

# BREATHE

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

## The Parable of Good Shepherd

*(a Godly Play® story - adapted from the Gospels)*



There was once someone who said such amazing things and did such wonderful things that people followed him. They couldn't help it. They wanted to know who he was, so they just had to ask him.

Once when they asked him who he was, he said, "I am the Good Shepherd. I know each one of the sheep by name. When I take them from the sheepfold they follow me. I walk in front of the sheep to show them the way.

"I show them the way to the good grass and I show them the way to the cool, still, fresh water. When there are places of danger I show them how to go through."

"I count each one of the sheep when they come back and go inside the sheepfold. If one of the sheep is missing I would go anywhere to look for the lost sheep—in the grass, by the water, even in places of danger."



"And when the lost sheep is found I would put it on my back, even if it is heavy, and carry it back safely to the sheepfold. When all the sheep are safe inside I am so happy that I can't be happy just by myself, so I invite all of my friends and we have a great feast."

Now this is the ordinary shepherd. When the ordinary shepherd takes the sheep from the sheepfold, he doesn't always show them the way, and so they wander. When the wolf comes, the ordinary shepherd runs away.

But the Good Shepherd stays between the wolf and the sheep. The Good Shepherd would even give his life for the sheep, so they can come back safely to the sheepfold.



## 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).

- Who could the shepherd really be?
- What could the green grass and fresh water really be?
- What could the places of danger really be?
- Which part of the story is about you? Where are you in this story?
- Notice moments in your life journey when: (1) felt safe, (2) nourished & quenched your thirst, (3) when you were in your places of danger, (4) when someone found you when you were lost.

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

# WHICH PART OF THE STORY IS ABOUT YOU?

## PLACES OF SAFETY

What are your places of safety?



## WATERS & GREEN GRASS

What life experiences (places & relationships) have you had that felt nourishing?



## PLACES OF DANGER

What moments in your life felt like you were lost? What are your places of danger?



## YOUR SHEPHERD

What are the moments when you were found? Who is (are) your guide(s)? Who leads you to places that are nourishing, and to places of safety?



# CREATE YOUR SPIRITUAL CARE PLAN

What actions will help you get unstuck from your places of danger? or help you find clarity & direction?

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## 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 2

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 3

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)

## CARE PLAN 4

Actions that will help you move from feeling lost and disoriented towards clarity. Choose three activities that you will commit to trying for a month.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Receiving the Light - Vocabulary of Spiritual Life 5

The words listed below are words related to a thriving spiritual life: they provide light when we are in the dark. Circle words (the light that you will receive) if you consistently follow through with your Care Plan above.

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

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

# PLACES OF SAFETY



# PLACES OF DANGER

