

TIPS FOR SUPPORTING OTHERS THROUGH BROKENNESS

Be available. Prepare a meal, go for a walk, or simply sit with someone.

Refuse to fix everything. Healing takes time. You can't fix everything. You can't even gather all the pieces. Filter your suggestions. Be helpful but not overbearing.

Notice the need. Sometimes it's the smallest gestures that have a big impact. Instead of relying on cookie-cutter solutions, pay attention to concerns, whether they are spoken or not. Find practical ways to help. Go grocery shopping, pull weeds, offer transportation, deliver ice cream or coffee, do laundry.

Pay attention to patterns. Keep interactions in the context of the bigger picture. Notice warning signs as well as promising signs of hope and healing.

Be consistent. Write a note of encouragement every few weeks or send a short text every few days.

Know your limits. In order to help others well, you need to be healthy. Refuse to believe you have all the answers or are the only one who can help.

Be patient and forgiving. The point of supporting others isn't for your own affirmation. If you're doing life authentically with others through difficult times, you will likely experience some uncomfortable interactions and moments.

Speak well-timed truth. Be wise in when to speak up and when to be quiet. With all words and actions, be truthful.

Check out *Fractured Into Wholeness* by Susan H. Lawrence on Amazon, available in print and ebook formats.

For more resources and daily encouragement, visit PurePurpose.org.