

BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

The Parable of the Good Samaritan

(Script from Godly Play, adapted from the Gospels)



There was once someone who did such amazing things and said such wonderful things that people followed him. As they followed him, they heard him speaking of many things. Sometimes people ask him questions. One day a person asked him what the most important thing is. The person who did amazing things replied saying: “You already know.”

The person who asked said: “That is true. I do know. It is to love God and to love people just like they are your neighbors.” Then the person paused a while and thought, and then followed up with another question, “But who is my neighbor?”

The person he asked then told this parable.

“There was once someone who went from Jerusalem down to Jericho. As he walked on the road, suddenly there were people who

hurt him and took everything he had and left him on the side of the road.”

“After that happened, there was a priest of the temple who went on the road from Jerusalem down to Jericho. He came upon the person who had been hurt and had everything taken from him. But the priest went to the other side and went along his way.”

“There was also someone else who worked at the temple who went from Jerusalem down to Jericho. He was one of the people who helped the priests. He was called a Levite. When the Levite came upon the person who had been hurt, and had everything taken from him, he went to the other side, and went along his way.”

There was also a person who went on the road who did not live in Jerusalem. The person was visiting from a country called Samaria. The people in Samaria did not like the people in Jerusalem, and the people in Jerusalem did not like the people from Samaria.

When the stranger from Samaria came upon the person who had been hurt, and had everything taken from him, the stranger went to him. The stranger put medicine on the places where the person was hurt. He put his coat on him. He then put him on his donkey and took him to a place to spend the night. The stranger eve with him all night, and in the morning, he gave the innkeeper enough money for him to stay there until he was well.

REFLECTION

Reflect on the wondering questions below with a friend or colleague by taking turns in answering each question. Make sure to do active listening with each other (echo back what you heard).

WONDERING QUESTIONS:

- Which part of the story did you find most important? What resonated with you?
- What moments in your experience come close to this? Moments when you were hurt (or things taken from you) and felt vulnerable?
- Which part of the story is about you? Where are you in the story?

Remember, keep on sharing your stories. Keep on listening to each other's stories.

WHICH PART OF THE STORY IS ABOUT YOU?

Vulnerable Moments

Notice moments in your life journey when you were in danger & did not feel safe?



Waiting for Help

Notice moments others passed you by. AND/OR Notice moments when you passed by others who were in need.



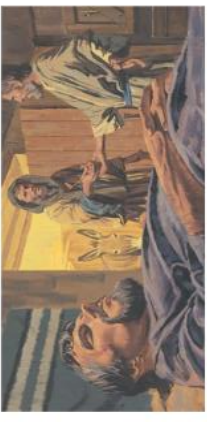
The Helper

Which neighbor or stranger guided you towards healing and safety? AND/OR Notice moments when you helped and guided others especially a stranger?



The Innkeeper

Who gave you refuge & care? AND/OR When have you provided care for others, especially strangers?



4 ACTIONS IN OUR SPIRITUAL JOURNEY

1. RELEASE

What do you need to let go so you can travel with ease?



4. SERVE

How are you going to embody compassion, love & service for others who are also suffering?



