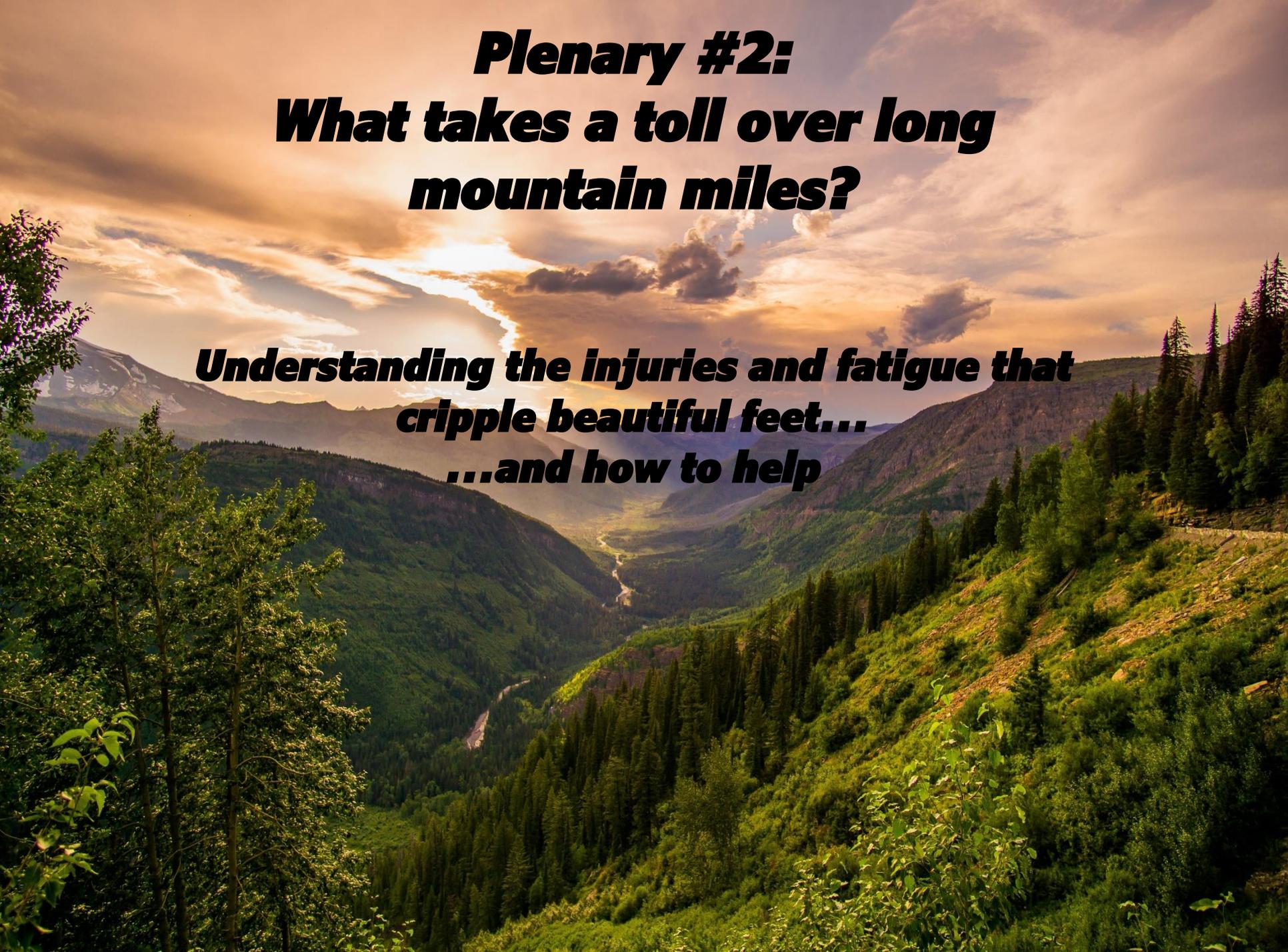




**Preparing and Caring  
for**

**Beautiful Feet**



***Plenary #2:  
What takes a toll over long  
mountain miles?***

***Understanding the injuries and fatigue that  
cripple beautiful feet...  
...and how to help***





**What is the cumulative effect of multiple losses?**



**What are the cumulative effects of stress and fatigue?**

# Loss...

- How does loss in cross-cultural service differ... from loss in “regular” life?
- International workers are probably like people in “stay-at-home” lifestyles in the way they experience the following types of loss...

