCES: NAFWB.ORG/FIRSTAID

FIRST AID READY



DAILY TEXTS

- Day 1** Welcome to becoming **First Aid Ready!** I am praying for you as you begin this journey.
- Day 2** There are many barriers that keep us from helping others. I am praying God gives you wisdom and fortitude to overcome them.
- Day 3** I am praying for you today as you identify the unique training and experiences you have that can be used to help others.
- Day 4** I am praying for you today as you strive to be an ambassador for Christ and a burden bearer to others.
- Day 5** I am praying you will have the opportunity to pray with someone who is hurting today.
- Day 6** I am so thankful for the truth found in the Word of God. May God give you the opportunity to encourage someone today.
- Day 7** I am praying you have an opportunity to invite someone to go to church today.
- Day 8** As I pray for you today, I'm asking God to make the fruit of the Spirit in your life evident to those around you.
- Day 9** As you observe people today, I am praying you will have the opportunity to attend to and listen to someone.
- Day 10** As you are with people, I am asking God to give you empathy for others or to help you put yourself in their shoes.
- Day 11** Let's plan to share with one another the helping professionals we can identify in our area.

- Day 12** I am so glad we are on this journey together. I'm praying for us all as we continue preparing to help people in our community.
- Day 13** So many people are struggling with mental health issues. I'm praying for you to be able to support those with whom you come into contact.
- Day 14** Let's support the people we know who have encountered so many losses.
- Day 15** I'm praying for you today as you make note of those around you who are well acquainted with grief.
- Day 16** I'm praying for you as you reach out to someone who is grieving.
- Day 17** Let's pray about the possibility of developing a support group for those who are grieving.
- Day 18** I'm praying for you as you send a note to someone today.
- Day 19** I'm praying for you today as you try to encourage someone who may be stuck in grief.
- Day 20** So many people are struggling with depression. I'm praying for you as you begin studying depression.
- Day 21** I'm praying you will have the opportunity to help someone struggling with depression.
- Day 22** I'm praying that, because of our actions, suicides will be prevented in our community.
- Day 23** I'm praying you will have the opportunity to help someone who is depressed get into a healthier rhythm.
- Day 24** I'm praying for you as you try to help people who are depressed as a result of their poor decisions.
- Day 25** With so many anxious and fearful people in our communities, I'm praying God gives us the opportunity to help them.
- Day 26** I'm praying for you as you send a note to a trauma survivor today.
- Day 27** I'm praying for all of us to have the opportunity to teach Psalm 139 to someone struggling today.

- Day 28** I'm praying for you as you practice devotional meditation today. If you are looking for a Scripture to use, I suggest Psalm 46.
- Day 29** I know it can be difficult to use the challenging questions discussed today. I'm praying it becomes second nature to all of us.
- Day 30** I'm praying for you as you use the anxiety prescription in your life and asking that God will give you the opportunity to use it with others.
- Day 31** I'm praying for you as you learn more about entangling sin.
- Day 32** Do you think of any actions we can take to help prevent substance abuse in our area?
- Day 33** I am sure we all know people struggling with the issues we studied today, but we may not know it. I pray we have opportunities to minister to them.
- Day 34** I pray you have the opportunity to become an accountability partner for someone.
- Day 35** I'm praying for you as you study the addiction process and for the wisdom to know how to help people at various stages.
- Day 36** There are some unusual but increasingly prevalent problems we are studying today. May God use you to help people with these issues.
- Day 37** I'm praying for you to have an opportunity to support a caregiver today.
- Day 38** May God use us all to help families in our church and community.
- Day 39** I'm praying for you as you engage in an activity to help mentor and disciple another person.
- Day 40** I am so thankful for you and your participation in helping our church become **First Aid Ready**. Let's pray about next steps and for others who might be interested in learning more about emotional first aid.

TECHNIQUE 1: OBSERVE

01

Be alert to the hurting in the workplace, at school and church, in the neighborhood, and in your extended family.

02

As you observe those around you, search out those in need and consider ways to help.

03

During trauma or emergency situations, turn away from the “action” and toward the person in need.

04

Later, be alert to coping mechanisms in the individual (isolation, addiction, avoidance) and their need for help.

TECHNIQUE 2: ATTEND

01

Understand the power of presence and the importance of simply “being there” for those who are suffering/struggling.

02

Stay with victims during and after an emergency or traumatic event (until professional help arrives).

03

Stay involved with individuals who have experienced a loss. Regularly check in, especially on important days.

04

Invite struggling people into your life. Invite them to dinner. Take a trip or organize a group outing.

TECHNIQUE 3: LISTEN

01

Listen to hurting people attentively rather than correcting or trying to “fix” them. Be patient while they talk.

02

Listening helps you avoid trite responses or Scripture used out of context in the attempt to comfort.

03

Pay close attention when they express guilt, doubt, and blame. These will be important later in the healing process.

04

Talking through their pain and sharing their burdens with a trusted person is an important step in the healing process.

TECHNIQUE 4: ACT

01

Identify simple needs after a crisis and meet them: groceries, meals, lawn care, rides to and from appointments.

02

Ask for specifics. Don't say, "Let me know if I can help." Say, "Give me three ways I can help you right now."

03

Don't be content with a polite response: "I'll be fine." Be insistent about helping where needed.

04

Recruit others to help if the workload is more than you can handle alone (a great opportunity for church teamwork).

TECHNIQUE 5: PRAY

01

Ask: “Would you like for me to pray with you?” You will discover this invitation is rarely refused.

02

Pray. During a crisis, prayer steadies the helper, encourages the victim, and involves God in the helping process.

03

Pray aloud (modeling prayer). Use the individual’s name when asking God for help, which brings immediate comfort.

04

Pray Scripture (Psalm 46, for example) and provide other Scriptures for them to read throughout recovery.

TECHNIQUE 6: REMEMBER

01

Understand that sharing trauma creates a bond like no other. Be prepared to “go the distance” with those you help.

02

Be prepared for ups and downs throughout the healing process, and don’t take setbacks personally.

03

When needed (e.g. complicated grief or addiction), connect the hurting person with a trusted pastor or professional.

04

Faithfully make contact during holidays, anniversaries, and birthdays (especially of a lost child or loved one).