

## Introductions

### Exercise:

Frequently in the New Testament the person of faith is called to 'Love one another' (or words to that effect). Read through the following verses and list (on the table) the reasons why and suggestion for how.

The Command: Love one another	
For what reasons? (Why)	
In what manner? (How)	

## Bible

### [John 13:34-35](#)

“A new command I give you: **Love one another**. As I have **loved** you, so you must **love one another**. By this everyone will know that you are my disciples, if you **love one another**.”

### [Romans 12:10](#)

Be devoted to **one another** in **love**. Honor **one another** above yourselves.

### [Romans 13:8](#)

Let no debt remain outstanding, except the continuing debt to **love one another**, for whoever **loves** others has fulfilled the law.

### [2 Corinthians 13:11](#)

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage **one another**, be of **one** mind, live in peace. And the God of **love** and peace will be with you.

### [Galatians 5:13](#)

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve **one another** humbly in **love**.

### [Ephesians 4:2](#)

Be completely humble and gentle; be patient, bearing with **one another** in **love**.

### [Ephesians 4:12](#)

<sup>12</sup> to equip his people for works of service, so that the body of Christ may be built up <sup>13</sup> until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

### [1 Thessalonians 4:9](#)

Now about your **love** for **one another** we do not need to write to you, for you yourselves have been taught by God to **love** each other.

### [2 Thessalonians 1:3](#)

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the **love** all of you have for **one another** is increasing.

### [Hebrews 10:24](#)

And let us consider how we may spur **one another** on toward **love** and good deeds,



[1 Peter 1:22](#)

Now that you have purified yourselves by obeying the truth so that you have sincere **love** for each other, **love one another** deeply, from the heart.

[1 Peter 3:8](#)

Finally, all of you, be like-minded, be sympathetic, **love one another**, be compassionate and humble.

[1 Peter 5:14](#)

Greet **one another** with a kiss of **love**. Peace to all of you who are in Christ.

[1 John 3:11](#)

For this is the message you heard from the beginning: We should **love one another**.

[1 John 3:23](#)

And this is his command: to believe in the name of his Son, Jesus Christ, and to **love one another** as he commanded us.

[1 John 4:7](#)

Dear friends, let us **love one another**, for **love** comes from God. Everyone who **loves** has been born of God and knows God.

[1 John 4:11](#)

Dear friends, since God so **loved** us, we also ought to **love one another**.

[1 John 4:12](#)

No **one** has ever seen God; but if we **love one another**, God lives in us and his **love** is made complete in us.

[2 John 1:5](#)

And now, dear lady, I am not writing you a new command but **one** we have had from the beginning. I ask that we **love one another**.

## Definition

'Christian Care' is \_\_\_\_\_ and \_\_\_\_\_ walking together in  
\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ to build each other up to  
\_\_\_\_\_.

## Discussion: Thinking about the Care that we currently receive

Take a moment to work through each of these columns (start with column A)

A) How do you see 'Christian Care'...	B) Limitations of this kind of Christian Care?	C) Strengths of this kind of Christian Care?
...in your 'Sunday' Church gathering?		
In your...Small/ Bible/ Growth Group?		
...by your close church friends?		
D) Consider the other forms of Care that you receive outside of your church setting (i.e. from family, health professionals, work, education institution, sports team etc.) How is this care different to what you receive at church?		



Christian Care does not equal Social Work. Care for the needy, providing for the poor, befriending the lonely, helping people with problems, find answers where there seems to be none – are all good things to do, but not the main aim of ‘one-anothering’ in the Bible. The most effective and fruitful Christian Care happens when we help people listen and engage with what God is saying through his word. This brings the ‘how’ of Christian Care in line with the ‘why’.

The result should be that we are helping with the practical and emotional needs of one another (their temporal concern) while ensuring that we are also helping the spiritual needs of each other (their eternal concern).

## Tangible Christian Care

Five principles:

1. \_\_\_\_\_

- Ps 23; Psalm 78:52-53 c.f. John 10:11-30

2. \_\_\_\_\_

- What you can do as a start is to pray.
- You know the needs of the person, the concerns or burdens that they present before you, so intercede for them and pray. With them and away from them.



3. \_\_\_\_\_

- The starting point for Christian Care should be....
- The motivation for Christian Care should be to help a person in becoming more and more like the Chief Shepherd. Looking at the Bible has to be central to this.

But what about the practical things?!

4. \_\_\_\_\_

5. \_\_\_\_\_

- Often one of the best ways you can help is to hold a person accountable to getting the help they need.

