

Welcome to:

How Helping Others Makes Us Stronger

Presenter:

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Founder of Pennsylvania Counseling Services

Founder & President of Servant's Oasis

Founder of LiveUp Resources



*Against
All Odds*

1 John 5:4



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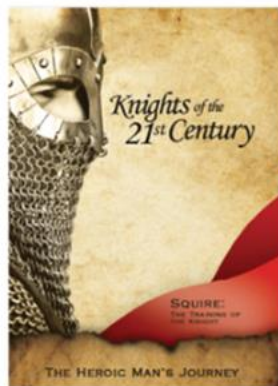


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SERVANT'S OASIS

Refresh | Reset | *Grow*

Servant's Oasis is a nonprofit, nondenominational ministry based in Harrisburg, PA, which exists to equip, empower, and inspire servant-leaders physically, mentally, and spiritually to rekindle their passion and enhance their impact.

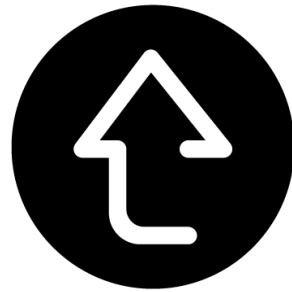
www.servantsoasis.org





Pennsylvania Counseling Services exists to help children, adults, and families discover their greatness. With 26 mental health and addiction clinics serving 11 counties in South Central Pennsylvania, PCS has served the community for over 40 years, and helped over 19,000 individuals in 2023.

www.pacounseling.com



LiveUP

RESOURCES

LiveUp Resources provides a constantly expanding library of books and video resources to help people grow, strengthen their relationships, and ultimately live up to their God-given potential.

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Goals to be achieved through this training program with God's help:

Accomplishing Your ABC's

- A. You feel **Appreciated** and recognize the importance of who you are and how you contribute.
- B. You **Believe** in your capabilities and learn how to utilize them in ways that enhance your life and the lives of others.
- C. Your ministry's **Competency** is strengthened as you're further equipped through receiving encouragement, honestly sharing, Holy Spirit-led inspiration, strengthening received through relationship building, and personal development training.



SERVANT'S OASIS

WARNING!

There will be more material to present than time will allow in each of our seminars. Often, what is not dealt with may roll into to our next meeting together.

Everything we will discuss here today is designed to help your own life, strengthen your relationships, and assist those you serve. If you think we are giving you several ways to apply what we discuss... *we are!*
There is no true learning without application.

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God, We Ask You to Give Us...

Wisdom - so we can combine our thinking and feeling with an application that helps us and others.

Insight - so we remember what needs to occur for us to effectually act.

Change - the ability to become more of what you call us to be so our ministry will reflect you and be successful.



Take a Moment of Reflection

*Briefly raise your hand when you have an
answer to the following question:*

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All Odds*

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What makes helping others a challenge?

Self discipline regarding setting boundaries

Holding Boundaries

Stuck in your own personal trauma

Insecurity

Trust

Forgiveness

Enough time to do things outside of ministry

(enough time to do what God really wants me to do)

Not growing weary

Family conflict

Holding Others accountable using the love of Christ

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What makes helping others a challenge?

When we face challenges in life, we either get stronger or weaker. When you exercise, you create tension between yourself and an object that is creating just the right amount of stress for you to fully engage at the edge of your known capabilities.

- 2,000 Pounds
- 2 Pounds

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What makes helping others a challenge?

