

Week 1: Why and what is Christian Care?**7/8 February**

Key Idea:

Definition of Christian Care

Christian care is intentional and relational walking together in faith, hope and love to build each other up to maturity in Christ.

Aim is to present Christian care (sometimes known as pastoral care) as walking together as we grow to maturity in Christ, not just problem solving when something happens. It is to be proactive, not just reactive when something happens.

It is driven by the love God has shown to us, as we love God and reflect the way that God has loved us in our love for each other. It is not just leaders – our shepherds (Ken, Caroline, group leaders) who are responsible for Christian care, but all of us are responsible for Christian care – for “one-anothering” each other.

Week 2: Caring and being cared for – Christian Care that reciprocates 14/15 February

Key Idea: We are to “one-another” each other

Shepherd / Sheep – PEACE MODEL

Learn PEACE

- P **Praying** for and with one another
- E **Encouraging** one another in Bible reading, prayer and serving
- A Being **Available** and keeping in touch with one another
- C **Comforting** and encouraging one another in the tough times
- E Being a Christian **Example** to one another

This second week will be getting into the practical side - outlining PEACE as a model for caring and doing the listening exercise we talked about with Cheryl. Bible input would be about serving each other (Eph 2:10, Gal 5:13b, 6:2).

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Timing	Content	Who
7:00pm	Set framework for the two weeks. Introduce Cathy & Cheryl	Cheryl/Cathy 10 minutes
7:10pm	Who is 5pm? Demographics based on 2016 communications survey and spiritual health survey. Active membership ~ 164	Cathy 5 minutes
7:15pm	<p>Exercise in small groups: Ask people in groups of 4 or 5: (then summarise answers on whiteboard):</p> <ul style="list-style-type: none"> • What is caring for other people? • What is caring for other people in a church community? <p>Explain why we use the term Christian Care rather than Pastoral Care. Suggest definition for Christian Care: Christian care is intentional and relational walking together in faith, hope and love to build each other up to maturity in Christ. It is intentional and relational walking together in faith, hope and love. It is not just about fixing a problem.</p> <p>Essential elements of Christian care are:</p> <ul style="list-style-type: none"> • Edification – building up in faith (or if not yet Christian, pointing them to Jesus) • Discipline / Accountability • Comfort <p>We want intentional pastoral relationships for every person and household in the context of our Christian community.</p> <p>One-anothering – John 13:34-35 – Love one another.</p> <p>Goal of this loving one another is to build each person up to maturity in Christ. Eph 4:12-13</p>	Cheryl 20 minutes Cathy 5 minutes

Timing	Content	Who
	Questions or comments?	
7.40pm	Bible input Loving Each Other because we are loved by God John 13:34 1 Peter 4:1-11	Ken 20 minutes
8.00pm	Break	10 min
8.10pm	What are our needs? We all need help. At different times, we all need help – we are needy. It's not easy to ask for help. But our neediness can qualify us to help others. We need to stop concealing our neediness, stop hiding.	Cathy 15 minutes
8.25pm	How can we help? Exercise in small groups: Think about a time when you have been cared for or helped by someone. What was most helpful? Ask groups to share some examples Ways we can show care. List of things we can do to care. How to talk to others – respect boundaries, respect confidentiality, etc We are all helpers and we are all needed We can all listen to others. If Christian Care is about walking together as we grow to maturity in Christ, then we will need to know Jesus and have the fruits of the Spirit if we are to be able to help others.	Cheryl 25 min Cathy 5 minutes

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Timing	Content	Who
	Questions or comments?	
8.50pm	<p>Summary and Wrap Up – brief description of what we will cover next week.</p> <p>Reinforce definition:</p> <p>Christian care is intentional and relational walking together in faith, hope and love to build each other up to maturity in Christ.</p> <p>Pray – in small groups if time, otherwise Cathy pray.</p>	Cathy 10 min