Appendix 2 – provides and support list for the Blue Mountains Area

## Crisis vs Chronic Care

Church Families are generally very good at responding well to a crisis. People rise to the occasion, they respond with generous practical displays of love and support. In fact, Christian fellowships are some of the best-equipped crisis care communities.

What we don't do so well is persevere with people when things become chronic. People whose fatigue or illness keeps them away from church for weeks, months, or years can easily be overlooked or forgotten. The latest crisis replaces the last. Our attention shifts to the observable, noisy and current. It's worth doing a personal audit and considering who haven't been seen for a while, who might be lonely, struggling, housebound, exhausted, or embarrassed and afraid to return to church.

Let's look at the differences between Crisis and Chronic Care and some practical things we could do.

### Crisis Care

**What are some examples of Crisis issues that have or could occur for members of your church family?**

**In a crisis, work from immediate to short term.** What are the necessary things that have to be dealt with in the immediate and help navigate the person towards the less urgent things that will come in time. **The care you give is often reflective of the situation – immediate and urgent.**

*Important Actions:*

1. Pray
2. Act – fast (urgent)
3. Listen, be there
4. Get professional help – if necessary
5. Provide Material needs
6. Work as a team and involve others (including communication)



## Chronic Care

Not all significant needs remain crises. Sometimes the matters are ongoing for weeks, months, or years. There are real and often painful issues that simply don't go away.

**What are some examples of Chronic issues that have or could occur for members of our church family?**

**When Chronic, take the long-term view.** We are not dealing with the immediate and often it has moved beyond the short-term and has become a long-term issue. As such, the care may be long-term (which is what makes it so hard).

Small/Bible/Growth Groups can be a real gift for a person needing chronic care – but with boundaries.

Recognize again that sometimes the needs of a person are beyond the scope or capacity of an individual or perhaps a group and professional support should be engaged.

### *Important Actions*

1. Pray – and ensure there is a regular prayer communication
2. Work as a team – be intentional
3. Engagement – keep them connected.
4. Love – stand firm (long term) and hold to account
5. Look forward (often the person will want to keep looking back)
6. Look into the word (ask about/suggest what to read – in the Bible and other books)
7. Don't reward

It is very easy to allow the immediate, obvious, pressing needs of people to overshadow their eternal needs. Jesus understood this pressure and temptation as he was confronted daily by suffering, struggling, needy individuals. He often chose to relieve people's suffering and to care for them in practical ways. His compassion was unsurpassed.

However, Jesus came on a bigger mission than emptying hospitals. He came preaching the good news of the Kingdom of God and how people could experience healing of their sins for eternity. We see Jesus' alignment with these priorities throughout the gospels.





Jesus chose to leave the pressing needs of people in one town, firstly to spend time praying, and secondly to go elsewhere to proclaim the eternal message of hope for all who turn to God (Mark 1:32-38). He came to seek and to save people who were truly lost. He came to call people into his kingdom. He placed the eternal needs of people over, but not to the exclusion, of their earthly needs.

It can be easy to be dominated by people's crisis and chronic concerns. We can even build a culture where needs become the way to get each other's or the pastor's time and attention. This is not healthy. Let's not lose the ministry of the word and prayer.

## **Review & Close**

**'Christian Care' is intentionally and relationally walking together in faith, hope and love to build each other up to maturity in Christ.**

## **Final Reflection**

**What are two aspects of this workshop that you will take and apply in the way that you offer Christian Care to those in your church family?**