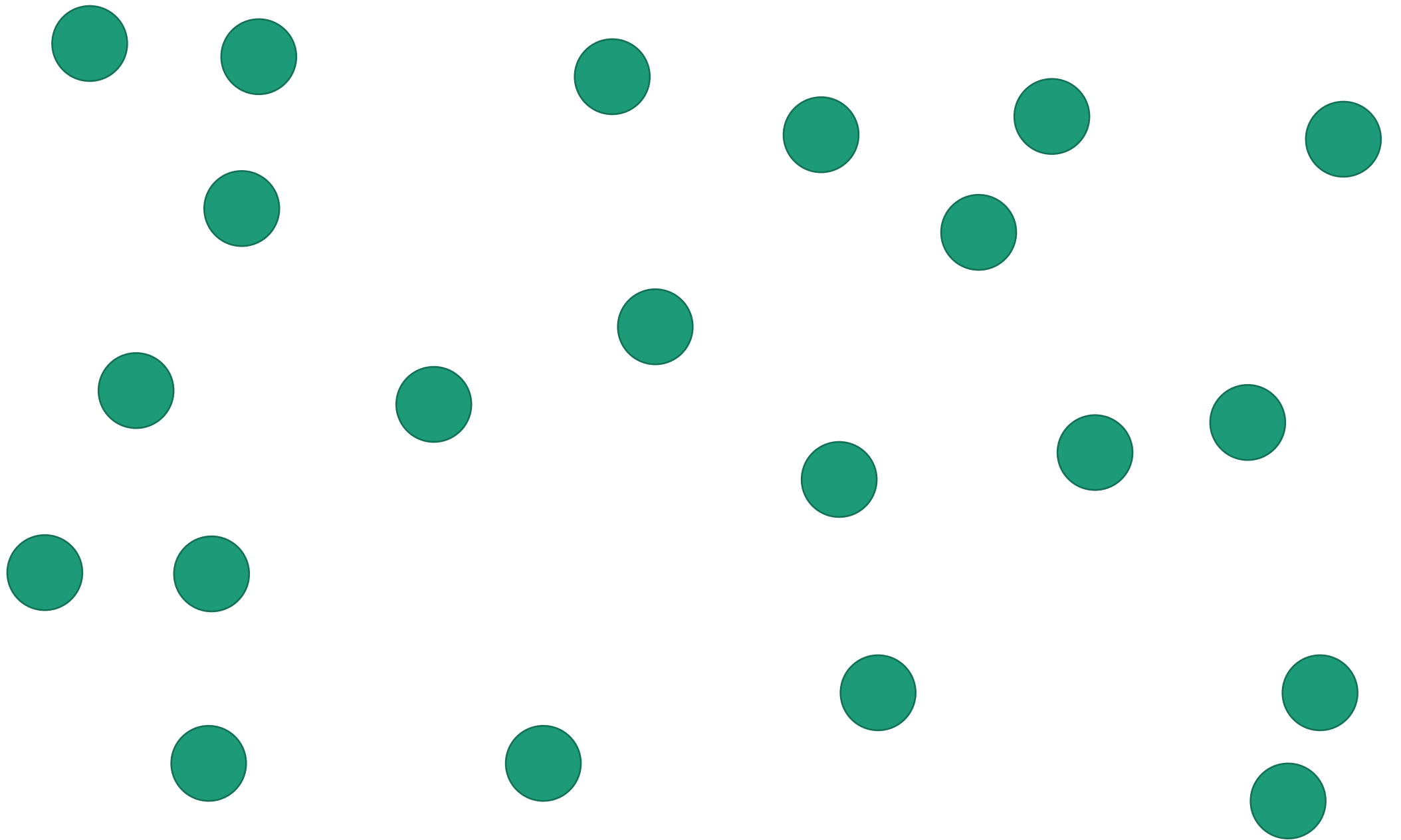
Do we really believe “Consider it all joy?” (James 1: 2)

A challenge is an unexpected personal development and exercise program provided to you through God’s omnipotence.

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Remember Your Challenge

- Who is it?
- Think of what you'd like to accomplish.



A Challenge Creates Within Us Several Wanted (and Mostly Unwanted) Responses:

- A Fear of Expressing Aggression
- Self-Doubt
- Discomfort
- A Sense of Not Being in Control
- A Need for Focus
- A Risk of Defeat
- A Need to Look Beyond One's Present Capabilities
- A Need to Integrate All of One's Strengths
- An Opportunity for Success
- Feedback Regarding Development

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Challenges Test Us

They Demonstrate:

- Our Approach to Life (What we rely on to make decisions)
 - Optimism / Pessimism
 - Cognitive / Emotional
 - Impulsive / Planned
 - Independent / Team





Challenges Test Us

They Demonstrate:

- Our Self-Definition (Our Value)
- How Creative and Flexible We Have Become (Adjustment)
- Our Previous Growth Patterns:
 - What Capabilities We Have Exercised into Existence
 - What Potential Remains Dormant
 - What Self-Destructive Habits Limit Our Improvement

When We Meet a Challenge, We Expand Our Capabilities

Physically

- Learn New Skills
- Demonstrates Our Stamina and Energy Level
- Reveals our Level of Self-Care