A review of the different types of losses  
there are:

### “Large losses”

- usually recognized by those around us as significant and requiring some kind of grief
- death of a significant other
- loss of job
- severe trauma - e.g. rape, loss of home, bomb, natural disaster

# Types of Losses

## Life-stage losses:

- Birth
- Going to School
- Going away to College
- Graduation
- Having children/empty nest
- Retirement
- Aging

# Types of losses

## Life Interruption losses:

(disruption of an expected life trajectory)

- Being fired/laid off
- Disability
- Infertility
- Divorce
- Moving/Job transfer ...evacuation

# Types of losses

## Image Losses:

- Job change or loss
- Role change or addition
- Loss of dream or possibility

Loss of Hopes

Betrayal....

# TYPES OF LOSSES

Loss of little things: phone, favorite chair, book, knife, keys, technology malfunction

Relocation involves many losses:

- Proximity of friends and family
- Stability and predictability
- Familiarity
- Known community (doctor, vet, grocery store)
- Every day automaticity

# Types of losses

Things you never had:

--Relationships of a certain kind

--Opportunities

--For some:

- An intact family
- Known parentage
- Extended family
- A happy childhood
- A safe childhood
- Marriage
- Children

International workers are also like other people in the ways they seek to avoid mourning:

Denial: ignore the loss

Repress loss: acknowledge but minimize

Intellectualize

“Macho”: or Stoic mentality

Obsessive efforts to “get it back”

Drugs

Spiritualize

Stay REALLY busy

There seems to be a lack of education re: the  
need for grieving

--and a lack of instruction in how to grieve—  
or mourn—appropriately.

*In the Christian sub-culture there often exists  
the uneasy suspicion that grieving is not  
really okay...*

*...that grieving shouldn't be necessary if we  
“have our theology straight”*

International/cross-cultural living differs from that of the “normal stay-at-home” population” in that:

--There is more loss

--Erroneous assumptions and lack of spiritual instruction have a more pervasive impact

- On the international worker\*  
and

- On the worker’s “constituency” \*
  - at “home”
  - on the field

\* the “halo” effect

# Losses in cross-cultural living:

- I. During “candidacy,” support raising:
  - loss of “normal” career path--an understandable adult role
  - beginning dissolution of “material estate”
    - Sale of home, goods, car...
  - quitting jobs, ending roles
  - beginning good-byes with family, friends, church
    - People “decathecting”

# Losses in cross-cultural life, cont.

## II. First year of life “overseas”:

Loss of *presence* (proximity, reality as a resource) of:

- Family
- Friends
- Pastor
- Church community
- Known/trusted medical professionals
- Home culture customs, holidays, traditions

## List of losses, first year cont.

- Loss of fluency in language, sense of competence, being an articulate adult
- Loss of identity and role security
  - Sense of belonging and efficacy
- Loss of stability, predictability
  - Sense of security, physical safety

# List of losses, first year cont.

Loss of “positive reinforcements” and life patterns,  
e.g.

--Exercise

--Recreations

--Restaurants

...all must be built anew

Many of these “first year losses” are not permanent and will be compensated for, but in the first year, the cumulative effect can be devastating.

# III. Ongoing Losses Over the Years

Losses of home culture: rituals, holidays, civic, local, and family gatherings...

--positive: weddings, births, graduations

--negative: illness, funerals, crises

Losses due to constant transitions—

--service leaves, redeployments, personnel changes

--losses in friends, sense of security, continuity

Periodic Loneliness... a kind of loss

# Ongoing losses...

- Financial pressures: whether due to loss of donors, currency exchange, cost of living increases, travel...
- If children go away to school/college and parents remain on the field
- Problems in ministry: misunderstandings, conflicts, sense of failure, image loss, loneliness
- Loss of confidence in sending organization leadership

# List of losses: later life

- Health problems, without home-country medical and community resources
- Atypical career path again felt as the “older” worker returns home
- A return to the home country now represents as much, or more loss, as the original deployment
  - Friends, colleagues, identity, role
  - Familiarity, rewarding activities
  - Loss of support systems
  - Sense of alienation from “home” culture
  - Fewer resources for retraining, rebuilding

If international workers do not have the  
ability to mourn all these losses  
appropriately

*and a Biblical, theological perspective  
that helps them do so...*

*...they will not survive the accumulation  
of losses in a healthy way*

*...and many don't*

# Dangers of NOT mourning correctly:

- Depression
- Simmering anger and resentment
- Emotional fragility, volatility
  - “spillover” mourning
- A joyless, beaten down person
- The opposites of the fruits of the Spirit

# What Can Help?

- Having a correct theology of grief and mourning
- Receiving instruction in correct theology and in the importance of recognizing and grieving appropriately
- Being given permission by respected authority figures to grieve and mourn
- Receiving times of regular debriefing in which appropriate recognition of losses and grieving are encouraged
- Having counselors and member care providers who help them deal with losses appropriately

# Sharing a Biblical Perspective on Loss

Problem: many Christians today are ambivalent about emotions...

