

# SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

# **BE HUMBLE (PROV. 15:33; ROM. 12:3; PHIL. 2:3-4)**

- Fight the overwhelming desire to just say something—anything—when you have no idea how to be helpful.
  - Acknowledge how difficult/painful the situation is.
  - Confess your desire to help but highlight your inability to do so well on your own.
  - Ask them if you can partner with them to investigate a helpful course of action or help find others who can better assist. (Prov. 11:14)
  - You can still play a role!



# ASK GOOD QUESTIONS (PROV. 8:13)

- Fight the desire to give answers and instruction as soon as you have “diagnosed” a problem or error. This generally either 1) shuts down the dialogue or 2) comes across as unsolicited advice.
  - Do not ask questions that are merely veiled statements, either. They don’t fool anyone. (Well, do you think you should tell your spouse about your adultery?)
- *After* specific information gathering questions, lean toward asking open-ended questions (questions starting with ‘How’, ‘What’, ‘Why’ etc.) as opposed to closed/yes-or-no questions (questions starting with ‘Is’, ‘Does’, ‘Have’).



# **AVOID CHURCH-ISMS WITH WELL-CHURCHED PEOPLE (PROV. 15:23)**

- Simplistic, trite sounding replies and one-liners in the face of difficult challenges are generally not helpful, regardless of whether they are theologically accurate or good general practice.
  - Read the Psalms!
  - Look to Christ!
  - Pray or read the Bible more!
  - Remember Romans 8:28!



# QUESTION...

**What are some examples of when someone has tried to help/encourage you, but either fell into simple churchisms or answer giving. Looking back, what would have been more helpful?**



# PRAY AND FOLLOW-UP (JAS. 5:16)

- If you've had a conversation with someone about a challenging circumstance, consider committing that situation to prayer and tell that person you'd like to follow-up with them—make sure to do both!
- Following up is a very clear demonstration that you care and have been thinking about and praying for, this person. Do not underestimate its power.
  - Don't spread yourself too thin or commit to follow-ups and ongoing relationships that aren't sustainable.



# **BE REALISTIC ABOUT YOURSELF AND OTHERS (ROM. 5:7; 1 JOHN 1:8)**

- When moving towards someone in an effort to help, ask yourself, “Do I stand to truly influence this person?”
  - You will never influence anyone past the degree to which they experience your loving concern, acknowledge your competence and trust your character.
- If the answer is ‘no’, you have work to do before you speak certain truths or ask certain questions.
- Fight the desire to appear as though you are not needy yourself—your neediness offered the right way can be the most helpful thing you provide someone.
  - Shows people that you don’t have it all together and that having it all together isn’t required to come alongside other people
  - Provides an opportunity for them to minister to you, facilitating the feeling of a partnership more than a mentoring/counseling relationship
  - Gives people the permission to be transparent and vulnerable themselves.



# QUESTION...

- How do you exercise good judgement in understanding if you stand to influence someone in a helping conversation or relationship?



# **LOVING WELL IS THE TOP PRIORITY (MATT. 22:34-40; 1 COR. 13:1-7; COL. 3:12-14)**

- Loving well will not always mean being able to help. Your top priority is to walk away having made every effort to bless, to do good to and love your conversation partner well.
- Don't let your desire to help get in the way of being "you" and the loving ministry of just being present with others in difficulty (Job 2:13).



# WHERE WE'VE BEEN, WHERE WE'RE HEADED...

- Why Do People Do What They Do?
- How People Change
- Helping People Change
- Practical Wisdom for Being Helpful
- Helping Others Battle Shame
- Helping Others Battle Anger
- Helping Others Battle Grief
- Helping Others Battle Addiction
- Helping Others Battle Depression
- Helping Others Battle Worry