When We Meet a Challenge, We Expand Our Capabilities

Mentally

- Develop Goals and Clarify Steps to Achieve Them
- Values / Character
- What a Person Becomes by It

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When We Meet a Challenge, We Expand Our Capabilities

Relationally

We are forced to relate to a diverse group of people who, through their differences, teach us aspects of how to deal with life that we otherwise wouldn't consider. (Pray)

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All Odds*

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When We Meet a Challenge, We Expand Our Capabilities

Emotionally

An Opportunity to Practice Our Emotional IQ:

- Regulate
- Label What is Going On Within Us
- Manage the Expression of What is Going On Within Us
- Recognize the Emotions Being Felt by Others
- Managing the Emotions Being Felt by Others

In Helping Others, We Both Relate to Each Other Through Our Own Human Dilemma.

The Human Dilemma is Defined As:

- We Don't Do Everything We Should
- We Do Things We Know We Shouldn't
- There Is a Gap Between Our Real Self and Real Self

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***How We Handle Our Human Dilemma
Sets the Backdrop for Our Decision
Making and Interactions with Others.***

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***There Are Several Common Responses to
Dealing with the Fact That Living with
Our Imperfections Is a Necessity.
(As Much As We'd Like It to Not Be So)***

- A. Humble Acceptance Combined with Strategies to Deal With the Human Dilemma's Regular Expression (Faith)
- We relate to any life challenge through the filter of our imperfections
 - We need to accept our present walk with God as good enough and express ourselves confidently



If we aren't comfortable with our own identity, we will:

- Not know who we are enough to say it
- Be insecure at stating what we want
- Need them to agree with us to be okay
- Not be calm enough within ourselves to hear what they are truly saying

Any response below will make an effective heart-to-heart conversation more difficult...

B. Denial / Narcissism

C. Shame – Negatively giving up. Not much can be expected of someone who lacks value. A defense is “I hate me” before you get a chance to



D. Cope With or Cover Up the Implications of Our Imperfections

- **Perfectionism**
- **Numbing** – addictive use of food, gambling, alcohol, drugs, sex, spending, work
- **Pretending** – developing a false self or social mask and convincing others and ourselves that it's the real us
- **Isolating Ourselves Relationally** – less mirroring by others is received, so where we won't live up to our capabilities is less noted
- **Drama** – so as not to feel. The emotional volatility that occurs in life limits one's ability to truly examine oneself



There Are Several Common Responses to Dealing with the Fact That Living with Our Imperfections Is a Necessity.

- E. Acting Out – instead of dealing with a developmental deficit, a compulsive act is chosen that distracts and provides relief
- F. Obsessive – what is not developed within the individual is less seen by repetitively thinking about something else and extracting the emotions out of how life is viewed
- G. Compartmentalization / Disassociation - split off from the rest of who they are by building a wall within or pushing an unwanted reality out of awareness.

Let's Revisit the Question: What makes helping others a challenge?

Keep in mind that we can't out-give God.

When we respond to His call to reach out to others and demonstrate how they are loved, we open ourselves up to His loving development of us.

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How Helping Others Makes Us Stronger

Let's revisit that list...

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How Helping Others Makes Us Stronger

- A. We need to work through their defensiveness regarding us seeing them realistically (Vulnerability)
- B. Recognize that everyone wants to get better *and* remain in their same pattern of functioning (Openness/Snow Rut)
- C. We need to get through their resistance to owning what they don't like about themselves (Humility)
- D. We need to grow in creating an empathy chain to be able to feel what they are sharing (Transparency). Is how we respond professional or personal?
- E. Take them to a crossroads to create more and better options for themselves so that they can make better choices and live a better life. (Risk / Disappointment)

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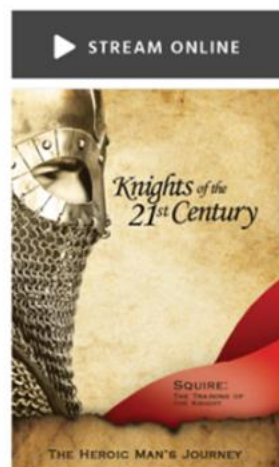
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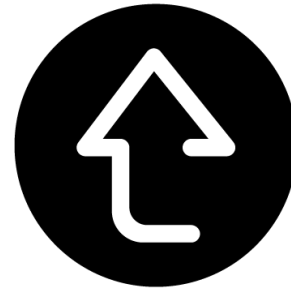
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