

**“Encourage one another and build one another up”**

I Thessalonians 5:11

### **Who are the Barnabas Team?**

The Barnabas Team are men and women of First Baptist Church who offer on-going Christian care to people experiencing a variety of personal difficulties. They have been trained in caring ministry skills and work in conjunction with the pastoral team under the supervision of Pastor Roger Crites.

### **What will my Barnabas Team Member do?**

1. Your Barnabas Team member will meet with you regularly (typically once a week in your home, at the church, or at a mutually agreeable location.) Since Barnabas Team members are not trained as professional counselors they are not able to meet with couples or families.
2. Your Barnabas Team member will listen, offer support and encouragement, and help express your thoughts and feelings. He or she will help you think about choices and help you set goals.

3. Your Barnabas Team member will pray for you and with you. He/She will encourage you to seek spiritual growth and healing.
4. Your Barnabas Team member, when appropriate, will recommend that you seek legal or financial counsel, medical care or professional counseling, or other forms of care that might be helpful in your situation.
5. Your Barnabas Team member will keep your identity and conversations in confidence, sharing only with the pastoral team when additional support or direction is needed.
6. Your Barnabas Team member will probably not socialize or talk much about himself/herself. If your Barnabas Team member has had similar experiences that are relevant to your situation, he/she may let you know what it was like and what was helpful. The purpose of the Barnabas Team member is to listen to you and help you heal and grow in your situation.
7. When your particular difficulty has been resolved or your goals have been achieved, your Barnabas Team member will talk with you about ending your Barnabas Team relationship.

### **What can I do to get the most benefit from my Barnabas Team Member?**

1. Please meet regularly with your Barnabas Team member. When you miss appointments or have infrequent meetings, it is hard to keep a clear focus on your work together.

2. Please be honest. Your Barnabas Team member is not there to judge, so please talk as openly as you are able.
3. Growth will depend on your faithfulness in seeking to understand painful or threatening realities, and using your God-given courage to bring about change by taking steps in a positive direction. Do not expect your Barnabas Team member to somehow change you or your situation. Actively seek your own understanding and change.
4. During this difficult time, pursue spiritual growth and healing through worship and prayer, through confession and service to others. You will not experience healing and healthy change without God. Ask God for courage, insight, wisdom, healing and strength. Rejoice in each step forward in your life!
5. If your Barnabas Team member recommends you consider professional counseling or other forms of care, please do so. Your Barnabas Team member will not always be able to help with all of your particular needs.
6. Your Barnabas Team member will seek to show God's love by offering Christian care. Their gift to you is the freedom to focus exclusively on helping you as you grow and heal through your life situation.

**How do I get connected  
with a Barnabas Team  
Member?**

When you, or someone you know, find yourself in a difficult situation in life and would appreciate the help of a team member to come along side you to offer support and encouragement, contact:

**Pastor Roger Crites** at 232-7068  
Email [rcrites@fbcg.com](mailto:rcrites@fbcg.com)

He will set you up with a member of the Barnabas Team.

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and 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 from God"*

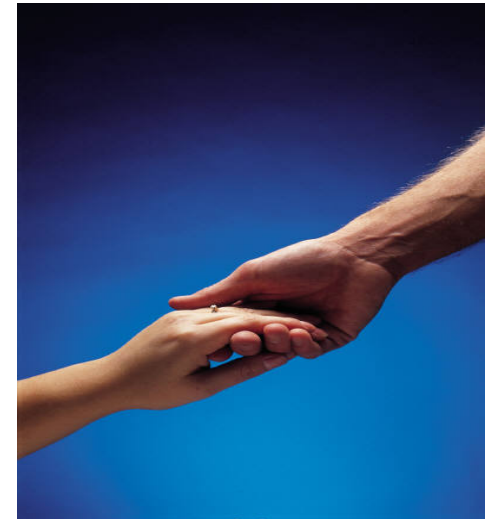
*II Corinthians 1:3-4*

**FBCG**

**A Place to Believe, Belong and Become**

# The Barnabas Team

**Providing a Loving Heart,  
A Listening Ear, and an  
Encouraging Word**



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