

Inner Healing Questions to ask those receiving Spiritual Care

When hurting, what would you like to receive from a small group committed to your wellbeing?

What would you not want to receive?

Here are the most common answers from Caregivers and Receivers about the kind of care they are seeking for their own inner healing.

- I want people to listen
- I want a safe place – confidential
- I want to sense they care, and what I feel matters
- I want them to respect my burdens
- I want them to point me to the faithfulness of Christ
- I want their Healing Prayer, it is essential
- I want to be loved
- I need to feel accepted
- I do not want to be told spiritual clichés
- Do not try to fix me
- Do not condemn me. I am already doing that myself
- I cannot handle a judgmental attitude
- Do not minimize, discount what I am going through
- Do not allow me to take on a “victim” role
- Challenge me to forgive as Christ forgives
- I need patience with me in the slow healing process.
- I want to hear truth.
- Do not give me solutions.

Which of these are important to you?