

Adult Sunday School - Part 2 - Pastoral Wellness to One Another – or - Christian Life 101

“I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me” (Matthew 25:35–36).

3 “R” s of Pastoral Caring/Wellness

Relationship

Respect

Responsibility

(Resiliency)

(Response)

Relationship - ***Therefore encourage one another and build each other up, just as in fact you are doing. (1 Thessalonians 5:11)***

Respect - ***Love one another with brotherly affection. Outdo one another in showing honor. (Roman 12:10)***

Honor all people, love the brotherhood, fear God, honor the King. (1 Peter 2:17)

Treat others the same way you want them to treat you.
(Luke 6:31)

Responsibility -

Colossians 3: 23 – 24 *Whatever you do, work heartily (enthusiastically) , as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.*

2 Corinthians 6:3 *We put no stumbling block in anyone's path, so that our ministry will not be discredited.*

Romans 14:11 & 12 *...for it is written, "As I live, says the Lord, every knee shall bow to me, and every tongue shall confess to God." So then each of us will give an account of himself to God.*

Resiliency –

Psalm 31:23-24 *Love the LORD, all you faithful followers of his! The LORD protects those who have integrity, but he pays back in full the one who acts arrogantly. Be strong and confident, all you who wait on the LORD*

Philippians 4:13 *I am able to do all things through Him who strengthens me.*

1 Thessalonians 5:16-18 *Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this.*

Response –

Matthew 16:27 *For the Son of Man is going to come with his angels in the glory of his Father, and then he will repay each person according to what he has done.*
(Do what you can, where you can, with what you can)

Genesis 1: 1 -3 *In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters. And God said, “Let there be light,” and there was light* (To whom can you be Light in a dark or darkening world or life)

Romans 13: 12 *The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light.* (your smile, your nod, pat on the back, your welcoming, can be, and should be, Light to others)

John 15:12, *This is my commandment, that you love one another as I have loved you.* (‘Nuff said)

Ephesians 4:32, ***Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.***
(people respond to people who are kind, loving, compassionate)

The Front Porch -

Narthax – vestibule – foyer - atrium –
lobby – entrance – ‘by the front door’

The Gathering Place

Listen –****

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.” Winston Churchill

Listening takes courage.

Listening makes you vulnerable.

It makes you put others first. By listening, you are putting your self-interest aside, and putting the needs of others first.

Active Listening techniques

Be fully present – turn off your cell phone

Pay attention to non-verbal cues (and clues)

Maintain good eye contact (***Lean into*** the conversation)

Ask open-ended questions - ***Can you tell me more about that?***

Reflect back what you hear -

NOTE - Have **PATIENCE...**

Say – God bless you. Thank you, Jesus, God be praised

Break bread – coffee hour – lunch - etc.

Next week – repeat the process – make it a habit

For Your Spiritual Wellness

Bible Reading – Daily office – individual Books of the Bible - commentaries

Bible Study – at church – in small groups

Bible memory - “Starter Set”:

Psalm 23 — This psalm has encouraged Christians through the ages to put their trust in God’s loving character, even in their darkest moments.

Matthew 5:1-12 — In the most famous sermon ever preached, Jesus gives us the beatitudes. This passage focuses on the blessings that come to those displaying specific Christian virtues. (Sermon on the Mount)

Matthew 6:5-15 — During the Sermon on the Mount, Jesus also gives us what’s come to be known as the Lord’s Prayer. This passage offers the ideal framework for daily prayer.

Romans 3:21-26 — When it comes time to share your faith with someone, you’re going to want to summarize the gospel in a very clear and concise way; Paul gives us a good framework for doing so in this passage.

Prayer, prayer, prayer – make it a habit

Generosity

Fellowship

Organize your life/your day/your afternoon – avoid, where possible, chaos

Silence – turn off the cell (some of us are like Pavlov’s dogs) – be in nature/back porch/etc. – be alone with The Lord

Find Simplicity – not as easy as it sounds in a complex world and society – try a retreat (maybe a ***silent*** retreat?)

Be a beacon of Light (it also reflects back on you)

Celebrate – have lots of !!!!! in your life

Turn your eyes upon Jesus

Look full in his wonderful face

And the things of Earth will grow strangely dim

In the light of his glory and grace.