

SOSM Ministry to people in Crisis; Listening, Empathy, Boundaries, Confidentiality

9/3/14

Galatians 6:3 Bear one another's burdens, and so fulfill the law of Christ. ³For if anyone thinks himself to be something, when he is nothing, he deceives himself. ⁴But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. ⁵For each one shall bear his own load.

Review:

1. Listening:

James 1:19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰for the wrath of man does not produce the righteousness of God.

- Environment for listening:

- Giving the person full attention

- Reflective listening:

- “Rejoice with those who rejoice and weep with those who weep.

2. Empathy:

- There are three ways that people relate to a person in crisis, other than not relating at all. (Mud hole illustration; Stephen Ministry, T2, p27)

a. Sympathy:

b. Over-identification:

c. Empathy: Feeling another's problems as if they are your own without taking them on as your problems too.

1 Peter 2:24 who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

The Safe House Illustration: (Stephen Ministry, T2, p35)

“The safe house is an imaginary place where it is safe for people to share their deepest feelings.

3. Confidentiality:

- Three exceptions: In all cases, if possible, do not make the decision alone. It may be good to contact a pastor, or a counselor for advice. Prevent harm!
 - a. Threat of suicide:
 - b. Homicidal behavior:
 - c. Child or elder abuse:
 - d. Spousal abuse is not so clear-cut.

4. Boundaries: Three definitions (Stephen Ministry, T7, p126)

- a. A boundary is an invisible protective fence around our God-given space.
 - b. Boundaries define us what is and is not me. They show where I end and someone else begins.
 - c. A boundary is how far we can comfortably go with comfort in a relationship.
- People have both external and internal boundaries.
 - Ways of preserving boundaries:
 - a. Words:
 - b. Nonverbal communication:
 - c. Emotional distance:
 - d. Physical distance:
 - e. Sometimes you may have to speak about consequences:

Three especially important reminders:

Read from Steven Ministry manual: Types of fears that prevent healthy boundaries; Signs of inability to maintain one's own boundaries; Signs of inability to respect other's boundaries. (T7, p131-133)