

# HOW TO HELP OTHERS DURING THE HOLIDAYS

by

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- Introduction

- Bible Verses

- Luke 10:30-37 – And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, And whet to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves? And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.

- Galatians 6:2 – Bear ye one another’s burdens, and so fulfil the law of Christ.
- Call a friend that looks down and give a kind and true comment; ask for nothing. A kind voice is powerful.
- Give a friend that is hurting a small gift.
- Give a food coupon to a friend who is hurting financially.
- Get a cup of coffee with a friend who is distressed; inquire gently about how they are doing; and listen; do not talk much about yourself.
- For those who seem very depressed or sick:
  - Give the phone number of a doctor who has helped you.
  - Go with them to visit the doctor, many of those who are depressed never receive antidepressants. Many times no one had inquired into the suicidality of one who commits suicide.
  - Give the phone number of a kind counselor sharing how wise counsel has helped you. Many of those severely depressed or suicidal have never had counseling and/or mentoring. Many times no one in the church reached out to those suicidal. Reach out. Help. Help now.
  - Help those who are suicidal, psychotic, manic or addicted contact a hospital; at least 10% of these commit suicide.
- Do a chore for a friend who needs help.
- Pray for a friend in need and tell them you are.
- How do you know who needs help during the holidays?
  - From knowledge they have personally shared with you, you know they are in need emotionally, physically, or financially.
  - Their affect is one of sadness, distress, disappointment.

- Tell them you care and ask them how distressed they are. Are they very sad? Are they suicidal? Are they using too much of a drug? Are they into a dangerous activity?
- You might gently ask a friend you suspect is in trouble if they are using too much of a drug.
- You might gently ask a friend you suspect is involved in unhealthy behavior if indeed they are.
- Consider asking if a friend has stopped previous fun activities.
- Ask if your friend is staying home? Are they crying more? Are they feeling helpless or hopeless? Are they feeling worthless? Are they avoiding social gatherings? Do they not want to get up in the mornings?

- Facial expression across culture

In 1971 Paul Ekman's research revealed there are six facial expressions of emotions constant across cultures. Some of these six expressions are sometimes indicative of mental disorders and medications can be one factor responsible for changing abnormal expression to a normal affect. Of course, all of these expressions can also appear in normal people.

- happiness—normal
- sadness—depression—antidepressants possible Rx
- anger—bipolar—antimanic drugs possible Rx
- disgust—normal
- surprise—normal
- fear—PTSD—antianxiety medications and beta-blockers are possible Rx

One has to wonder if Ekman missed one emotion or rather lack of emotion:

- flat affect—schizophrenia—antipsychotics possible Rx
- Conclusion
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