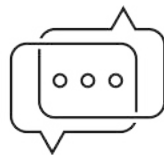


SESSION FOUR

HELPING OUT AND NOT BURNING OUT



Overcome
ACADEMY



Continuing the Change Equation from the previous session...

3

OVER TIME



You can't rush healing. Trauma changes people, and those changes aren't often undone in a day. A single conversation may help a married couple who had a fight last night, but for someone who has suffered abuse, it's just not enough.

As Christians, if we aim to help those who have experienced trauma – to really, truly help them – we need to resist the “drive-by healing” that many popular self-help books and gurus offer and instead trust God to bring about healing over time.

Start with GRACE. Add TRUTH. Over TIME, this equation will result in CHANGE.



**IF GRACE IS THE SOIL,
AND TRUTH IS THE SEED,
THEN TIME IS WATER.**



THE HEALING CONTRACT

If you are helping someone through the healing process, you cannot want that person to be well more than he or she wants to be well. It has to be a partnership.

Once you've been invited to get involved and you've had some initial tough conversations, you may want to ask them to enter into an agreement with you, something like the following:

**Now that _____ (our names) have set a goal to _____ ,
we understand that in order to achieve this goal, we must:**

- ▶ **Tell the truth to one another – even if it makes us uncomfortable.**
- ▶ **Keep our commitments to show up to meetings on time and follow through on what we say.**
- ▶ **Respect each other's boundaries by not calling after work hours, unless an emergency.**
- ▶ **Show grace to one another.**

We commit that we will take responsibility and ownership for our actions. We know that we can't be the best version of ourselves by ourselves so we will prioritize our time together and make it count.

Signed by: _____ Date _____



LIST OF EIGHT

Once you have a healing contract in place and those you're helping have shown a willingness to put in the work, ask them to develop a list of eight people they they could call in a moment of crisis. Once they have their list, add your name at the bottom.

You should never be someone's only lifeline, nor should you be the first call every time life gets hard.

YOU MAY BE ASKED:

“How do I invite someone to join my List of Eight?”

Advise the person who is building their List of Eight to write a note or email using this template:

Dear _____, I am writing you to ask for your help. As you know, a while back I experienced _____ and it has been quite a process to heal. I am becoming more and more aware of my need for a strong support system. I really value our relationship and trust you. I need honest, kind and faithful people in my corner to help me get through this challenging time. I would ask that you commit to praying for me on a regular basis, checking in on me, and making sure I stay involved in a healthy community. Would you be willing to help?



“What makes for a good type of person to include in my List of Eight?”

Tell them to ask themselves the following questions when considering whom to add to their list:

- ▶ **How do you feel when you talk to this person?**
- ▶ **Do they take your feelings and needs into account?**
- ▶ **Is the advice they give based on your well-being?**
- ▶ **Do they tell you tough truths when you need to hear them?**
- ▶ **Do they celebrate your triumphs with you?**
- ▶ **Do they encourage you to be better than you were yesterday?**
- ▶ **Are they a Christian who lives a Christ-centered life?**
- ▶ **Do they have the capacity to give you some of their time?**
- ▶ **Have they experienced trauma or addiction?**
- ▶ **How would you rate the quality of their relationships? (spouse, children, friends)**



JESUS IS THE ONE THEY NEED, NOT YOU.

Let this be the attitude of your heart.

No matter how good the advice I give or the time I offer, I will let them down. Anytime I begin to function as a savior or “personal Christ” for others, I predestine the relationship for ruin.

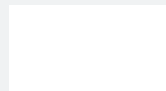
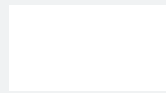
I wish that I could give them everything they need, but only Jesus can do that!

I wish I could identify the exact spot in their heart that is most wounded and heal it, but only Jesus can do that!

I wish I could show them the exact path out of their pain, but only Jesus can do that!



YOU ARE NOT THE GOSPEL.



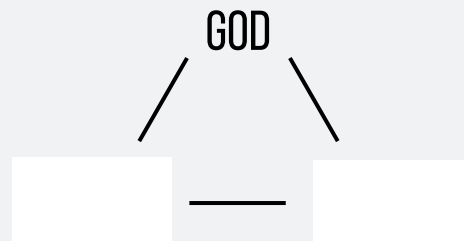
Relying on You and Your Wisdom

Too many times, when you're intervening in people's lives, those you are helping end up placing their faith in you rather than in the person of Jesus. They come to rely on your wisdom rather than to seek out and know God.



