

Reflection #26
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When Supporting Someone Who is Suffering – Look for Themes

When a person is in the depths of suffering, I find it helpful to search for spiritual strengths that the person may use to cope with the suffering. Below is a list of spiritual strengths that can be visited while exploring suffering. I do not get overwhelmed with a persons suffering knowing that my presence, silence and believing in hope provides support and direction. When a person is sharing a story, I always look for the teaching in the story. I will give feedback and say..." that is a powerful story... what is the pearl of wisdom that you take away from that story"? Take some time reflecting on these spiritual strengths and apply them to a time when you were suffering.

- Forgiveness

- Hope

- Presence

- Silence

- Trust

- Story Telling

- Prayer

- Rituals

When someone is suffering, they want a sense of connection to themselves, a connection to those they love and who love them and a connection to something greater than themselves. Reflecting on spiritual strengths, after you sit with the suffering, can provide a belief that they are not alone in their suffering.