

## What is Stephen Ministry?

Stephen Ministry is grounded in Jesus' command to love one another. Through one-to-one caring relationships, those who are hurting receive the love and care they need to support them.

- Is life more than you can handle alone right now?
- Are your health, your attitude/ or your relationships suffering?
- Are you adjusting to a new job, change in marital status, a serious illness, the death of a loved one, or a recent move?
- Would you like to have someone in your life who really cares?

Everyone goes through difficult times. Having someone to care, to listen, and to share God's love with you can help you get through the confusion, stress, or loneliness you may be experiencing.

## What is a Stephen Minister?

### A Stephen Minister is ...

- A child of God who walks beside a person who is hurting
- A caring, Christian friend who takes the time to really listen
- A lay person who has received 50 hours of training in how to provide distinctively Christian care

### A Stephen Minister is NOT ...

- A counselor or therapist
- A problem-solver
- A casual visitor

## What are the needs with which Stephen Ministry can help?

### It is ministering to those experiencing...

- Job challenges
- Birth or death
- Being new to the community
- Health issues
- Loneliness or loss
- Questions about God and faith
- Any of life's struggles

### In other words, Stephen Ministers

- Care
- Support
- Listen
- Share

## How exactly does the referrals process work?

- (1) A person—either you, a relative, or a friend—is hurting and in need of Christian care.
- (2) The Stephen Ministry Referrals Coordinator learns about this need for care from a pastor, a friend, or from the person in need of care and only after the person in need has granted permission.
- (3) The Referrals Coordinator meets with the person to talk about Stephen Ministry.
- (4) With the person's permission, the Referrals Coordinator assigns a Stephen Minister to meet on a weekly basis with that person.
- (5) The Stephen Minister provides distinctively Christian and strictly confidential care.

## Stephen Ministers are called to be Caregivers

Bear one another's burdens, and so you will fulfill the law of Christ.

*Galatians 6:2 NAB*

Cheer the faint hearted, support the weak, be patient with all.

*1 Thessalonians 5:14b NAB*

## God is the Caregiver

Cast your care on the LORD, and he will give you support.

*Psalms 55:23a NAB*

Come to me, all you who labor and are burdened, and I will give you rest.

*Matthew 11:28 NAB*

Cast all your worries upon him because he cares for you.

*1 Peter 5:7 NAB*

**If you are experiencing any of life's struggles and would like more information about how Stephen Ministry may help you, please call 636-255-1739.**