

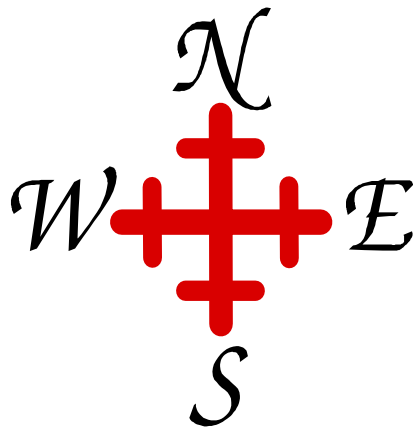
Pastoral Care

To be there in times of sickness and in joy, in sorrow or celebration, in crisis or transition.

To pray.

To listen.

To share.



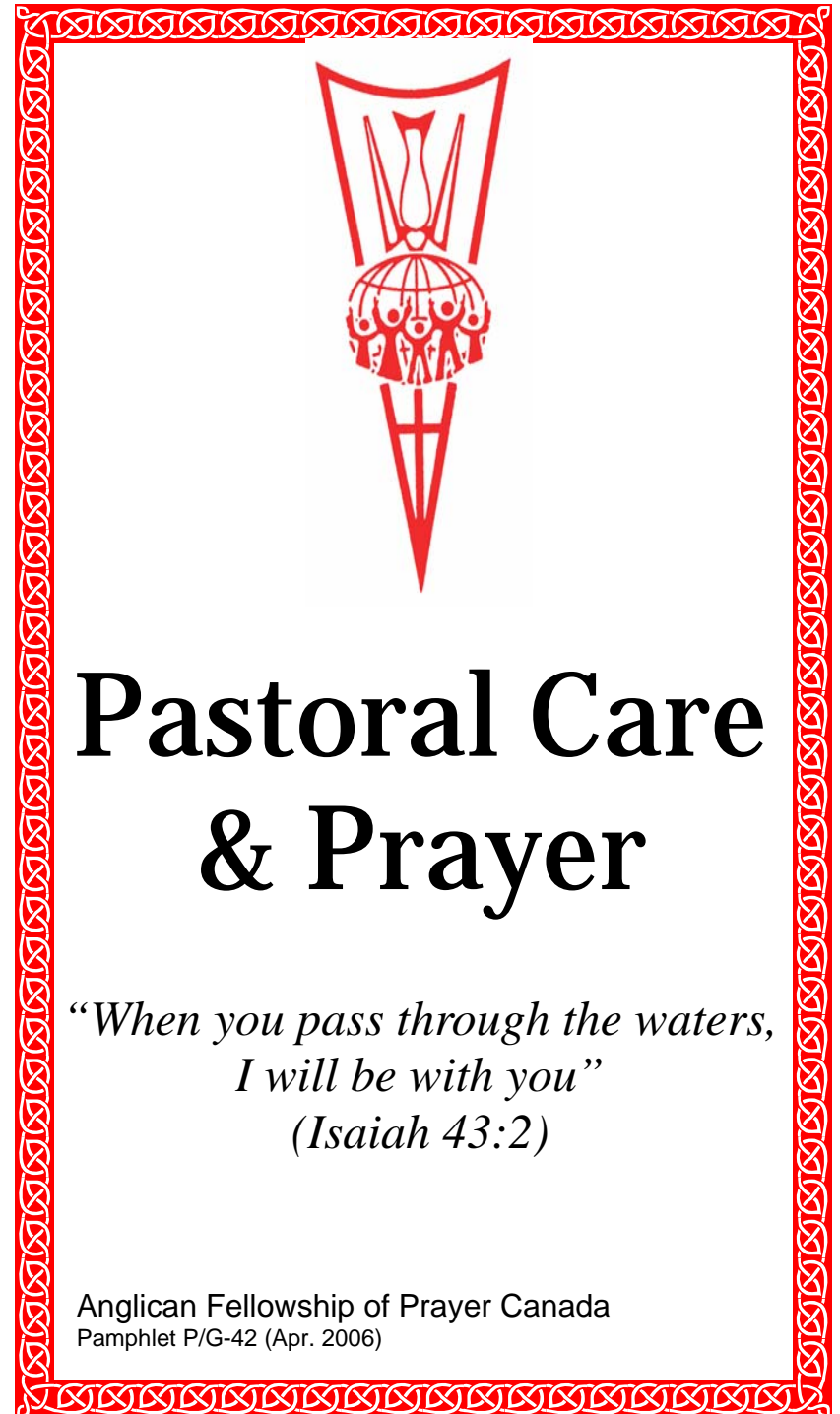
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Pastoral Care & Prayer

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*“When you pass through the waters,
I will be with you”
(Isaiah 43:2)*

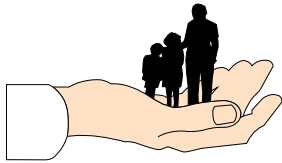
Anglican Fellowship of Prayer Canada
Pamphlet P/G-42 (Apr. 2006)

Pastoral Care

Jesus calls all of us to care for and to be “present” to others. Pastoral Care is a ministry of “presence”, based on faith and prayer to provide support and love to those who are in need. Pastoral Care is a journey shared in a concerned relationship, and the journey is equally significant in the lives of both travellers and to God.

Pastoral Care Providers

Pastoral Care can be provided by one with a listening heart who is willing to set themselves aside to support another person in need of a friend or listening ear. However, not everyone has the aptitude or listening skills that contribute to good pastoral care. When representing a community such as the church, care must be taken in choosing and training members of the Pastoral Care Team. A Pastoral Care visitor is a person of prayer. Compassion, sensitivity, and patience are also attributes of a Pastoral Care visitor.



