

# NOW & NEXT

## HOW THE CHURCH IS CHANGING FOR GOOD

presented by  AMPLIFY MEDIA

### Episode 6 – Pastoral Care During Challenges: Spiritually Supporting Your Communities

Watch this episode on demand and download related resources at [AmplifyMedia.com/NowandNext/pastoral-care-during-challenges/](https://AmplifyMedia.com/NowandNext/pastoral-care-during-challenges/).

Host – Rev. Lisa Yebuah, Lead Pastor, Southeast Raleigh Table, Raleigh, NC

Panelists –

- Bishop Kenneth L. Carder

Retired UMC Bishop, Columbia, SC

- Rev. Dr. Denise Massey

Associate Professor of Pastoral Care and Counseling, McAfee School of Theology, Mercer Univ., Atlanta, GA

- Rev. Lia McIntosh

International Coaching Federation (ICF) Certified Coach, Kansas City, MO

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In Amplify Media's survey of 1,000+ church leaders, six-in-ten (60.65%) said one of their most pressing roles at this time is providing care to meet the pastoral needs of their people. In this episode, we discussed the importance and challenges of pastoral care during a pandemic.

Even in the best of times, pastoral care might be overwhelming. The panelists began by discussing the resources they recommend:

- Each panelist affirmed the importance of self-care. (To watch our webinar on the topic of self-care, click [here](#).) It is a delicate balance of loving your neighbor as yourself, which can also be read to mean we are commanded to love both ourselves and our neighbors.
- Deepen your spiritual disciplines. Bishop Carder had a wonderful new practice of using the CDC health guidelines during this time as a spiritual discipline. When he washes his hands, he meditates on his baptism. When he wears his mask, he prays for protection for others, and so on.
- Many pastors instinctually consider pastoral care as an action, but the panelists reminded us to slow down in our care and make space for both lament and listening.
- They also recommended several books during this episode, which are available in the Additional Resources section of the [episode's page](#).

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To watch older episodes on demand or to register for future webinars, visit [AmplifyMedia.com/NowandNext](https://AmplifyMedia.com/NowandNext).

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Other encouraging thoughts about pastoral care during a pandemic:

- Remember to set aside your assumptions and start new every day.
- We're all shut-ins now. How do we use this experience to help us now and in the future move those people who have always been in the periphery of society to the central location of our care?
- The language we choose to use widens our view of care. Pastoral care is also community care.
- One of the most inhibiting temptations of pastoral care is to think you can solve every problem. Let go of that anxiety so that you can truly listen to people's needs; intentionally connect them with others who can also help.
- When someone is experiencing an extreme crisis, like many are now, they may need to consider additional therapy from a therapeutic professional.
- Even though we are physically distant now, you can still use non-verbal cues – such as inflection and eye-contact – to demonstrate you care. You can also say words that demonstrate physical care, such as, "If we were together now, I would hug you. I pray you feel God's presence around you during this time of suffering."
- When you offer an intercessory prayer for someone, write it down and send it to them, so they know the prayer was lifted and they have it as a tangible display of your care.
- Don't overthink your pastoral care during this time. When in doubt, love. Everyone needs love. Find a way to show your love for the people you're caring for.

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