- They (correctly) distrust the humanistic idea of “looking out for #1” and “just expressing your emotions”
- They also distrust the previous generation’s stoic tendency to suppress emotions

# Biblical Perspective on Loss

- We need to remember we are made in God's image and He is an emotional God
  - who expresses anger, regret, sorrow
- Many Christians, including international workers, need help understanding that emotions are not the problem:

*being RULED BY them is.*

# The Biblical Perspective Is:

We are not to be ruled by emotions.

Rather, we are to accept and examine our emotions, submitting them to the rule of God's Spirit. With His guidance, we then decide how to act.

“In your anger (be angry) but do not sin...”

Ephesians 4:27, Psalm 4:4

# Biblical Perspective on Loss

- *This principle applies to grief also.*
- *In fact, mourning could be defined as the appropriate process for examining and accepting the emotions related to loss, and submitting them to the rule of God's Spirit.*

# Biblical Perspective on Loss

Grief, in itself cannot be wrong because:

1. The Bible clearly shows a God who grieves:

- *"The Lord was grieved that he had made man on the earth, and his heart was filled with pain."*  
*Genesis 6:6*

-Hosea

-Isaiah

-Jeremiah

-Lamentations

# Biblical Perspective on Loss

2. The Bible depicts people who grieve -

-Hannah, King David, Jeremiah, Hosea,  
Mary and Martha

-And they are not criticized or condemned

3. Jesus said, “*Blessed are those who mourn,  
for they will be comforted.*”

(Matthew 5:5 NIV)

# Biblical Perspective on Loss

Jesus: Man of Sorrows and acquainted with grief...

Losses:

- Heaven
- Divinity; omnipotence
- Human father
- Respect, affection of hometown
- Betrayed by siblings
- Misunderstood by disciples
- No earthly home
- No wife, children
- Betrayed to death

# Jesus grieved when:

1. John the Baptist died: Matthew 14:6-14
2. At Lazarus grave: John 11, especially  
verses 33, 38
3. Over Jerusalem: Luke 19: 28-44
4. Other times: Hebrews 5:7

*“In the days of his flesh, Jesus offered up definite special petitions and supplications with strong crying and tears...” (Amplified)*

According to Isaiah 53, Jesus was:

*...a Man of sorrows and acquainted with  
grief...*

*...He has borne our griefs and carried  
our sorrows...*

*Let us invite Him to keep us company  
when we grieve.*

# Biblical Perspective on Loss

Grieving cannot be unspiritual since:

-Christians are commanded to “rejoice with those who rejoice and grieve with those who grieve.”

(Romans 15:15)

-And share comfort: 2 Corinthians 1:3, 4

“Praise be to ...the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received...”

Theoretically, any international worker/believer should know all these Scriptures...

...and have formed a theology of suffering...

*BUT...*

*Each new loss catches us by surprise  
...and provides new chances for us to  
expand our experiential theology of  
suffering, receive comfort, and become  
better acquainted with the Man of Sorrows.*

*How to...*

*grieve*

# How to...do it

*Note: sometimes grief has to be  
“shelved” for a bit...*



# Clues that we need to grieve:

- Sadness
- A feeling of heaviness that is not only  
fatigue
- Irritability
- Easily moved to tears, or lump in throat
- Nagging sense that something is  
missing, “off,” wrong

# How to...Do it

## 1. The importance of solitude, with reflection

- Time alone will not heal grief, but time alone spent in reflection and prayer will*
- External processors may need a trusted listener*
- Grieving does not = sadness/weeping*
  - It may include sadness, tears*
  - It is primarily a process of ABSORBING the loss*

# Grieving: how to...

2. In the grieving reflective process,  
all feelings need to be acknowledged  
and experienced

- And the meaning of the loss explored

- Some do this in a random, rambling way

- But some can be helped by

  - Analyzing the loss

  - Journaling

  - Evoking the emotions

# Grieving: how to

Journaling can help in:

- Expressing and experiencing the feelings
- Recording the analysis
- Recounting memories
- The Critical Incident Stress Debriefing format

can be helpful:

- Facts
- Feelings
- Interpretations
- What to expect/do next

# Grieving: how to

Emotions that need to surface during mourning:

- Anger

- “Protest” (I don’t want this!)

