Podcast Worksheet
Helping Hurting People: How to be Effective and Avoid Pitfalls

Scriptural Text:
Proverbs 25:20; Romans 8:28

Main Points:

1. Feeling fear about helping a hurting person can be an indication of unhealed wounds in you.
2. Check your motives. If your goal is to make the person feel better, stop hurting, or get back to normal life, you have wrong and inappropriate goals. You don't have the power to do that.
3. Appropriate goals include: Offering support, wanting them to know you care, and letting them know they are not alone.
4. Avoid ignoring those who are hurting, trying to point out benefits to the tragedy, or trying to cheer them up.
5. The goal for grieving well is to allow the feelings plenty of time to heal—not to get over it quickly.
6. Avoid spiritualizing with Scripture or telling them they need to forgive (if that might apply).
7. Three things that help immensely are: Express caring, invite sharing, and offer relieving.
8. Simple comments that let the hurting person know you see them and care, that they aren't alone, are most helpful.
9. Depending on the level of relationship, inviting the person to share about their loss can help. However, respect their privacy if they don't feel like sharing.
10. Don't offer advice. Don't judge. Don't impose expectations of the person.
11. Offer to do tasks that will make their life a little easier, particularly tasks requiring energy.
12. Don't judge any circumstances and don't talk about it with other people. Be trustworthy.
13. Unconditional acceptance will help create a good environment for healing.

Questions:

1. List a few things that we should avoid doing when we are reaching out to a hurting person.

2. Why is it unhelpful to judge, give advice, or impose expectations? Why is acceptance helpful?

3. What are the three things we should do? Write an example of each one.

Prayer of Response:
Lord God, help me learn to be a good support for those who are hurting. Let your Spirit work in me so I can reach out with good motives, being one who is appropriate and effective in what I say and do. I want to be a conduit for your compassion and comfort to those who are suffering. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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