

# You Can Counsel: Basic Training for Helping Those Who are Hurting

Willingdon Church 2024

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COUNSELLING & CONSULTING

“Teacher, which is the great commandment in the Law?” And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.

~Matthew 22:36-39~

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

~Romans 5:3-5~

Bear one another's burdens, and so fulfill the law of Christ.

~Galatians 6:2~



## The Chosen: Mary

# What We Cannot Do

- Fix People
- Save People From Troubles
- Be the Only One Caring for Them
- Help Them Beyond our Capabilities

# What We Can Do

- Be Emotionally Healthy
- Go To Them



**Listen**

**Guide**

**Pray**

# Listen

...let every person be quick to hear and slow to speak...  
~James 1:19~

# Listen with Empathy

It's Not About the Nail

# Listen with Empathy

- “You Feel \_\_\_\_\_, Because \_\_\_\_\_”

# Listen for Resources

- “How are you dealing with it?”
- “Who is in this with you?”
- “How can I best help you?”

# Guiding

- Spiritual Gifting
- Life Experience
- Training

# Gospel Centred Guiding

*What is your sense of God in this?*

- Who is God?
- Who are you to Him?
- What has He done for you?
- What difference does that make in light of your situation?

# Prayer

Michael Jr. Praying



# Prayer

- Who God is
- Who They Are to Him
- Requests