*This is the emotion directed, ultimately, at God*

*And which must move toward acceptance for grief to resolve*

- Ambivalence

  - e.g. sadness, plus relief

- ALL emotions must be “processed” -

  - Acknowledged, experienced, accepted, submitted

# Helpful Hints: “Briefs about Grievs”

1. Grief can be controlled (much of the time)
  - Can the mourning be scheduled?  
Yes and No
  - The moment of impact - no
  - The actual grieving - yes

*People fear being overwhelmed by sorrow, but usually can control their composure and delay real grieving.*

# Helpful Hints

2. People have different styles of grieving...

*there isn't a correct one!*

-Privacy vs. sharing

-Anticipatory, in *situ*, after

3. People need to be aware of the “Straw on the Camel’s Back Factor” :

-The cumulative effect of several losses

-Especially if not appropriately mourned

*“God can mend a broken heart...  
if we give him all the pieces”*

Good mourning is the intentional process of looking at each piece of a loss, experiencing the feelings, seeing the hole that is left in us and giving the loss, the feelings, and the hole to our loving, compassionate Lord and Savior.

We don't "get over" a loss...

But if we do our mourning well, we learn to live with it,  
accepting the loss and its meaning as part of who we are,  
without letting the loss dominate who we are.

In this way a loss can deepen us, deepen our faith,  
and help us become more compassionate,  
grace-full people.

*Mourning losses is not a negation of our  
commitment or of our faith*

*- instead -*

*it is an actualization of our commitment and  
faith.*

# What Churches and Agencies can do:

Help educate God's servants re:

how to recognize and grieve losses

Give explicit and implicit permission for them to grieve *any* and *all* of their losses

--Recognize the sacrifices, empathize

Be sensitive and supportive by providing policies and resources that mitigate effects of losses

--E.g. allow trips home, or time "off" after a loss,

--Do phone calls, e-mails... of condolence

***REST...***

***Why God's servants often don't...  
...and how to help them***



# 10+ Reasons God's Servants don't Rest

1. Strong home culture work ethic
2. Inadequate theology of rest
3. Unpredictable work schedule
4. Never ending task
5. Lack of understanding by constituents
6. Guilt at dumping workload on others

# 10+ Reasons God's Servants don't Rest

7. Lack of clear sense of accomplishment

8. Logistics and cost of getting away

9. Raising support not viewed as part of task

10. Constant stress and transitions disrupt

regular routines of rest and self care

*For some:*

11. Political instability, high crime, constant danger

of deportation/arrest raise stress

***The road to burn out  
is paved with the best of intentions.***

# What can help God's servants?

1. A biblically based theology of rest
2. A strong commitment to seek God's guidance re: priorities, scheduling, rest.
3. Some tips about how to craft habits and customs that help our brain, our body, and our sleep.
4. Help understanding and sorting through external and internal obstacles to rest.

Two theological concepts  
that counter the tendency to overwork  
and burn-out:

1. God's sabbath, God's holidays, and the  
**DUTY** to rest and worship
2. **STEWARDSHIP** of the Living Sacrifice,  
God's temple

# God's Sabbath

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:2

## Exodus 20:8-10

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.

# Old Testament principles re: Sabbath

--It was a set, 24-hour period, every 7 days

--The people had to prepare in advance

(Exodus 16:21-30)

--There were serious consequences for

disobedience (Numbers 15:32-35,

Jeremiah 6:16-19)

and rewards for obedience (Isaiah 58:13-14)

--The Sabbath was both a gift from God

and an obligation owed to God

Jesus: not *abolishing*, but *deepening*  
the law:

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.”

Matthew 5:17

# Deepening the law: Matthew chapters 5, 6, 7

--on adultery: Matthew 5:27-29

--on murder: Matthew 5:21-22

--on lying and oaths: Matthew 5:33-37

--on vengeance: Matthew 5:38-42

--on prayer and forgiveness: Matthew 6:5-14

--on fasting: Matthew 6:16-18

# Lord of the Sabbath

“For the Son of Man is Lord of the Sabbath.”

