



BEING WITH PEOPLE IN CRISIS

SERMON TRANSCRIPT

Sunday 22 October 2023

Principles that might be helpful to someone else in their journey:

Showing **SUPPORT** and **EMPATHY** to be with and to feel with

- *"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."* (2 Corinthians 1:3-4)

God uses His Spirit, His Word and His people

- Jesus was the most tender and attractive to those who were in crisis. People don't need judgement. Most of them are way harsher on themselves than we could ever be.
- The key is to be a non-anxious presence. Jesus was so calm and confident in God. However, many Christians are so nice and other-centred that they get sucked into being rescuers. Remember: God's got it!
- Jesus invited people towards change but left people to make their own decisions and take action. This is the essence of being self-differentiated: knowing where you start and stop; not doing for others what they could and should do for themselves.
- Be courageous and persevere: "I don't know what to say or do, but know that I am with you, for you and will do whatever I can at this time".
- Show proactive support, not just, "Let me know if you need anything..."
- Slow down the 'advice monster'. Jesus asked great questions that got people thinking and assessing their situation.
- Jesus inserted Himself into our world to help us in our lostness. He invites us to be Him in our world.

Helping the person to get a greater **PERSPECTIVE**, both realistic and what God is up to.

- *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”* (James 1:2-4)
- It isn't what happens to us but the way we interpret what happens to us that has the most impact.

AGENCY, that they get to work through what it is they need to do and want to do rather than being told what to do.

- Identifying values and living from the inside out.

DELIGHT and **TRUST**

- Delight in the person in front of you, knowing that through them you will meet Christ and knowing that you always have so much to learn from them.
- Trust in the truth that God is wholehearted in His love for the person you're with and He is never ambivalent about them. Trust that the Holy Spirit is at work, the 'go-between God', the One who is always lingering over chaos, bringing life and light.
- Trust in a person's agency and competency to find a solution and a way through their struggles.

LISTEN with curiosity and with delicacy

- Trust that presence and active listening are enough, and are healing in and of itself.
- Listen long and with deep curiosity, normalising the emotions, the losses and griefs that are an appropriate response to crisis. People often feel like they might be going crazy when they face a crisis, largely because emotions of huge intensity are so overwhelming.
- Attend to the problems that your friend names and identifies, rather than the ones you might perceive and imagine as being important.
- Challenge with delicacy and with permission.
- Encourage them to seek a broad support base, and help them to meet other trustworthy people to journey alongside, including professional support if necessary.

Embrace being **SLOW** and **PATIENT**

- Recovery and healing from a crisis takes time and is never as fast or as easy as we may want it to be. Embrace the hard work of learning how to self-soothe the impatient part of ourselves as people take the time they need to heal.