ADAPTED FROM ST IVES CHURCH CARE MINISTRY TRAINING





CARE MINISTRY TRAINING

| WEEK | PASSAGE | THEME |
|------|----------------------------|------------------------------------|
| 1 | John 5:1-17 | What is Christian Care? |
| 2 | John 13:1-17 | Church as a Caring Community |
| 3 | John 9:1-7 | How can I listen more effectively? |
| 4 | Philippians 4:4-7 | How do I respond with empathy and |
| | | bring prayer and gospel hope? |
| 5 | 1 Corinthians 10:11-14 & 2 | How do I care for someone |
| | Corinthians 1:1-11 | experiencing loss and grief? |
| 6 | Various passages | How can I serve other safely and |
| | | serve without sinking? |

INTRODUCTION:

A GENERAL OVERVIEW OF THE CARE MINISTRY TRAINING COURSE

As the body of Christ, the church has the blessing and role of caring for one another and in all areas of life whether that be physically, spiritually, or emotionally. This is something that we may know and desire to do, yet for many of us how to actually do this well is something that is harder to grasp.

Where do you start? How do I speak the gospel into this situation? I'm scared I'm going to say the wrong thing!?! These are all legitimate questions and concerns that we have when it comes to caring within church community and ones that the Care Ministry Training Course helps us in.

The Care Ministry Training Course has been designed by Christ Church, St Ives in Sydney. The aim of the course is to give every congregation member greater confidence in how to care for one another. It is based on the verse: You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh rather, serve one another humbly in love (Galatians 5:13). The course seeks to provide both theological and practical training on the topic of Christian care.

HOW TO GO THROUGH THIS COURSE:

- 1. THE ONLINE OPTION
 - Go through the course watching the videos and doing the reflection questions along the way.
 - As the course is created for Christ Church, St Ives, there will be times that you will need to translate the content to the Summerleas context.
 - There are also WFL ideas on page 29 to help and direct your WFL times as a GC.

2. THE BOOKLET OPTION

- If you would prefer to skip the video's and online content, use the following guide to go through the course. These studies are a summary of the online content.
- There are also WFL ideas on page 29 to help and direct your WFL times as a GC.

PRAYER POINTS

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SUGGESTED READING:

If you would like to engage more with this topic we recommended:

- o Together through the Storm by Sally Sims
- o God's Love in Action by Jill McGilvray
- o What Grieving People Wish you Knew by Nancy Guthrie

WEEK 1 GC STUDY: WHAT IS CHRISTIAN CARE?

Take a moment to reflect on a problem or difficult time you've had recently that you shared with someone. Think about how they responded.

- o What did they do?
- o How did it make you feel?
- o What was helpful and not so helpful about the experience?

What do the following verses teach us about Christian care? Depending on the size of your group, it might be good to divide these up and then come back together to share.

- o 1 John 4:19
- o John 15:12
- o Ephesians 4:1-3
- Hebrews 10:24
- o Galatians 5:13
- o 1 John 3:23
- o Galatians 6:2
- o James 1:19
- o 1 Thessalonians 5:14-18
- o Romans 12:15

A definition of Christian Care:

Reaching out to those in need, listening attentively and bringing the gospel to others through our words and actions.

Christian care has 3 key elements:

- 1. Prayerful: Its God's work.
- 2. Pastoral: Bring the love of Jesus and God's word in a sensitive and gentle way to help people persevere. Keeping Jesus at the center of what we do.
- 3. Practical: Self sacrificial serving in generous and practical ways. Listening well is essential to this.

- Sally Sims

READ JOHN 5:1-17

What do we learn about Jesus in this passage?

What do you think Jesus means by 'something worse' in verse 14? What does this teach us about how to view suffering?

Considering this, what comfort can we have in Jesus?