Matthew 12:8

***Do we have a sabbath  
for the Son of Man to be Lord of?***

*What we need is a Sabbath  
of the heart—*

*a Sabbath from the heart—*

*not a Sabbath only of the calendar.*

# How then do we obey the Lord of the sabbath?

- we decide to take the Sabbath seriously, as a principle that guides our life, time and priorities
- we submit our work, rest and play to the Lord
- we PLAN for the “time off”: scheduling, delegating, preparing and canceling as needed
- we follow our plan, adjusting and learning as we listen and obey

# Sabbath

“Sabbath keeping is not devout thoughts or heart praise but simply removing our bodies from circulation one day a week.”

Eugene Peterson, *Working the Angles*

*Example:*

*application of sabbath principles to  
John & Jane Doe and their 7 children,  
on the field:*

# Time “off” besides sabbaths:

The Lord said to Moses,

“Speak to the Israelites and say to them:

‘These are my appointed feasts, the appointed feasts of the Lord, which you are to proclaim as sacred assemblies.’

Leviticus 23:1,2

# Time off for commemoration, celebration, worship and rest

## OLD TESTAMENT FEASTS & SACRED DAYS....

Sabbaths	52
Passover	1
Unleavened Bread	7
First Fruits	1
Weeks	1
Trumpets	1
Atonement	1
Tabernacles	7
Sacred Assembly	1
Purim	1

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TOTAL 74

# Time off!

*Under the O.T. covenant:*

*72 days out of 365 were to be spent in  
worship, commemoration, celebration,  
play and rest...*

*--that's 19% of the year*

*In your experience, do God's servants take*

*appropriate vacations*

*and time "off"?*

## 2. Stewardship of the living\* sacrifice

I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Romans 12:1 (NIV)

*\*living... not burnt*



# Our bodies: God's temple *(mobile home?)*

Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit who lives within you, whom you have received (as a Gift) from God? You are not your own.

...So then, honor God and bring glory to Him in your body.

1 Corinthians 6:19, 20 (Amp)

# Some truths about adrenaline:

1. It is God's gift and we should use it well
2. This gift can be abused. That abuse can have disastrous, long-term effects\*
3. We can be "addicted" to our own feeling of adrenalized energy\*

*\*Adrenaline and Stress, by Archibald Hart*

# Levels of resting...

## 1. Vacations:

*(remember Leviticus 23...)*

- Recent research
- Home Assignment (duh!)  
is NOT Vacation

# Levels of resting

2. a WEEKLY “Shabbat”—for rest and worship\*

*\*Peterson: play and worship*

- Scriptural model is a day
- a 24-hour period
- 1/7 of a week

***What creative scheduling of Shabbat  
might work for you?***

# Levels of resting...

Daily rest:

1. do you get enough sleep?

--be intentional about:

--the right environment

--rituals for sleep

--no electronics 2 hours before

--caffeine and other drugs

--sleep aids ok on short term

# Levels of resting...

Daily rest:

2. do you allow enough “down time”?

--the 2/3 guideline...

--support raising is a **“work duty”**

--NOT a hobby or

“free time” activity

Practical Application: in thinking about,  
and planning to rest, realize:

What rest *is*:

“Shabat” = to stop, to desist, to cease  
from doing

-To abstain from whatever your  
**work** is.

-so set aside what drains, exhausts,  
irritates or pressures you

# What is rest?

Rest can be:

- Sleeping
- Reading, watching movies
- Sports (watching or doing)
- Being with family or friends
- Hobbies
- Recreation
- Playing games
- Doing nothing
- Any healthy form of “escape” that refreshes and renews you

# To truly rest...

We will need to shut off intrusions, unwanted stimulation and work-related distractions

--i.e.: our phones, tablets, computers...

--or those aspects/settings that disturb

*--Bing's Law: "For every minute of intrusion into the vacationer's mental bandwidth, it will take an hour to reestablish recreational equanimity."*