Relying on God and His Wisdom

By connecting them directly with the Father, you limit your risk of letting them down or misleading them. Also, if they only find themselves connected to God through you, they will lack the spiritual power and authority needed to truly be free.





THE RESPONSIBILITY

GAP

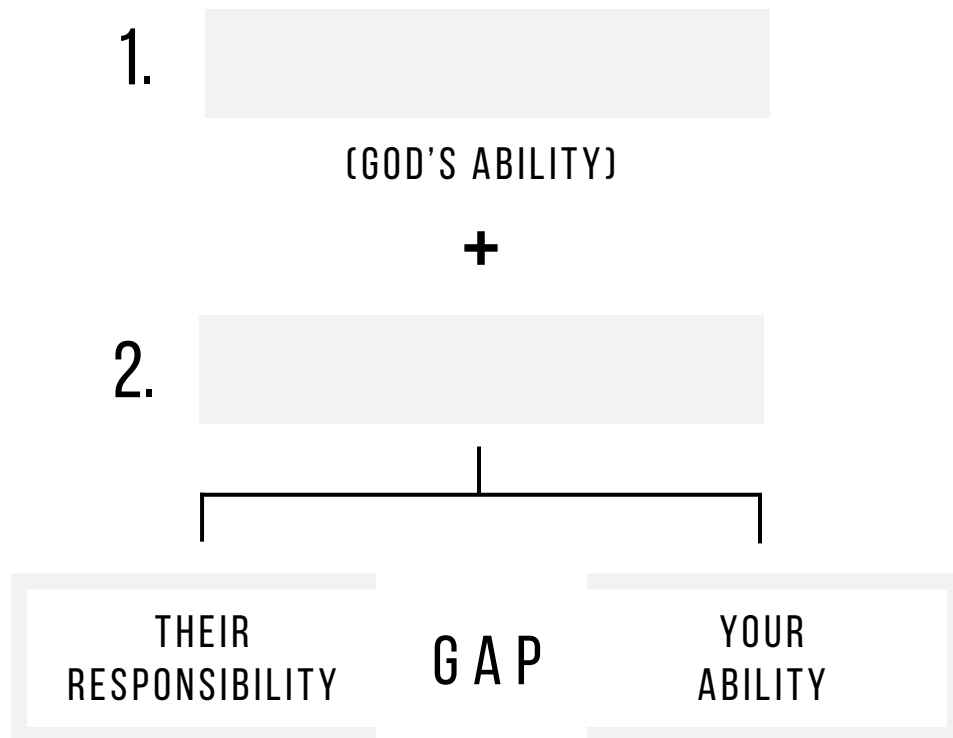
▶ **Galatians 6:1-6**

“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. **Carry each other’s burdens**, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, **for each one should carry their own load**. Nevertheless, the one who receives instruction in the word should share all good things with their instructor.”

NOTES



HEALING REQUIRES TWO KEY ELEMENTS:



The gap between THEIR willingness to take responsibility and YOUR ability to help will ultimately determine their likelihood to maintain momentum.



SETTING CLEAR RESPONSIBILITY EXPECTATIONS

- ▶ **Ask them what their expectations of you are.**
- ▶ **Ask them what they are personally responsible for in their journeys.**
- ▶ **Share what you are not able to do for them:**
 - *"I can't keep you from making bad decisions."*
 - *"I can't control the way you treat others and yourself."*
- ▶ **Share what you are able to do for and with them:**
 - *"I can remind you of the truth God says about you and your life."*
 - *"I can help hold you accountable to the lifestyle you say you want to live."*

The ultimate goals are resilience and healing. By inviting them into a transparent discussion about expectations, we help them get started on the course to a mature mindset.



REFLECTION

▶ **John 15:1–5**

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

Who is the gardener? For true change and healing to occur, the afflicted person must want to be well as much as you want them to be well. When you take on the role of the gardener, you toil in an attempt to grow fruit on the trees of others. This is not your role.

▶ **Ephesians 4:25**

“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.”

Love and Direct. Our role is to love each other. The most loving act you can perform is to point someone to the Father. If you don’t have the answers, and many times you won’t, the most appropriate action is to abide with them and love them. Remain with them, and together, remain in God.



KEY TAKEAWAYS

Helping can hurt. Overextending yourself or taking on personal responsibility for the healing of others is a recipe for burnout and compassion fatigue.

How to help people without burning out

How to get people to take their own responsibility for their actions

How to build an accountable relationship

How to help someone maintain healing momentum

Any other Key Takeaways from Session Three?

