



# New York Conference Women's Ministries

## Two women met for tea...

### Helping the Hurting

#### Shepherding Women in Pain

There are many ways women are hurting today. Divorce, the past, loneliness, low self-worth, and unrealized dreams are just a few examples. Ministering to women in pain may not be a specific ministry you do, however, we guarantee that anytime you come into contact with women, you will be encountering someone with pain whether they show it or not. Below are a few ideas and resources for making every encounter uplifting and helpful.

#### Do

-  Be an attentive listener. Sometimes just knowing that someone is there to listen without passing judgment makes a world of difference.
-  Insure confidentiality. Nothing is more harmful than listening sympathetically then calling your best friend and filling her in on the situation. If you need to talk to someone – start with God. When seeking assistance or guidance from others, keep your conversation generic and brief.
-  Pray! Whether you are a seasoned pro at helping others or this is your first time, the best first place to go is God. Pray alone, pray together. Encourage each other with answers to prayer and victories.
-  Be vulnerable. If you have experiences that would be useful to share, don't be afraid to open up. The goal here is not to preach or 'show the right way' but simply to encourage and demonstrate that everybody has pain. Don't let this be a forum for dumping your pain though! Be mindful that you are working with someone who needs encouragement, love, friendship, and tender care.
-  Be patient. You are not walking in her shoes. Sometimes it is easy to become impatient or upset when the same situation or material is discussed over and over. You are called to listen and support. Healing takes time and every woman has a unique path to travel. Often telling a story many times is the only way to process it and bring healing.
-  Care for yourself. It is easy to 'take on' the problems of others. You cannot fix the women you encounter. You can encourage, advise, love. You cannot change. Helper burnout is common. Make time to do activities that rejuvenate and relax. Avoid taking on the emotions and situations you encounter. Caring

#### Internet

##### Domestic Violence

[www.heartshealing.org](http://www.heartshealing.org)

##### Emotional Struggles

[www.tsmwomen.org/  
Areas\\_of\\_Struggle.html](http://www.tsmwomen.org/Areas_of_Struggle.html)

##### Encouragement

[www.incourage.me](http://www.incourage.me)  
[www.womenoffaith.com](http://www.womenoffaith.com)

#### Books

- Seeing Through the Lies: unmasking the myths women believe
- Broken into Beautiful: how God restores a wounded heart

#### Books

- Stained Glass Hearts: Seeing Life from a Broken Perspective
- One Call Away: Answering Life's Challenges with Unshakable Faith
- Into Abba's Arms: finding the acceptance you've always wanted
- Your Scars Are Beautiful to God: finding peace and purpose in the hurts of your past
- Hidden Joy in a Dark Corner: the transforming power of God's story
- Let. It. Go: how to stop running the show and start walking in faith
- When It All Falls Apart: find

*Only God gives inward peace, and I depend on him! Ps. 62:5*

*You are in our prayers as you shepherd women in pain.*

*Blessings,*

  
Lynee & Tina



A Ministry for Every Woman