**What is one action that you will take that will offer Christian Care to someone who does not yet know Jesus?**

## Appendix 1 - Books that help

Scott Blackwell	<i>Healed at Last – Separated Biblical Truth from Myth</i> (Kingsford, Matthias Media 2014) – helpful in thinking about physical healing.
Albert J. Beinstein	<i>Emotional Vampires – dealing with people who drain you dry</i> (MaGraw Hill, 2ed. 2012) – secular book looking at the various personalities types and why they ask what they do.
Don Carson	<i>Love in Hard Places</i> (Wheaton, Crossway, 2002) – good book about speak the truth in love.
Gordon Cheng	<i>Encouragement – How Words Change Lives</i> (Kingsford: Matthias, 2006) – helpful for understanding biblical encouragement.
Larry Crabb & David Allender	<i>Encouragement Encouragement – the key to caring</i> (Homebush, Anzea Books, 1990) – good book to help underline the importance of encouragement in a church family and some practical steps.
Gaius Davies	<i>Genius, Grief &amp; Grace – A doctor looks at Suffering &amp; Success</i> (London: Christian Focus, Revised Ed 2001, Rpt 2008). Great book on case studies about how by God's grace adversity may lead to achievement.
Elisabeth Elliot	<i>A Path through Suffering – discovering the relationship between God's mercy and our pain</i> (Eastbourne, Crossway, 1990) – Good book to help someone dealing with grief and loss.
Paul Grimmond	<i>Suffering Well – The predictable surprise of Christian Suffering</i> (Kingsford, Matthias Media, 2011) – great book for dealing with the question of why suffering exists.
Os Guinness	<i>Doubt – Faith in Two Minds</i> (Herts, Lion, 1976) – great book for helping a person see the value of doubt.
Leigh Hatcher	<i>I'm not Crazy, I'm just a little unwell – A Journey through Chronic Fatigue Syndrome</i> (Victoria: Strand, 2005) – Good book to help someone with Chronic Fatigue.
John Hindley	<i>Serving without Sinking – how to serve Christ and keep your joy</i> (Croydon, Good Book, 2013) – good book to help someone avoid burnout.
David McDonald	<i>Hope Beyond Cure</i> (Kingsford, Matthias Media, 2013) – Great book for someone with Cancer.
William P. Smith	<i>How to Love Difficult People – Receiving and Sharing God's Mercy</i> (Greensboro, New Growth Press, 2008) – short pamphlet practical in equipping folk to care for those that are hard to love.



For more Training Papers on a range of Christian Leadership matters go to:  
<https://churchcentralonline.com/bible-studies/training-papers/>

## Appendix 2 – Support List for the Blue Mountains Area

Counsellors	
<b>Allgood Psychology</b> <b>Dr David Bosanquet</b> (02) 4758 6687 <a href="mailto:allgoodpsychology@gmail.com">allgoodpsychology@gmail.com</a> <a href="http://www.allgoodpsychology.com">www.allgoodpsychology.com</a>	Christian, based in Hazelbrook (35 Railway Parade) <b>Clinical Psychologist</b> Children, adolescents, and adults. <ul style="list-style-type: none"> <li>Depression, Anger Management, Anxiety, Stress, Marriage/Relationship and Sexual Counselling, Family Therapy, Addictions, Trauma, Mood Problems.</li> </ul> Recommended by Springwood Anglican
<b>Anchor Psychology Clinic</b> <b>Clare Calderwood</b> 0411 663 420 <a href="mailto:admin@anchorpsychologyclinic.com.au">admin@anchorpsychologyclinic.com.au</a> <a href="http://www.anchorpsychologyclinic.com.au">www.anchorpsychologyclinic.com.au</a>	Christian, based in Penrith (331 High St) Principal Clinical Psychologist <ul style="list-style-type: none"> <li>Assessment and treatment for adults experiencing a range of mental health issues. Evidence based therapies like Cognitive Behaviour Therapy, Acceptance and Commitment Therapy, Schema Therapy and Dialectical Behaviour Therapy.</li> <li>New appointments on Wednesday or Thursdays</li> </ul> Recommended by Sandy Morrison (LMAP) and Jo Young (Springwood Anglican)
<b>Anglicare Counselling</b> 1300 651 728 <a href="http://www.anglicare.org.au/counselling">www.anglicare.org.au/counselling</a>	Christian, based in Penrith (114 Henry St) <ul style="list-style-type: none"> <li>Communication, Family Functioning, Relationship Enrichment, Emotional and Mental Health, Parenting Skills, Self-awareness, Life transitions (e.g. Separation and Divorce, Loss and Grief, Work Changes), Family and Domestic Violence.</li> </ul> Anglicare is one of the Sydney Diocese Mission Partners
<b>Anglicare Mental Health Resource Hub</b> <a href="https://www.anglicare.org.au/church-partnerships/mental-health-resource-hub">https://www.anglicare.org.au/church-partnerships/mental-health-resource-hub</a>	Christian, online resources <ul style="list-style-type: none"> <li>The site provides details and contact numbers to assist church to support people experience mental health and emotional wellbeing challenges.</li> <li>Who to talk to (In a crisis/GP's/Mental Health Services/Christian Professionals); Online resources (General/Anxiety/Depression/Suicide/Language/Self-assessment/Programs/Forums/Apps and Tools); Courses; Further reading/Sermons/Bible Studies/Websites.</li> </ul> Anglicare is one of the Sydney Diocese Mission Partners
<b>Blue Mountains Clinic</b> <b>Tony and Alex Richie</b> 02 4754 1944 <a href="mailto:admin@bluemountainsclinic.com.au">admin@bluemountainsclinic.com.au</a> <a href="http://www.bluemountainsclinic.com.au">www.bluemountainsclinic.com.au</a>	Christian, based in Winmalee (382 Hawkesbury Road) Children, adolescents, and adults. <ul style="list-style-type: none"> <li>Mood Disorders, Anxiety Disorders, ADHD, Autism, Behavioural difficulties, family relationship difficulties, trauma, and other psychological difficulties.</li> </ul> Recommended by Rev. Steve Young (Rector Springwood) & Siena O'Brien (Springwood Baptist).

