



The Vine

Guidance for Life's Journey

Jesus said:

"I am the vine, you are the branches. When you're joined with me and I with you, the harvest is sure to be abundant. Separated from me, you can't produce a thing. John 15:5, The Message

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### Ministering to Those in Crisis

In this month's article we will once again focus on Cathy Peterson's book *Call Me If You Need Anything...and Other Things NOT to Say*. She offers great advice and instruction for family, friends and church members in ministering to those in crisis. After the initial "fog" has lifted from an individual and their immediate family, it is important to then offer...

### Offer Genuine Encouragement

- **Send Cards**
  - Send cards at least once a week
  - Send cards with scripture or, better yet, with hilarious messages
  - Laughter is the best medicine!
  - Don't send "get well" cards—it can be depressing to a seriously ill person
- **Phone Calls**
  - Be brief
  - Listen...this is the most important thing
  - Don't share your bad experiences...they have enough going on already in their own lives
- **Make an Action Plan**
  - Don't just *offer* to help someone...make an action plan to do it, such as:
    - Don't just offer to mow the grass 'sometime.' Instead, say, "I'm coming over Friday to mow your grass. See you then!"
    - Say, "I'm going to come by with dinner one night this week. Is Tuesday okay?"

We all care deeply for our friends in crisis...we sometimes just need a little help showing our care in the most effective way. Whatever you do, do it with all your heart, with the other person's needs in mind, and it will be well received!