How can we then understand the suffering that we do experience on this earth? (see 1 Peter 1:7, Philippians 1:21-24)

"A church that only knows how to pray for suffering to be removed, and knows nothing of praying for it to be redeemed, is not a safe church for sad people." - Nancy Guthrie

| Is healing or relief all we want or expect from God when we are praying for sufferers? |
|---|
| What might it look like for God to 'redeem' someone's suffering? |
| Can you think of ways suffering or trials have refined and clarified your faith (trust) in Jesus? |
| How do we develop a healthy hunger for heaven in ourselves and others? |
| What are the attributes of someone who provides effective Christian care? o What do they know? |
| o What do they feel? |
| o What do they do? |

GC PRAYER POINTS

WEEK 2 GC STUDY: CHURCH AS A CARING COMMUNITY

Can you think of a time when someone had good intentions to care for you, but is just didn't really hit the mark? What was it that just wasn't quite right?

READ JOHN 13:1-17

What does this passage teach us about how Jesus chooses to exercise the freedom and power that he has when he came to earth?

Considering that Jesus calls us to imitate him (Colossians 3:10; 1 John 2:6, 1 Peter 2:21, 1 Corinthians 11:1), what example is Jesus setting for his followers here?

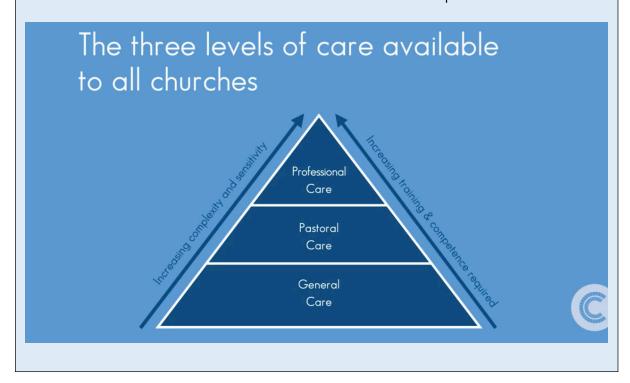
"Jesus goes practically to the grubbiest parts, and we will - at times - need to go where it is awkward in others' lives and our own. We will need to press on in situations where the smells, sights and sounds of suffering make us recoil." - James Macbeth

What are some specific situations where you find it difficult to serve?

What sort of blessings come when we serve and love others as Jesus served and loved?

Christian care in any church can be broadly divided into the all', 'the 'some' and the 'few'.

- The 'all' God calls us all to care. The one another verses in the new testament show us this. Each member of the church has a role and can love and be loved
- o The 'some' God given additionally care responsibility to leaders to care for others and provide structures to help the 'all'.
- The 'few'- Ministry staff, congregational leaders who can provide care in the more difficult situations and train others to provide care.



Outline examples of different situations that might fall into the different types of care.

Considering this, whose responsibility is it to provide Christian care within the church community?

READ ROMANS 12:9-16 AND JAMES 2:14-17

What are the key features of practical Christ-like care for one another?

The graphic below outlines all the different 'one another' passages in the New Testament.



Which of these do you find the most difficult?

What skills, knowledge, time and resources have you been given that can be used to serve others?

Spend some time brainstorming together the different ways that we can care for people whether it be physical, emotional, or spiritually

GC PRAYER POINTS

WEEK 3 GC STUDY: HOW CAN I LISTEN MORE EFFECTIVELY?

Discuss the following quote and whether this has been your experience:

"Most people do not listen with the intent to understand; they listen with the intent to reply. They are either speaking or preparing to speak"

- Stephen R. Covey from 'Seven Habits of Highly Effective People'

What are some of the characteristics of poor listening?

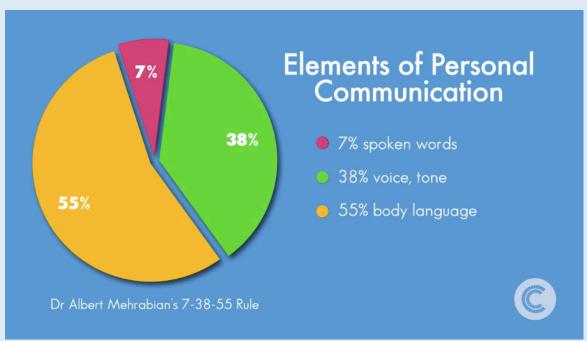
READ THE FOLLOWING VERSES AND DISCUSS WHAT THEY TEACH US ABOUT LISTENING:

- o Proverbs 12:25
- o Proverbs 15:4
- o Proverbs 18:21
- o Proverbs 20:19
- o Ephesians 4:29
- o Colossians 4:6
- o James 1:19
- o James 3:9-10

"The person who is listened to feels better, not because the pain has been taken away, but because it has been heard, shared and acknowledged"

- Sally Sims

"Listening is about being self-aware and giving the other person our full attention in order to try to understand the emotion and intentions behind information."



Listening well involves giving:

Psychological attention

- o being fully present and avoiding distractions (where possible)
- keeping an open mind and attitude, being non-judgmental and creating a comfortable and safe setting, listening instead of planning our response.
- o Being authentic and genuine
- We can show genuine interest through our body language, eye contact and through making encouraging small responses which encourage the person to keep talking

Physical attention (SOLER):

- o S face the person Squarely
- o O adopt an Open posture
- o L Lean in towards the person
- o E maintain good Eye contact
- o R be Relaxed

"Focus on the person more than the problem. We need to learn to sit with our own discomfort. By that I mean, tolerate the other person's distress, and resist the urge to take over or fix things"

- Sally Sims

| | What positive | steps can | you take to | be a better | listener? |
|--|---------------|-----------|-------------|-------------|-----------|
|--|---------------|-----------|-------------|-------------|-----------|

The following part of this study helps us think through the distinction between suffering and sin. This will enable us to listen well to people who are hurting.

READ JOHN 9:1-7

What does Jesus teach us in this passage about the distinction between sickness and sin?

Can you think of a time when you (or others) have 'criminalised' someone's sickness, wrongly accusing them, or assuming God's judgement on them? How can this affect the sufferer's faith in God?

"Sickness is not a measure of whether we are right with God, but rather a test of our faith in him - a trial of whether we will continue to trust Jesus in hard times" - James Macbeth

Can you think of a time of great healing for yourself (or another) in response to prayer and / or medical treatment? Why should we be thankful, but not regard this as 'normative' ie applicable to everyone?

Why can we see healing here and now as a foretaste of heaven? (See Philippians 3:20 and Rev 21:3,4)

GC PRAYER POINTS

WEEK 4 GC STUDY: HOW DO I RESPOND WITH EMPATHY, AND BRING PRAYER AND GOSPEL HOPE?

Today we are going to start by doing a bit of an exercise. Read through the following conversations and discuss the questions

Grace: Hello Frances. How are you? We missed you over the holiday break, were you away?

Frances: Hi Grace! Nice to see you too. Yes - we were visiting my parents in Melbourne. It was such a happy time! Craig has raced back to work, and he's working all hours. The kids are back at school and it's awfully quiet at home...

Grace: Sounds great! There's barely any down-time at our place with all the kids activities, and the builders started this week. I wouldn't mind some quiet.

Discuss together:

- o How might Frances be feeling?
- How could Grace have responded differently if she had been listening attentively?

Andrew: Hi Sophie. How has your week been?

Sophie: It's been a really difficult week for our family! My brother, Sam, has just been told that he has cancer! I just don't understand. He doesn't smoke, he eats healthily, and he exercises. He's just retired and was looking forward to going travelling with his wife, Lily. Why is this happening to him? What has he done to deserve this?

Discuss together some helpful things that Andrew could respond back to Sophie.

Note: We want to avoid giving a 'head' answer and trying to defend God. We also want to avoid offering platitudes such as 'suffering is part of our fallen world'. Sophie doesn't need an explanation so much as understanding and empathy.

We want to listen for some of Sophie's main feelings and concerns. We can do this by breaking up the conversation, and determining what her main feelings and emotions appear to be. Sophie's brother, Sam, doesn't smoke, eats healthily and exercises... He's been looking forward to retirement and now has cancer.

Sophie may be feeling angry, distressed, disappointed, shocked, scared and confused. She states, "Why is this happening to Sam? What has he done to deserve this?" Sophie also feels that it's unfair.

To respond with empathy, we can use some of the 'feeling' words to reflect back to Sophie.

- You sound understandably shocked and concerned about what it all means for Sam and Lily.
- o It doesn't feel fair and it doesn't make sense to you.
- o I don't know why this is happening to Sam, but I do know that God is good and trustworthy.

Some other phrases that convey empathy:

- o "I'm picking up that you..."
- o "If I'm hearing you correctly..."
- o "I sense you're feeling overwhelmed..."
- "I'm sorry for your loss I can't imagine what you are going through right now."

READ PHILIPPIANS 4:4-7

This passage notes the reality of anxiety, but also offers the hope of meeting it and guarding against it.

| Why do you think the Philippians may be anxious? (Consider their context 1:13; 3:2). |
|--|
| Why can we, and those under our care, rejoice always? |
| What are two ways in which 'the Lord is near'? (See 3:20 and 4:5) |
| Are there times when you are quick to pray with, and for, others, but slow to pray for yourself? |
| How can you be more deliberate in prayer and thanksgiving? |
| What comfort and courage can we take from the guardian peace of God (4:7)? |

HOW TO READ THE BIBLE & PRAY WITH PEOPLE WHO ARE HURTING

We can be companions of hope by walking alongside one another during difficult times, listening well, praying for and with one another, and reading God's word together. When hope is hard to come by, we can encourage one another to keep our eyes fixed on Jesus (Hebrews 12:2). However, we need to be sensitive and remember our first duty is to listen well before offering to pray and share the Scriptures with one another.

When we are suffering, our world tends to shrink and we can lose an eternal perspective. We can help one another hold on to hope by encouraging one another to keep eternity in view, and to place our own story within the bigger narrative of God's purposes. God's word not only strengthens our faith, but it also strengthens our hope. Romans 15:4 tells us, 'For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.'

- Sally Sims

What do the following passages say about the hope we have in Jesus?

- Ephesians 1:3-14
- o Romans 8:16-30
- Revelation 21:1-8
 - 3 Tips for how to share the Bible in a conversation:
 - 1. Pray for God's help and guidance
 - 2. Listen well. Don't come in with God's word too quickly!
 - 3. Ask for the person's permission to read scripture with them.

What Bible passages are appropriate?

- Maybe something you have been reading through that has spoken to you recently. Reminded you of God's good character.
- The psalms are a great start (e.g. Psalm 46)
- Isaiah 40:28-31
- o Matthew 11:28
- o Ephesians 1:3-14
- Paul's prayers such as, Ephesians 1:15-23

Tips for praying with others:

- 1. If we listen well and ask helpful questions we will be ready to pray sensitively
- 2. Ask if it is OK to pray with them
- 3. Encourage them to pray as well although they may not have the words to
- 4. Ask what's on their heart
- 5. Leave it in God's hands we are not demanding things of God, or claiming anything, just praying in accordance with his promises and scripture.
- 6. Pray Scriptures:
 - a. Galatians 5:22-24 Fruit of the Spirit is good to ask for if someone in the middle of a conflict
 - b. Psalms
- 7. Keep prayers simple, short & honest
- 8. Remember to thank God and praise him in these prayers for he never changes
- 9. Ask them to pray for me
- 10. Take note of what you have prayed for, and make contact a week or so later and see if the Lord begun to answer what you have prayed for.

- Sally Sims & James Macbeth

What are some key things that we need to remember and consider when reading the Bible and praying with people who are suffering or hurting?

GC PRAYER POINTS

WEEK 5 GC STUDY: HOW DO I CARE FOR SOMEONE EXPERIENCING LOSS AND GRIEF

In general terms, how does our society handle death, loss and disasters? What have you seen and heard at funerals? What do these actions and statements reveal about general attitudes to loss and grief?

READ 1 THESSALONIANS 4:1 AND HEBREWS 6:19

What do these passages teach us about grief as a Christen?

"We may not grieve as those who are hopeless, but we still grieve. In order to grieve well and help others we need a good biblical foundation and an understanding of grief.

Our ability to comfort others is helped by our own experiences of grief and how we have handled that."

- Sally Sims

Take some time to each reflect on your own experience of loss and grief:

- List the two most significant losses in your life (This may be the loss of a loved one, loss of a job, loss of health, etc.)
- o In light of these losses, consider the following:
 - o What was helpful during these times of grief?
 - o What was not so helpful?
 - o What have you learnt about God through these experiences?
 - o Are there questions you still have?
- o What is something positive that came out of these times of grief?

If you feel comfortable, take some time to share some of what you reflected on with the group. Grief is the reaction to any loss they have in their lives. Some losses are great and affect us a lot and quite profoundly, others not so much. Different types of loss are:

- o Material loss such as loss of an object
- o Relational loss through death, divorce, miscarriage or moving
- o Systemic loss loss of familiar patterns of behaviour in a system
- Functional loss due to sickness or aging process
- Loss of Role such as unemployment or being an empty nester
- o Intrapsychic loss loss of a dream that never came to fruition.

Grief can be a whole body response with a wide range of reactions. Including:

- o Physical such as palpitations, dry mouth and breathlessness
- Behavioural social withdrawal, restlessness, insomnia, crying and inability to concentrate
- o Emotional anger, anxiety, despair, yearning.
- o Spiritual Trust God, but still weep and have so many questions.

We want to normalise their grief: To reassure them that what they are feeling is normal and that it won't last forever. Yet, it is not helpful to make comparison or compare ourselves to others. For each person's grief is personal and unique to them and loss experienced differently.

Need to give ourselves time to grief and acknowledge that life doesn't go back to normal for the grieving person; a new normal is established. Grieving is hard work. It means dealing with the initial loss, but there can also be secondary losses with some types grief such as:

- Loss of income
- Loss of intimacy
- Loss of a cook or gardener
- Loss of identity or role

- Sally Sims

'God won't give you more than you can handle.'

Have you ever used this, or a similar phrase, or had someone else say it to you? If the latter, did it ring true at the time?

READ 1 CORINTHIANS 10:11-14

What promise do we read here in this passage?

READ 2 CORINTHIANS 1:1-11

According to this passage why does God put us in such situations at times?

What does he want to teach us (v9)? What does he want us to 'do' with that experience (v 3.4)?

What light do these passages shed on 'what we can handle'? How can this handle be unhelpful to say in times of grief?

"God will at times give us more than we can handle, but only to show us that we are safely within his hands. Jesus knew it; Paul discovered it; may we never doubt it."

- James Macbeth

Can you think of times when God has clearly given you 'more than you can handle'? Do you have anyone under your care in that situation at the moment, or perhaps in the past?

GUIDING PRINCIPLES FOR CARING FOR SOMEONE WHO IS GRIEVING

- 1. Ask God for sensitivity, wisdom and insight before you meet with someone who is grieving.
- 2. Don't be afraid to be the one to initiate the conversation
- 3. Don't avoid using the words 'death' or 'died' but be sensitive to the language they are using. Don't be afraid of using the person's name who has gone.
- 4. Listen well there are no ready phrases that will take away the pain of loss. Your presence and listening ears will provide the most comfort, not your words. James 1:9
- 5. We want the grieving person to feel safe so they can express their feelings. Don't be afraid of tears! Crying an opportunity to release their grief and can be an opportunity for you to weep together
- 6. Offer to pray. Often those who are grieving are finding it hard to pray. It offers the opportunity to remind one another that God is present
- 7. Sensitively remind one another of God's promises and read God's word together. Psalms can help us do this (Ps 90).
- 8. Offer to help with practical things and encourage them to accept help. Involve others in this care where appropriate
- 9. Help them remember their loved ones in a way that is right for them.
- 10. Continue to be there and offer support long-term

READ LAMENTATIONS 3:20-26

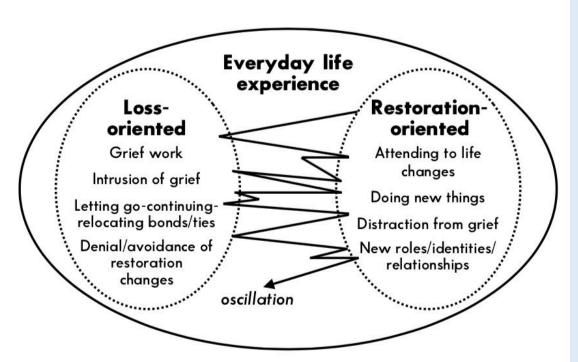
How does this passage encourage us as we consider helping those who are grieving?

GC PRAYER POINTS

EXTRA READING ON GRIEF THEORY

Grief Theories Over the last 40 years or so, a number of theories have been developed to describe the grieving process. The following two theories have been found to be particularly helpful when caring for those who are grieving:

1. Stroebe and Schut's (1995) Dual Process Model



Stroebe, M.S. & Schut, H.A.W. (1999). The Dual Process Model of coping with bereavement - Rationale and description. Death Studies, 23 (3), 197-224 https://www.uu.nl/staff/msstroebe

Stroebe and Schut describe how the grieving person oscillates or jumps back and forth between two different ways of coping; loss-orientated and restoration-orientated behaviour. We cry, think about how much we miss our loved one or recall a particular memory, and then we switch to a restoration-focussed activity such as making a shopping list.

2. William Worden's (1983) Tasks of Mourning

According to William Worden the process of adapting to the new normal involves four tasks - the tasks of mourning - which can be approached at any time, in any order, and may need to be revisited:

- I. To accept the reality of the loss. This may take weeks or months.
- II. To experience and express the pain of the loss. Working through the painful feelings of grief is essential for healthy grieving and involves staying with the feelings, acknowledging and expressing them until they begin to lessen in intensity. It's not uncommon for those who suppress their feelings to experience depression at a later date.
- III. To adjust to the world without the loved one. There are many personal adjustments to be made and we may also have spiritual adjustments to make. Sometimes the God we thought we knew, turns out to be different in the face of suffering. More often than not he turns out to be better, but we can have all kinds of questions in our grief.
- IV. To reinvest in the new reality. There's a shift from focusing on the death of the loved one, to focusing on the memory of them and investing in the new normal. There may also be recognition that growth has occurred. Grief isn't meaningless; grieving is the healing process God has given us to adapt to loss, and it is one of the life experiences God uses to sanctify us. Loss provides an opportunity for spiritual growth; to trust God more, to rest in his grace and to put our hope in Jesus and to anticipate the life to come. Life takes on a deeper meaning because of loss and grief, and reminds us that we are not in control and that sooner or later we will all die.

WEEK 6 GC STUDY: HOW CAN I CARE FOR OTHERS SAFELY AND SERVE WITHOUT SINKING?

What are some things that you do to rest? Do you have patterns in your life that allow for this?

READ MATTHEW 16:24, PHILIPPIANS 1:21 & 1 CORINTHIANS 15:28 How do these verses instruct Christian to live?

Consider the following passages, and reflect on how the author, or individuals involved, set helpful, wise boundaries:

- o Psalm 127:1-2
- o Psalm 131
- o Proverbs 3:5-8
- o Proverbs 6:9-11
- o Proverbs 20:1
- o Proverbs 22:24-25
- o Luke 5:15-16
- o Matthew 14:6-13

How do you reconcile the giving our lives fully to the work of the Lord with looking after ourselves?

Are you serving God out of a full satisfaction in Jesus, or expecting the way that you serve and care for people to provide this?

How are you going at 'loving at close quarters' at the moment? Are you persevering in the highs and lows? Alternatively, are you tempted to step back into 'mere duty'?

Are you praying for others and giving their burdens ultimately to the Lord? Alternatively, are you carrying it all?

What difference do you think it would make to approach serving and care with your eyes fixed on Christ or taking it all onboard yourself? Which one do you usually tend towards?

"Self-care is essential because we need to be in a good place if we are going to be able to support and care for others who are going through a difficult time. We cannot pour from an empty cup."

- James Macbeth

SELF-CARE ASSESSMENT QUESTIONS

Take some time to consider for yourselves the following questions:

- 1. The first step to good self-care is being self-aware and acknowledging that we are responsible for our own self-care.
 - a. The stress response is designed to help us respond to everyday demands and is meant to be short-lived. When stress becomes chronic, it can have a significant impact on our mental health and well-being, so we need to be aware of our stress levels. On a scale of one to ten, would you say you are:
 - i. Not at all prone to stress.....very prone to stress
 - ii. Not at all stressed.....totally stressed out
 - b. We can reduce our stress and enhance our well-being when we consciously pay attention to our thinking, sleep, physical well-being, our relationship with God and others, and when we have self-care strategies in place. What are some of the current ways you relax and care for yourself?
 - c. Being well-connected, and receiving support from others, is an important part of mental health and well-being. Do you let / invite others to care for you?
 - i. I.Do I have people around me who know me well enough to hold me accountable - who know me well enough to read my stress, etc? Yes / No
 - ii. .Do I have the confidence to ask others for help if I am struggling, fearful, or not coping? Yes / No If you answered 'no', what could you do about this?
- 2. Secondly, we need to make self-care part of our daily life. Reflect on the following areas:
 - a) Spiritual life What is my relationship with God like in this season? What are my current devotional routines and habits? How am I going with regards to church and Growth Group? Do I have an attitude of gratitude? What can I thank God for?
 - b) Sleep, nutrition, exercise: the trinity of good physical health How is my sleep? How healthy and well-balanced is my nutrition? How am I going with taking regular exercise?

- c) Emotional health Do I have appropriate work / rest boundaries, and take a 'Sabbath'? When, and how, do I take time to relax and have fun? Do I try and live in the moment? Do I express my feelings, know how to self-regulate (recognise when I am becoming stressed, and why), and self-sooth (knowing what to do to calm myself)? What is my support network like?
- 3. Thirdly, we need to build routines into our lives that reduce stress, and make the necessary changes.
 - o What do I need to plan to do, put in my diary, or change?
 - Is there someone with whom I could share this to stay accountable (and could I help someone else in the same way)?
 - o What are my next steps / goals?
- 4. Fourthly, we need to be willing to get additional help if necessary, and engage in professional supervision if we have a heavy care load.

SAFE CHURCH CARE MINISTRY

At Summerleas Church we seek to provide a safe space for all people. We operate within the ChildSafe framework provided by the Christian Reformed Churches of Australia. Leaders are trained and informed by principles and training provided by ChildSafe to ensure that we operate as a community that is safe and cares for all people no matter what age or stage of life they are in. Within this, we recognise and follow legal requirements that are in place for working with vulnerable people. Thus, the leaders of Summerleas (Staff, Elders & our Safe Church Officer) have duty of care requirements that they adhere to.

Any questions or concerns about this?

In regards to pastoral care at Summerleas Church the Community Purpose Team oversees this ministry under the leadership of Session.

- o For members within a GC, the GC leaders seek to provide pastoral care. However, if the GC leaders are unable to due to complex issues or just need some assistance, the Elders will help.
- o For those not in a GC, the Elders provide pastoral care.

The Summerleas Care Chart in the appendix will provide you more information regarding pastoral care at Summerleas

Any questions or concerns about this?

GC PRAYER POINTS

Spend some time in prayer and bring these matters before our Heavenly Father. Ask him to strengthen and sustain you through the ups and downs of life so that you might persevere in the faith through Jesus, and serve him without growing weary. May we find peace, joy and refreshment in Jesus as we rely on his steadfast love for us and walk in his ways.

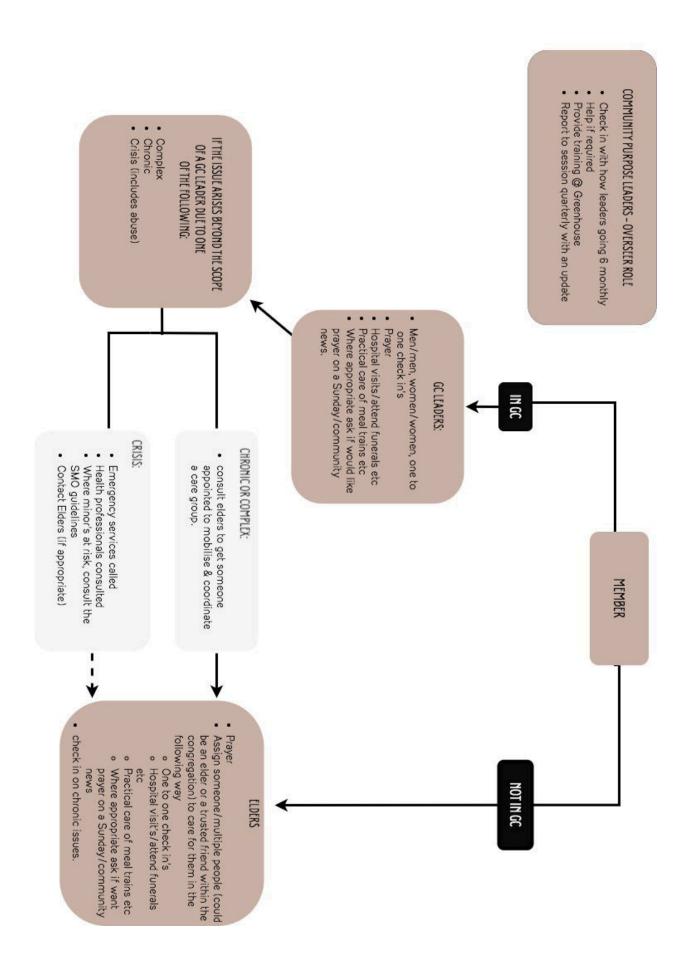
WHOLE FAMILY LEARNING (WFL) IDEAS FOR CARE COURSE SERIES

1. Take a look at the 'one another' graphic below. You could print it out and discuss it as a group or divide up the verses and discuss what it teaches.

You can access the graphic at: https://teachingthem.com/2016/06/02/the-one-anothers-of-scripture-infographic/ from Teach Them · Just another WordPress.com weblog.



APPENDIX 1 CARE AT SUMMERLEAS FLOW CHART



SUMMERLEAS CHRISTIAN CHURCH MISSION PARTNERS

FELLOWSHIP OF OVERSEAS CHRISTIAN UNIVERSITY STUDENTS (FOCUS) & SUBBIES

FOCUS and Subbies are Christian international student societies that seeks to share the good news of Jesus with International students at the University of Hobart.



How Summerleas can help:

- Go along to Friday Night FOCUS and/or cook for them or go along to Subbies What: FREE food, fun, friendship and teaching from the Bible.
 When: FOCUS: Fridays 6.00-8.30pm (if your GC is bringing food please bring it at 5:30pm) or Subbies: Tuesdays 7:00-8:30pm for Subbies
 Where: Wellspring Anglican Church Building
- Pray:
 - Pray that we will be keen to support this strategic ministry and that it would grow us in our passion for God's great mission!
 - o Praise God for this wonderful opportunity to reach the nations.
 - o Pray for the leadership teams that they will speak the truth in love.
 - Pray that God will be working in the hearts of those who come along to hear and understand that Jesus is their Lord and Saviour

THE DURDIN FAMILY



Marc and Joey Durdin are another one of our mission partners at Summerleas Church. Marc is the developer of Keyman software which helps translate writing into native languages. Joey is a midwife who provides support and education to women in many ways. They are currently living in Cambodia

• Pray:

- o That they would be a light pointing to Jesus to the people around them in Cambodia. That they will be bold to proclaim Christ and show his love to the people in their lives.
- Pray for Marc as he continues with the keyman project. Pray for good working relationships with his team and that this software will continue to enable God's word to go out to the world.
- o Pray for Joey as she continues to educate and support women.
- Pray that God would provide for all their needs financially and that new supporters will come on board with them.