

Helping People Live

Very often when trying to help people, we look to the most obvious matter of need - the crisis, vice or struggle. These matters are typically front and center for individuals who want to be helped. While attending to these matters is important, sometimes we as the helper are ill equipped to address these matters. The good news is people can be helped without having an eye to these matters. We have, instead, an eye toward living well. The prompts and bullets below are intended to get us thinking about the endless possibilities for helping people.

Help people make living with God more real and beautiful.

- Do they love getting into God's Word?
- Do they experience the presence of God throughout the day?
- Are they able to come to a place of joy in Christ at any given moment?
- Do they feel God's smile and pleasure?
- How comfortable are they sitting with God in silence?
- Are they able to have frank and honest conversations with God?
- Is the resurrection real and relevant to their today?
- Are they able to identify and appreciate God's blessings?

Help people grow in their understanding of themselves.

- Do they know how to use their body to influence their thoughts?
- Do they know how to come to a place of rest?
- Are they aware of the relationship between their thoughts, feelings and behavior?
- How well do they understand why they think the way they do?
- Do they know his/her triggers and why they trigger him/her?
- Do they know their strengths and opportunities to use them?
- What are things that align with *Philippians 4:8* that they might think on?

Help people build healthy rhythms into their life.

- Have they found the benefit of fasting?
- Have they found the benefit of sabbath?
- Do they keep good personal habits such as making his/her bed or cleaning their room?
- Have they found the benefit of bodily exercise?
- Have they learned how to develop a new love by lingering with a thing? (music, hobby, skill)
- Can they identify healthy habits they would like to establish?
- What is something they love and how might they share it?
- Can they develop a specific and realistic plan for starting healthy habits?

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Help people avoid isolation and live in relationship.

- Do they have a community that they can reach out to before, during or after struggle?
- Do they feel valued in their community? Are they seen only for their struggles?
- Do they feel like they contribute to their community?
- Do they feel respected in their community?
- Do they know how to be a friend?
- Can they identify individuals they would like to grow closer to?

Help people live in the real world.

- Do they find health in getting into nature?
- Do they find value in in-person gatherings?
- Do they have a proper relationship with the past and future? Help them live presently.
- Do they have a good grasp of what is fake, phony, unrealistic and fantasy?
- Do they have a good sense of what is life giving for them? (What do they enjoy?)
- Do they have healthy ways of dealing with disappointment?

Help people have a growth mindset.

- Do they have a vision for who God is transforming them into being?
- Do they look forward to being their future Christian self?
- Do they know how to follow Christ as a day in and day out endeavor?
- Can they tell you areas of life where they are weak and could grow?
- Can they tell you areas of strength that they want to continue growing?
- Can they develop a plan for strengthening an area of weakness and continuing to grow an area of strength?