<p><b>Vicki Brasington (J.P.)</b>  0416 068 741  <a href="mailto:vickibrasington@gmail.com">vickibrasington@gmail.com</a></p>	<p>Christian, based in Winmalee (3 Pinecrest St)  Pastoral /Professional Supervisor  Associate Member of AAOS (Australasian Assoc Of Supervision)</p> <ul style="list-style-type: none"> <li>Pastoral Support to people working in parish or other fields of Christian ministry.</li> </ul> <p>Recommended by Rev. Steve Young (Rector Springwood Anglican)</p>
<p><b>Bridges Counselling</b>  (02) 9683 1444  0415 752 544  <a href="http://www.bridgescounselling.com.au">www.bridgescounselling.com.au</a></p>	<p>Based in Oatlands – North Parramatta (Burnside Shopping Village cnr. Glencoe Ave)  A team of specialised professional counsellors, all in private practice as committed Christians.  Children, adolescents, and adults.</p> <ul style="list-style-type: none"> <li>Relationship Counselling, Psychology Services, Family Counselling, Christian Counselling and Supervision Services and a range of other specialty counselling services.</li> </ul> <p>Recommended by Lachlan Bryant (Director of Safe Ministry, Sydney Diocese)</p>
<p><b>Denton Clinical Psychology</b>  (02) 9980 5729  0439 738 763  <a href="mailto:admin@dentonpsychology.com.au">admin@dentonpsychology.com.au</a>  <a href="http://dentonpsychology.com.au">dentonpsychology.com.au</a></p>	<p>Based in Pennant Hills (Suite B, First Floor 5 Hillcrest Rd)  Selected psychologists at this practice are Christian (Dr. Fiona Denton, Fiona Tung, Lauren Winney and Jacqui Kemmis-Riggs) and their website includes a separate section with information for Christians.  Children, adolescents, and adults.</p> <ul style="list-style-type: none"> <li>Uses Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT)</li> </ul> <p>Recommended by Rev David Shead (Rector Cambridge Park, Anglican)</p>
<p><b>Dr Geoffrey Glassock</b>  0411 035 512</p>	<p>Christian, based in Springwood (1 de Chair Avenue)  <a href="#">Counselling Psychologist</a>  Adults only</p> <ul style="list-style-type: none"> <li>Anger Management, Couples Therapy, Depression, Grief and Loss, Mediation, Post-Traumatic Stress Disorder (PTSD).</li> </ul> <p>Recommended by Rev. Ray Robinson (ex-Rector St Hilda's Katoomba, Anglican)</p>
<p><b>Suzanne Carson</b>  <a href="mailto:Suzanne-carson@outlook.com">Suzanne-carson@outlook.com</a></p>	<p>Christian, based at Holy Trinity Wentworth Falls (17 Armstrong St)  Monday and Tuesday from 3pm-8pm. Also Zoom Appointments  Accredited Mental Health Social Worker (Member: Australian Association of Social Workers)  Individuals and Couples Counselling</p> <ul style="list-style-type: none"> <li>Relationship Counselling – distress, conflict, parenting, family dispute and Marriage Preparation.</li> <li>Trauma, anxiety, depression, employment related issues, life stage transitions, processing separation, grief, post-natal depression and boundary difficulties</li> <li>Supervision and Mentoring</li> <li>Professional Influences - Family Systems Training and thinking, Gottman Institute research, Schema Therapy, Neuro-psychotherapy and the Psychobiological Approach to Couple Therapy (P.A.C.T), Levels 1 and 2.</li> </ul>

	Recommended by Rev. Zac Miles (Rector of Holy Trinity Wentworth Falls. Anglican)
<b>Integrity Counselling</b> <b>Megan Watson</b> 0433 527 597 <a href="mailto:megan@integritycounselling.com.au">megan@integritycounselling.com.au</a> <a href="http://www.integritycounselling.com.au">www.integritycounselling.com.au</a>	Christian, based at Blaxland Member of CCAA (Christian Counsellor Assoc of Australia) <ul style="list-style-type: none"> <li>Anxiety, depression, family conflicts, personal problems, couple conflict, childhood abuse, parenting skills, grief, loss, domestic violence, addictions, resilience, work-related problems, Mental health support.</li> <li>Offers specific Christian counselling on request.</li> </ul>
<b>Lower Mountains Clinical Psychology Practice</b> Sandy Morrison 0401 918 744 <a href="http://lowermountainsclinicalpsychology.com.au">lowermountainsclinicalpsychology.com.au</a>	Recommended by Rev. Tom Melbourne (ex-Rector Lawson Anglican) Christian, based in Warrimoo (299 Great Western Highway) Clinical Psychologist Adults only <ul style="list-style-type: none"> <li>Abuse, Anxiety, Burnout, Depression</li> </ul> Note: Member of Lower Mountains Anglican Church and so will refer LMAP Congregation members where possible.
<b>Psychekology</b> <b>Dr Jenny Dawson</b> 02 8850 2211 <a href="mailto:drjennifer@psychekology.com.au">drjennifer@psychekology.com.au</a> <a href="http://www.psychekology.com.au">www.psychekology.com.au</a>	Recommended by Rev. Steve Young (Rector Springwood Anglican) Christian, based at Baulkham Hills (Suite 305, Level 3, 25 Solent Circuit). Psychologist <ul style="list-style-type: none"> <li>Specialises in Post-Traumatic Stress Disorder (PTSD).</li> </ul>
	Recommended by Lachlan Bryant (Director of Safe Ministry, Sydney Diocese)
<b>Richard Elms</b> 0407 102 912 <a href="mailto:ttc@richardelms.com.au">ttc@richardelms.com.au</a> <a href="http://www.richardelms.com.au">www.richardelms.com.au</a>	Christian, based in Queensland (ex. Penrith). Willing to consult over ZOOM. Accredited Clinical Social Worker. Providing therapy for children, adolescents and adults <ul style="list-style-type: none"> <li>Anxiety and depression, behavioural problems, domestic violence, anger problems, sexual abuse, addiction, disability, trauma, parenting challenges, relationship problems.</li> </ul>
	Recommended by Archdeacon Neil Atwood and Steve Gooch (ex-Rector Kingswood Anglican)
<b>Katie Small Counselling</b> 0435 226 099 <a href="mailto:info@katiesmall.com.au">info@katiesmall.com.au</a> <a href="http://www.katiesmall.com.au">www.katiesmall.com.au</a>	Christian, based at Blaxland on Thursdays (in-person & online) and Fridays (online). Accredited Mental Health Social Worker (AASW). <ul style="list-style-type: none"> <li>Providing services for individuals, couples &amp; families facing a range of challenges (specialises in relationship stress/conflict, parenting, post-natal anxiety/depression, pregnancy loss, workplace stress and trauma).</li> <li>Uses Bowen Family Systems Theory and utilises Emotion Coaching, Mindfulness, Cognitive Behaviour Therapy (CBT) and Trauma Informed Practises.</li> </ul>
	Recommended by David Miles (Pastor SOMA Blue Mountains); John and Myra Russell (Members of LMAP)

<b>Kim Morris Counselling</b> 0431 071 969 <a href="http://www.mbm.org.au/counselling">www.mbm.org.au/counselling</a>	<p>Christian, based at MBM Rooty Hill.</p> <ul style="list-style-type: none"> <li>• Counselling for Individuals, Couples and Families.</li> <li>• Skilled in Grief/Loss, Depression, Anxiety and Stress, Coping with Emotions, Anger Management, Self-Harm, Trauma, Addictions, Parenting, Domestic Violence, Affairs, Betrayal and Trust Matters.</li> </ul> <p>Recommended by Jason Ramsay (Senior Minister Oakhurst Anglican Church)</p>
<b>Trinity Counselling</b> <b>Howard and Phillipa Mychael</b> 0408 173 637	<p>Christian, based at Katoomba on Wednesdays.</p> <p>Recommended by Rev. Ray Robinson (ex-Rector Katoomba, Anglican)</p>
<b>Wendy Mclean Psychology</b> <b>Wendy Mclean</b> 02 4578 2700 <a href="mailto:wendy@wendymclean.com.au">wendy@wendymclean.com.au</a> <a href="http://www.wendymclean.com.au">www.wendymclean.com.au</a>	<p>Christian, based at Richmond (16 Bosworth St)</p> <p>Psychologist</p> <p>Adult and Children</p> <ul style="list-style-type: none"> <li>• Counselling, Assessment and Professional Consultation / Supervision</li> </ul> <p>Recommended by Rev David Shead (Rector Cambridge Park, Anglican)</p>

Those who appear on this list are recommended to us as Christian practitioners. It is possible to search for other professionals accredited by the *Psychotherapy and Counselling Federation of Australia* (PACFA). Go to: [www.pacfa.org.au](http://www.pacfa.org.au). Where each stand in faith is not known.