

BreakThru

From Catechism to Christ

EVERYDAY SAMARITAN: HURT

LEARNING EVENT MAKE-UP

A WORD ABOUT THE EVERYDAY SAMARITAN SERIES

For this and the next four Learning Events, we will be going through a series called Every Day Samaritan for Early Adolescents, which is a curriculum of Peer Ministry Leadership led by Lyle Griner. The Learning Events themselves are very interactive, involving one-on-one and small group interaction and practice of skills, and it is a challenge to get the full experience through a make-up assignment like this. I encourage you to make an effort to be at the actual Learning Events throughout this series to get the full impact of this wonderful training and learning opportunity.

HEAD - MATTHEW 25

Read Matthew 25:31-40 out loud together with your parent, then discuss and answer the questions below.

31 "When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. 32 All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, 33 and he will put the sheep at his right hand and the goats at the left. 34 Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; 35 for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' 37 Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? 38 And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? 39 And when was it that we saw you sick or in prison and visited you?' 40 And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

Who and where have you seen or known people in need, particularly those who are hungry, thirsty, strangers, naked, sick, or in prison?



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What are other *hurts* you see or are aware of? Friends? School? Neighborhood? Etc.? Keep confidentiality, and talk about the *hurts*, not specific people.

Which of these hurts represent the most emotion for you? Which hit closest to home?

Why do people ignore other's hurts? What makes people numb about wanting to help?

What do these words mean: "Just as you did it to one of the least of these who are members of my family, you did it to me."? What does that mean for youth ministry or the ministry of Epiphany Lutheran Church?

What is God asking you to do?

How do you help a friend?

READ THIS: MATTHEW 25

- **Just as you did it to one of these:** Hurt, pain, loss, and evil are part of life. Christians are called to be caregivers in the midst of it all. The challenge is to not miss the opportunities to care and welcome others. Observing, being aware of people around us gives us clues for caring. Our response to the Good News is to love our neighbor.
- **Numb:** It is amazing how often people have no feelings for others' hurts. Some speculate that we are desensitized, due to constant media images. Others have taught us that hurts are the results of people's own faults or laziness.
- **Close and Far:** Some of the hurts may seem far away, unique to people in other places, while others may fall close to home, even experienced personally.

HEART & HANDS - LISTENING TO HURTS

What is one of your hurts? Have your parent share with you something that is sensitive but also appropriate, such as: a disappointment, remembering a bullying situation, a worry or concern, difficulty making friends after a move, a fear of not being accepted by a group, or not making a sports team. Choose a story that holds emotions. As your parent shares with you, practice being a good listener and modeling traits that would make someone a good friend and listener.

Invite another parent, sibling, or friend to observe and watch for good listening skills.

Person Sharing

- Pick a real hurt, but appropriate for young participants (possibly a relationship struggle).
- Pick a story that holds real emotion.
- Remember you have permission to stop anytime if you desire.
- Talk to your listener not the group.

Person Listening

- Help person tell his or her story.
- Keep eye contact.
- Ask questions.
- Name and reflect feelings.
- Don't solve or fix.
- If you don't know what to do, ask to stop; the facilitator can help with ideas.

Observing Participants

- Sit quietly.
- Do not enter into discussion.
- Observe carefully.
- Imagine what you might ask or say if you were listening.

After you have spent about 10 minutes listening to your parent's hurt, talk about and answer the questions below:

Sharing Parent: What did your listener do well for you? What was most helpful?

Listener: What were one or two key things you heard as you listened?

Listener: What would be a short, even as short as one line, prayer that reflects the core of what your parent shared with you?

Observer(s)/Answer Together: What did the listener do that helped the speaker to tell his or her story?

Observer(s)/Answer Together: What else made this person a good listener?

Observer(s)/Answer Together: What did the person not do, that made him or her a good listener?

Observer(s)/Answer Together: What types of questions seemed to be most helpful?

READ THIS: LISTENING TO HURTS

- **Listeners don't interrupt:** As a listener hears information that reminds him or her of a personal story, resist the urge to talk about yourself. Good listeners do not take over the conversation by making it about himself or herself. A good listener helps a person tell his or her story.
- **Ask questions that help the person tell their story:** Ask the questions that allow the person to tell more of the story. Questions that show genuine interest make a person feel he or she is being heard. Ask questions that go beyond just asking facts.
- **No "Should-Uponing" Allowed:** No one likes to be should-upon! "You should do this..." "If I were you I would..." "I had a friend who went through the same thing and she..." "Everyone else is..." People act on their own solutions, not yours. Even when you think you have good advice, help the person find their own solutions. Telling the person what to do is like saying, "I think you are incapable of handling this, so I will take over and tell you what to do."
- **Name feelings and emotions:** Despite what some say, it is okay to talk about feelings. Even guys! The fact is, a person always has feelings. Asking about them or observing what you think they may be allows the person sharing to understand himself or herself much better. When feelings are named, a person shares more personally. You might find yourself asking, "Were you afraid?" or saying, "That must have been embarrassing." Or, just say, "Ouch!" acknowledging the hurt.
- **Pay attention to what is not said:** Sometimes people say a lot by what they skip or leave out. If you sense this ask, "I notice you never mention your brother. I am curious about that."

- **I don't want to pry:** Asking personal questions seems like prying. It feels wrong to some. Still, if everyone missed the opportunity to ask the important question we would never talk about anything important. If you are nervous about asking, simply ask the person! "Is it okay if I ask about your parents' divorce?" A person will tell you if he or she would rather not talk about it.
- **Sharing a hurt:** Knowing what it feels like to share a personal hurt gives clues to what others feel when they talk to you as a friend or a Peer Minister. Some people are simply more open than others. Much of it comes back to all the characteristics of trust, such as those written on your box.
- **Acknowledge that all hurts are human!:** Sometimes people don't share because they assume their topics are not normal. Reality is that the hard, the painful, and the disappointing experiences are all part of being human. No one goes through life without facing hard things. Pretending they don't exist or not sharing them with trusted people often causes life situations to get harder to handle.
- **Don't overreact, don't underreact:** When someone shares a tough issue with you listen with your heart, but don't overreact with surprise. Let the person know it is okay to share. At the same time, don't tell a person his or her concern doesn't matter or say things like "You should just get over it." If an issue seems small to you, remember we all experience things differently. What seems small to you can consume another.
- **Care, Listen:** Listening is often described as coming from the heart, more than the mechanics of things like eye contact. Listening takes time for understanding to be reached.
- **Thank for trust:** When another shares, it is a sign that the person trusts you. This is a great honor. Thank the person for that trust.