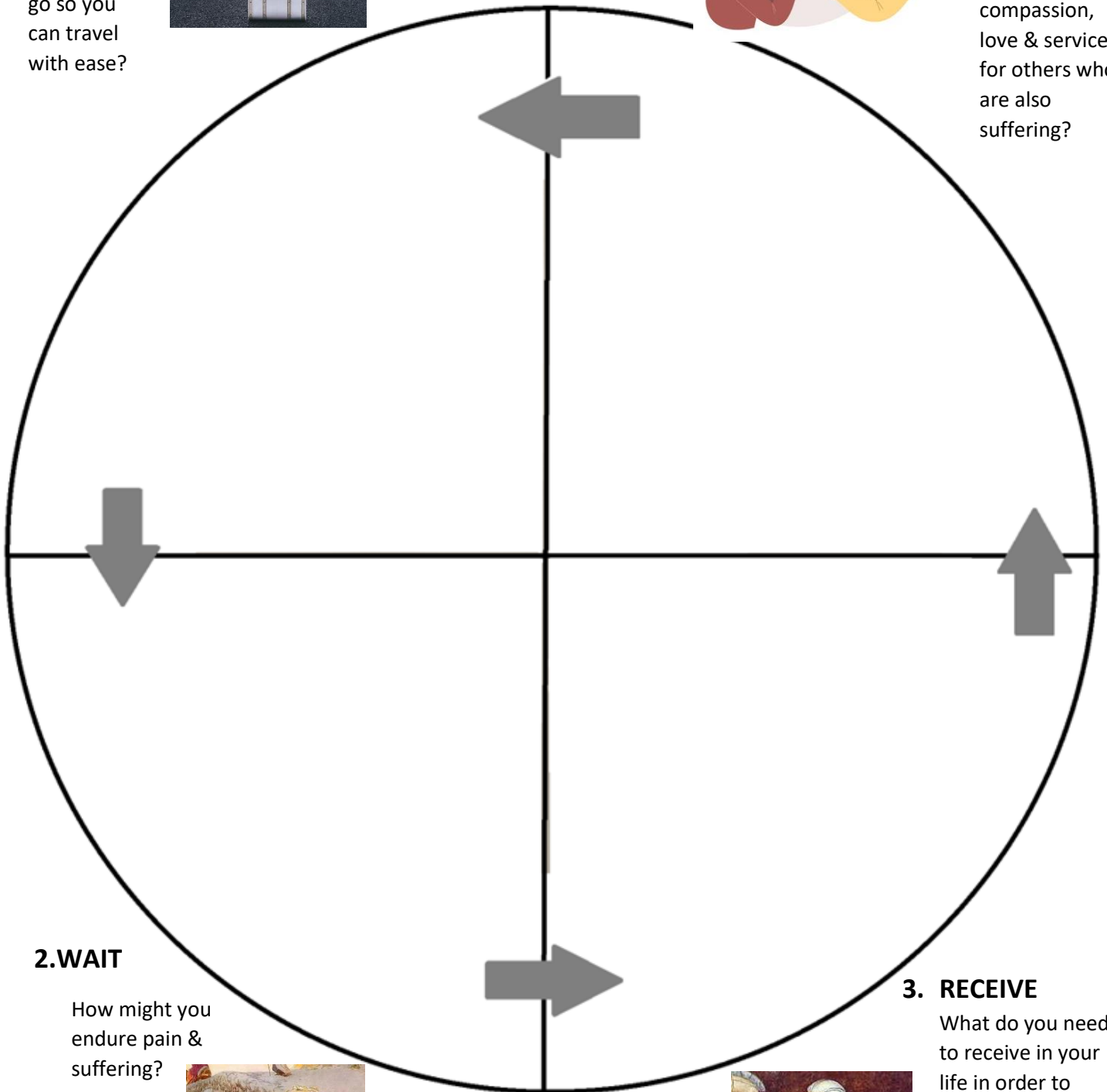
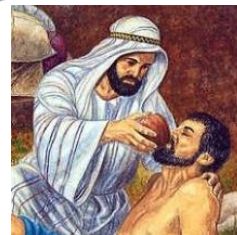
2. WAIT

How might you endure pain & suffering?



3. RECEIVE

What do you need to receive in your life in order to thrive and heal?



CREATE YOUR SPIRITUAL CARE PLAN

What actions will help you towards healing?

1

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

Spiritual Treatment Plan

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)

4



Actions that will help you towards your spiritual healing.

Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

5

Receiving the Light -

Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life. Circle the ones you hope to receive if you consistently follow through with your Care Plan above.

- Awe/Wonder
- Meaning
- Wholeness
- Healing
- Gratitude
- Connection
- Forgiveness
- Compassion
- Peace
- Ease /Freedom
- Patience
- Hope
- Love
- Purpose
- Acceptance
- Grace
- Faith
- Joy
- Awareness
- Harmony
- Rest/Renewal
- Resilience

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH"