



Give the Gift

Bringing Christian Joy to Hurting People: Part 1



17 years

Married to Jill; 4 kids, 2 dogs

11.5 years

Pastor - Tallahassee, FL

2 years

Professor - Mequon, WI

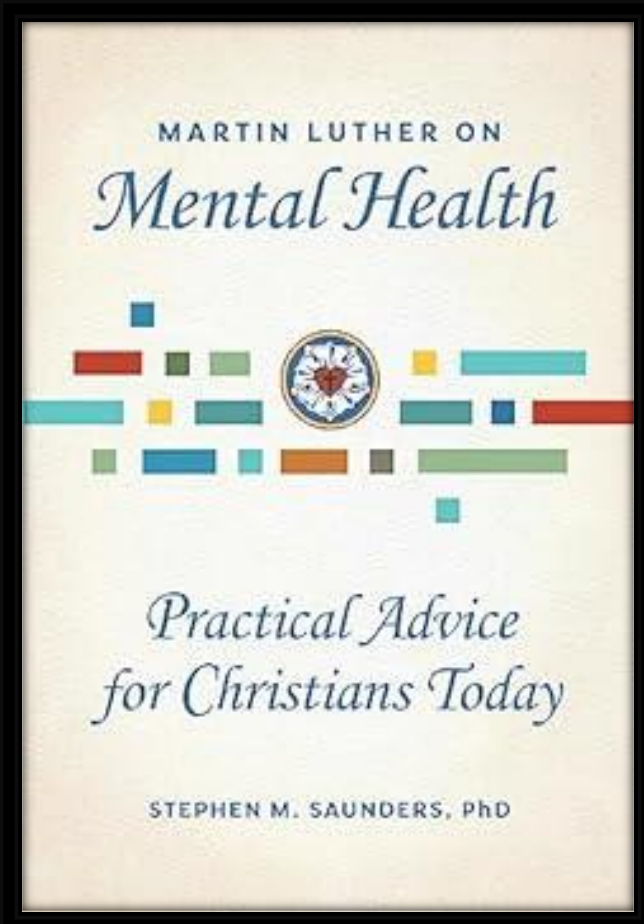




Ministry Scenario



1. The current state of mental health:
People are fragile (Is 40:7, 42:3) and so many are hurting deeply.



Mental illness is defined as a mix of thoughts, behaviors, and feelings that cause distress, problems in roles and relationships, or both. -p. 68



Surgeon General's Epidemic of Loneliness & Isolation
(May 3, 2023)



12-60k Thoughts/Day
80% of thinking is negative
95% of thinking is repetitive



1/5 diagnosed with mental illness in a given year



1/2 people will experience a mental illness in a lifetime

Reflect

CFS counselor:

“The number of direct counseling hours in 2008 was **5402**. The number of direct counseling hours in 2023 was... **80,000** .”



**2. The Counseling Outcome Research Is:
Fascinating, but Unsurprising**

40% - 30% - 15% - 15%

40% Client/Extratherapeutic

15% Models/Techniques

15% Hope/Expectancy

30% Relationship

NEW YORK TIMES BESTSELLER

The
Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD

**Good relationships keep
us happier & healthier.
(But they take work)**

Reflect

How do you establish trust and get people to honestly open up about their real struggles as sinner-saints in a sin-broken world?



3. I See You.

“The deeper your level of _____, the more helpful you will be.”



“_____ speaks to one of our deepest needs: to be understood and to feel understood...it shows the person cares.
It develops trust. It connects us. – T. Porter

“The simple kindness of setting aside your valuable time and _____ to a person with a mental health problem will lessen her distress. It won't solve her problems, but she will feel less alone because you are standing with her in the distress.” – ML on MH, p. 68




“We are good at analyzing texts, but are we as good at _____ to people? We have spent an immense amount of time training ourselves to be fluent speakers. How much time have we spent training ourselves to be careful _____?” – S & L with Love



What was needed?

Reflect

**Think of a person who listens well or of a time when you were listened to well.
What are your observations/takeaways?**



4. Guard your heart.

Proverbs 4:23


Some Barriers to Good Listening

- ✓ **Judgmental (and quickly forming impressions)**
- ✓ **“Dogmatic Listening”**
- ✓ **Fixing / Advice Giving**
- ✓ **Transference**
- ✓ **Don't Care, Superficial Listening**
- ✓ **Distracted by mannerisms, tone, self**
- ✓ **Talking too much**
- ✓ **Stock Responses**
- ✓ **Tired or Time Pressures**
- ✓ **Listening to Respond / Thinking about what to say**

Reflect

With which listening barriers did Job's friends struggle?

What needs work with your listening?



5. Put all your “organs” to work!

Actively Engage Yourself in Listening

Heart → Put the *One Another's* into action. Put the speaker at ease.

Body → Pay attention to body language – theirs and yours.

Ears → Listen to tone, volume, pace, repeating phrases, emotions.

Tongue → Bite it. Take a breath and listen. Lean into silence.

Mind → Be curious. Don't think too intently about what to say next.

Frank
Crosby



Reflect

What are the relationship “payoffs” that come from curiosity specifically and from listening in general?



6. Reflect like a **mirror**. Empty the **bucket**.



Minimal Encouragers:

“Uh-huh, go on, okay, etc.”;

Content Understanding with Open-ended Questions:

What is that like for you? Tell me more about...

What is about _____ that has you feeling like that?

Content Reflection:

“What I’m hearing you say is...”

“It sounds like...”

Empathic Reflection:

“You are feeling (emotion)... because of... (value, belief).”

Notes: Listen for fears/worries; you may find values. What isn’t being said?

Here & Now:

“I see you are (crying, smiling, etc.) right now.”

“When you feel _____, I feel _____.”

Practice

Put the non-verbal and verbal skills to use in your conversations.

Any

Questions