

## We Are Here to Listen

When I ask you to listen to me and you start giving advise, You have not done what I asked

When I ask you to listen to me and you begin to tell me why I shouldn't fee that way, You are trampling on my feelings

When I ask you to listen to me and you feel you have to do something to solve my problem, You have failed me, strange as that may seem.

Listen! All I ask was that you listen, not talk or do - just hear me.

And I can do for myself, I'm not helpless. Maybe discouraged and faltering, But not helpless.

When you do something for me that I can and need to do for myself, You contribute to my fear of inadequacy

But when you accept as a simple fact that I do feel what I feel, No matter how irrational, then I can quit trying to convince you and get about this business of understanding what's behind this irrational behavior.

And when that's clear, the answers are obvious and I don't need advise. Irrational feelings make sense when we understand what's behind them.

**So please listen and just hear me**

And if you want to talk, **wait a minute for your turn**, and I'll listen to you!

**Ultimately, God is listening.**

## Listening for Spiritual Themes

- A need for community (Church, Friends)
- A need to tell one's story
- A need for reconciliation (church, family, God, and others)
- A need for meeting and purpose in life
- A need for HOPE
- A need for an awareness of God
- A need for forgiveness
- A need for connectedness with God/and communion with God
- A need to express brokenness , hurt, pain to God
- A need for grace and acceptance
- A need to feel adequate, competent, autonomous
- A need for self-esteem/personal worth
- A need for repentance and change
- A need to express grief, anger, fear as they relate to God, church, values connected with such
- A need to feel God is in control
- A need for confession
- A need for inner healing (emotional hurt, feeling of being punished, abandon, alienated, fear anxiety)
- A need for space/comfort
- A need for PRAYER
- A need for liberation, to be freed from bondage
- A need for inspiration, enthusiasm
- A need to come to terms with one's condition
- A need to deny
- A need to feel depressed
- A need to bargain with God
- A need to feel loved



*"Making Disciples of All Nations"*

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## Congregational Care Team Ministry

## Grief and Bereavement Support Ministry

Visitation

Prayer

Support Group  
Meetings

Keep in Touch

Post Hospitalization  
Support

*"To Bind Up The Brokenhearted.....  
-Isaiah 61:1-3*

## ABOUT GRIEF AND GRIEVING

Congregational Care Team and Grief/Bereavement Support Ministry are both a mandate of our Lord Jesus Christ when He said “When I was sick and in need, you visited me.....”

Congregational Care Team and Grief/Bereavement Support Ministry members are trained in Post-Hospitalization and Grief/Bereavement Support.

All of the members stand ready and eager to offer spiritual and practical support to your community of faith and beyond, through established Care - Team Programs.

### How We Support You

- ◇ Monthly Newsletter Information
- ◇ Home and Hospital Visitation
- ◇ Grief/Bereavement Support Groups
- ◇ Workshops
- ◇ Holiday Supported Events
- ◇ Annual Celebration of Life and Spiritual Support
- ◇ Community Based Grief Education
- ◇ Grief Camp for Children



Grief and Grieving is the process of coping with a lost and facing the challenges of loss by:

- Adapting & adjusting to the void and pain caused by that lost
- Understanding and enduring the stages of Grief and Lost
- Accepting the support of others in your lost

To register for our support group or for additional information, Please call 305-274-3072 or email us at [info@kendallcog.org](mailto:info@kendallcog.org)

**Quotation** - “Just when you have reached a state of emptiness, remember there is hope for new life from the barest branch. It comes in the form of friendship, compassion and care”.