# Practical application

*Understand what kind of rest you need...*

*...Is your fatigue—*

*-physical?*

*-emotional?*

*-stress-related?*

*-boredom?*

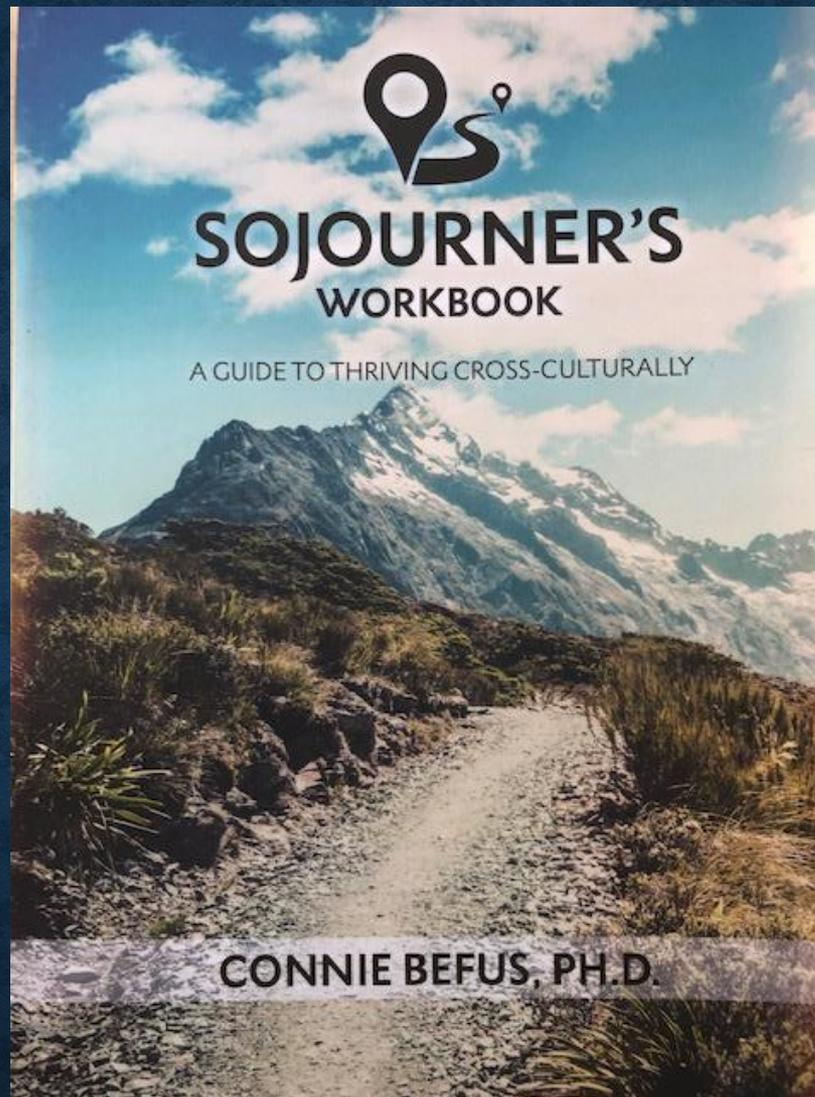
*-tedium?*

*-due to noise?*

*-introvert exhaustion?*

*-extrovert exhaustion?*

*Know the kind of rest you need and craft your rest  
to fix what caused your fatigue.*



## Chapter 5

How can we  
(agencies, churches, member care)  
help?

### Churches and Agencies:

- teach biblical principles of sabbath and stewardship of our bodies
- affirm and ***model*** the biblical principles
- give permission—and encouragement—to rest in public and in private

# Agencies:

- have good policies re: time off (and lovingly enforce)

- have appropriate financial structures

  - e.g. a line item for “time off”

- provide lists of locations appropriate for rest

- include time for rest and play in agency

  - meetings and conferences

- develop a culture that focuses on

  - obedience rather than achievement

# Churches:

- provide gifts and funds that can be used for rest or play  
(only)
- provide places for rest: homes, cabins, hotel coupons
- when international workers come to speak, offer a  
home or a hotel and ask their preference
- check on them lovingly

# Counselors and Member Care Helpers

- work through with them some of the practical challenges to vacations and sabbath
- explore the psychological barriers that prevent them from resting:
  - external: environment, culture
  - internal: internalized guilt or valuing perfection, achievement, prestige  
vs. obedience and stewardship

The real question for each of us is:

*Whom do we serve?*

*and in each moment*

*what is He calling us to?*

For thus said the Lord God, the Holy One of Israel:

In returning to Me and resting in Me

you shall be saved;

In quietness and trusting confidence

shall be your strength.

Isaiah 30:15, Amplified

*Resting well, in the way God intended and wants us to, is a matter of prayerful planning, intentional management, flexible obedience and profound trust.*

*It pleases God, blesses us—  
and His work is still accomplished  
in His way and in His time.*