Care and Cure

It is important to realize that in Pastoral Care, the emphasis is on “Care” not “Cure”. To care is to be present with, to grieve with, pray for, and to listen in times of need or trouble. The Pastoral Care person is not intended to “fix” any situation, provide advice or provide solutions to problems. However, they may be able to refer people to others who can help them. Pastoral Care is a ministry of caring enough to give one’s time to be truly “present” to someone in times of crisis, joy, happiness or sadness. A Pastoral Care person listens with a prayerful heart, a heart connected to a caring, loving God.

Pastoral Care Situations

Circumstances in which pastoral care support may be needed are many and varied. Times of change, stress, loss, illness are occasions in which a listening ear and the presence of another can be helpful.

Scripture References

Matthew 8:2-3

There was a leper who came to him and knelt before him, saying, “Lord, if you choose, you can make me clean.” He stretched out his hand and touched him, saying, “I do choose. Be made clean!” Immediately his leprosy was cleansed.

Philippians 2:13

For it is God who is at work in you, enabling you both to will and to work for his good pleasure.

Isaiah 41:10

Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.

Matthew 18: 18-20

Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them.

James 5: 14-16

Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.

Example of Spontaneous Prayer

Depending on the circumstances it may be appropriate to pray spontaneously during a visit. Below is an example situation with two possible prayers.

Situation: Betty was involved in a painful car accident that left her paralyzed on one side. It changed her life-style considerably. She was separated from her husband and lived alone. She has 2 girls, out-of-town, that rarely came to visit – only when they wanted something. Betty tells the pastoral visitor that she felt she could not pray anymore – having asked for strength and guidance but didn't feel God was hearing her. She expressed anger at her ex husband and disappointment with her two daughters and at friends that could have been more helpful..

Conversation: Betty, I sense you are struggling with a lot right now – you mentioned you can't seem to pray graciously anymore. Would you like to try this afternoon with me? (**Answer: yes**). Thanks Betty. You talked about some disappointments – your anger at your ex husband and friends – would you like your prayer to take those feelings into consideration? **Yes**.

Prayer: *Loving God, thank you for being with us. Betty is going through a crucial time and is having difficulty feeling the strength needed from You during this time. She has a heavy heart from family disappointments, she is in pain from a car accident that has left her paralyzed. Please be with Betty as we ask for strength and guidance. Give her courage to deal with these moments of pain, and the capacity to turn to you for hope. Fill her with goodness and love.. We ask this in Jesus name. Amen.*

Prayer. *Merciful God, we come before you today to ask your special blessing on Betty that she will experience your transforming love and be comforted. Amen*

Preparation Prayers

It is important to be spiritually prepared when making a pastoral visit. Central in that preparation is praying beforehand. The visitor should rid themselves of any barriers between themselves and God by praying for forgiveness. One might also want to pray for protection from evil for both the visitor and the visited. Also one should pray for the presence of the Holy Spirit during the visit.

Lord God, bless the person(s) whom I will be visiting today. May I have your spirit of compassion so that I may enter places of pain and hurt with sensitivity, and bring to others who suffer a presence that comforts, sustains and heals.

Guide me Lord God, and help me to accept my own imperfections and brokenness, and to share in the imperfections and brokenness of others. May I share their needs for healing and wholeness.

Heavenly Father, may my presence, my touch, my eyes, my tone of voice, my whole being echo Your love, assurance, and peace. May I be an agent of Your support and comfort. Above all may he/she turn to you for spiritual, emotional and physical strength and comfort.

Healer's Prayer

*I am here only to be truly helpful.
I am here to represent You who sent me.
I do not have to worry about what to say or what to do,
because You who sent me will direct me.
I am content to be wherever You wish, knowing You
go there with me.
I will be healed as I let You teach me to heal.*

Prayer Attributed to St. Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow your love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is pardoning that we are pardoned; and it is in dying that we are born to eternal life.

Prayers During a Visit

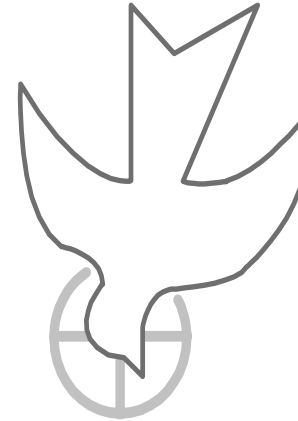
Depending on the circumstances, it may be appropriate for the pastoral visitor to pray with and/or for the person being visited. If there is any doubt the visitor should ask the person they are visiting if they would like the visitor to pray for and/or with them. Using familiar prayers is frequently the most comforting to someone who is in distress. Prayers such as those that follow are familiar to most people.

The Lord's Prayer

*Our Father which art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done in earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those
who trespass against us.
And lead us not into temptation, but deliver us from
evil:
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.*

Prayer of St. Richard

Thanks be to you, Lord Jesus Christ, for all the benefits which you have given us; for all the pain and insults You have borne for us. O most merciful redeemer, friend and brother, may we know You more clearly, love You more dearly, and follow you more nearly day by day.



Psalm 23

*The LORD is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he
leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the paths of
righteousness for his name's sake.
Yea, though I walk through the valley of the shadow of
death, I will fear no evil: for thou art with me; thy
rod and thy staff they comfort me.
Thou preparest a table before me in the presence of
mine enemies: thou anointest my head with oil;
my cup runneth over.
Surely goodness and mercy shall follow me all the
days of my life: and I will dwell in the house of
the LORD for ever.*