

## **OFFERING A PASTORAL HEART AT WORK**

### **A workshop for church members in paid employment**

*This workshop is designed for use in a congregational setting to support church members in paid employment to prayerfully offer their compassion and care for work colleagues in times of suffering and distress.*

1. When have you experienced a work colleague's pastoral heart supporting you in your workplace?

*(Recall in silence the experience, and then share in groups of 3.)*

2. Report: what is a pastoral heart? Keep the reflection grounded in your shared experience of receiving the pastoral support of a work colleague.

3. Next, recall a time when you shared your pastoral heart at work?

*(Recall that experience in silence for a time, and then share the experience with the same group of 3.)*

4. Now reflect on the experience of being led to share your pastoral heart at work. Trace the journey of your awareness into knowing you were being called to show compassion and care for your work colleague. In silence, take your time with this contemplation.

Then, reflect on what were the characteristics of the Caller?

What was the gift you were given to offer compassion and care in that situation?

*(Share this reflection on your sense of being led to this act of compassion and care, and your awareness of the One who called you to this task. Share again in your group of 3.)*

5. Consider who are you being called to offer your pastoral heart to in your workplace, today?

Name them to yourself.

Then, ask God to help you understand their need.

Bring each person before Christ.

Ask Christ to give the person the care they need.

What gift is Christ asking you to give to the person?

What do you need to ask of Christ to help you give to the person unconditionally, with no strings attached?

*(Now share in your group of 3 your response to the last reflection: i.e., what you needed to ask of Christ to offer compassion and care to your work colleague in their need?)*

6. Consider what you will take away from this workshop that will inform the way you respond to the needs of those with whom you work. In turn the participants in the workshop share what has informed their pastoral heart.
7. Offer a concluding prayer that God in Christ will equip the workshop participants for their calling to be a compassionate and caring person who is able to offer a pastoral heart to work colleagues in their need.

Pastoral care flows from the heart of God! in call and gift. We know best God's heart for ourselves and for others through prayer.