

# What Do I Need?

Mark the sentences that describe you the best. Or write your own sentences in the boxes that come closest.

## Hungry—Service



*Spiritually hungry people want to do good and are dissatisfied with what they do now.*

- I want to make a difference.
- I want to help people in need.
- I want to make life better for people.
- I am ready to work. I'm willing to serve.
- I feel passionate about what I'm doing.
- I need opportunities to be useful.
- I am limited in my ability to do what I want to do.
- I feel called to serve God.

## Thirsty—Learning



*Spiritually thirsty people are eager to learn and grow, or have doubts and questions.*

- I have questions. I want to learn.
- I want to help, but I don't know how.
- I love discovering new ideas.
- I'm confused. I don't understand. I have doubts.
- I feel challenged by other philosophies and ideas.
- I want to understand God, heaven, life and love.
- I love digging deep in the Lord's Word.

## Stranger—Community



*Spiritual strangers need community and connection, or are lonely or isolated.*

- I want to connect with other people.
- I want to feel that I belong.
- I'm lonely. I need friendship.
- I want someone to listen to me.
- I want to be with people who share my values.
- Nobody knows what I'm going through.
- I feel lost. I need directions.
- I don't feel at home in this culture.
- God has abandoned me.

## Naked—Hope



*Spiritually naked people struggle with shame or grief, and lack confidence, trust and hope.*

- I feel low.
- I'm worried.
- I feel vulnerable.
- I'm struggling with grief.
- I'm struggling with shame.
- I don't want anyone to know what my issues are.
- I want to crawl in a hole and hide.
- I want to make peace with my past.
- I want something to look forward to.
- I'm no good. I have nothing to offer.
- I just don't want anyone to be hurt.

## Sick—Healing



*Spiritually sick people struggle with lust, anger, resentment, control and addiction.*

- I feel resentful or angry.
- I keep indulging unhealthy desires.
- I'm struggling with addiction.
- My life is falling apart.
- I have hurt people.
- People have hurt me.
- I'm sick of feeling pain.
- I'm struggling with fear. I'm not safe.

## Prisoners—Freedom



*Spiritual prisoners are trapped by false assumptions, and often need clear boundaries.*

- I feel stuck.
- I can't decide what direction my life should go.
- I have no control over my life.
- I can't make any progress.
- All my problems come from other people.
- Nothing I do makes any difference.
- I don't have any good options.
- I have made bad choices.

## How Can We Help Each Other Right Now?

You may be able to help people outside your meeting, or at another meeting, but right now you have an opportunity to help each other in this group here and now. After you have identified some of the needs in your group, pick one of the foremost needs to focus on right now and use some of the methods below. We call any group member with that need “your neighbor.”

### Help for Spiritual Hunger



- Ask your neighbor to lead this process.
- Identify what need your neighbor feels called to.
- Identify someone in your neighbor's life whose need the group can meet. Make a plan.
- Discuss barriers to your neighbor's usefulness and ways to overcome them.
- As a group, ask the Lord to lead your neighbor to greater usefulness.

### Help for Spiritual Thirst



- As a group, pray for enlightenment.
- Identify your neighbor's questions and doubts.
- Ask your neighbor to share some Scripture.
- Invite your neighbor to share an idea or lead a discussion.
- Going around the circle each person can share a relevant passage of Scripture.
- Focus on learning what will help you serve.
- Share resources such as studies, ministers, books, or internet.

### Help for Spiritual Strangers



- Tell each other your stories.
- Tell something others don't know about you.
- Ask your neighbor about their spiritual journey.
- Plan to meet one of your neighbor's friends.
- Plan to introduce your neighbor to a new friend.
- Plan a social event with your neighbor.
- Each of you talk about ways the Lord has been with you at different times in your life.
- Plan a communal meal.

### Help for the Spiritually Naked



- Offer extra listening.
- Listen to feelings and reflect them back.
- Offer prayer asking for comfort, strength, wisdom and peace.
- Help your neighbor feel safe and private. Talk about confidentiality.
- Each of you share something you hope for your neighbor, and something you appreciate.
- Each of you share something in yourself that is from heaven and something from hell.
- Each of you share something that got you through a hard time.

### Help for the Spiritually Sick



- Ask, “What's painful?” or, “What's not working?” or, “Where is forgiveness needed?”
- Never pressure people to talk about their faults.
- Admitting your own faults can give others permission to talk about theirs.
- Be willing to apologize and forgive.
- Do the work of repentance.
  1. Examine your thoughts and intentions.
  2. Find something bad you must change.
  3. Ask the Lord for help and strength.
  4. Resist the evil and make a new start.
- Ask about a time when your neighbor felt well.
- Ask the Lord for healing and forgiveness.

### Help for Spiritual Prisoners



- Ask, “What do you want?”
- Ask, “If nothing stood in your way, what would you do?”
- Discover options that your neighbor has.
- Give your neighbor a choice. “Shall I say a prayer or read some Scripture?”
- Talk about the freedom to change your attitude, even when you can't change anything else.
- Discuss how the equilibrium between heaven and hell shows up in your neighbor's life.
- Share your ideas about what heaven is like.
- Ask the Lord for freedom.