

APPENDIX 2

Women Comforting Women Through the Word and Prayer

(This is a ministry of Grace Covenant PCA in Dallas, Georgia.)

This is a suggested outline for a ministry of Women Comforting Women Through the Word and Prayer.

David wrote in Psalm 69:20: “I looked for pity, but there was none, and for comforters, but I found none.”

Have you ever needed or wanted someone to come alongside you, to give you verses of encouragement from our Lord, to pray for and with you? This ministry of Women Comforting Women Through the Word and Prayer seeks to meet that need so no woman in our church will say, “I looked for comforters but found none.”

This is NOT a counseling or a teaching ministry in a formal sense. It is very simply a Word and prayer ministry where we rely on the Holy Spirit to use these means of grace to do His work of mercy and comfort in the life of another woman.

Objectives

- For women going through difficult situations such as illness, grief, divorce, caring for a loved one, to receive comfort from a woman who will pray for her and share the Word with her during the duration of her suffering
- To disciple comforters to think and pray biblically about suffering, and to live covenantally by comforting others who are suffering
- To encourage and equip comforters and those being comforted to glorify God in their suffering

One prayer for this ministry is that it will multiply as a woman who receives this ministry of the Word and prayer uses her experience to comfort others:

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are *comforted by God* (2 Cor. 1:3-4).

Plan

1. The Women’s Ministry will submit names of women to the Elders for approval to be comforters.
2. This ministry will be coordinated by the WM Compassion Coordinator.

3. Ways to identify women who would like to have someone comfort and encourage them through the Word and prayer:
 - The Pastor/Elders may tell a woman about the ministry and ask if he can give her name to the Compassion Coordinator.
 - The Compassion Coordinator may reach out to a woman she thinks may need the ministry of comfort and ask if she would like for another woman to come alongside to pray for her and to share Scripture.
 - A woman may contact the Compassion Coordinator and request someone to comfort her.
 - The Compassion Coordinator will connect a woman needing comfort to a comforter.

Suggestions For Compassion Coordinator

1. Ask women who have been approved to serve as comforters.
2. Meet with the comforters to explain the Plan and Guidelines for Comforters (below), and then stay in contact with them to give support and encouragement. Occasionally meet with them together so they can share ideas and questions with each other.
3. Suggest resources on suffering for comforters.
4. Provide the comforters with
 - A list of Bible verses and a devotional book that has been approved by the Elders to give the woman she is comforting.
 - A suggested list—Scriptures to Comfort, Strengthen, and Encourage You—is below.
 - A suggested devotional book: *I Come Quietly to Meet You*, by Amy Carmichael.
5. Idea: Ask each comforter to compile an additional list of verses to use in emails, texts and notecards and then combine the lists. This list could include prayers and promises from Scripture. A list makes it easier to remember what verses they have sent.

Guidelines For Comforters

1. When a woman needs a comforter, the Compassion Coordinator will contact you to see if you are available. She will make the connection.
2. You will be given
 - A devotional book for yourself and one to give the woman. This book has been approved by our Elders.

— A list of “Verses to Comfort, Strengthen and Encourage” to give when you give the devotional book.

3. After the initial contact, you will determine how you communicate with the woman. You may use visits, email, texts, cards, phone calls, or a combination.
 - Please reach out with a Scripture verse and a message that you are praying at least weekly.
 - Suggestion: It will be easier if you make a list of verses to send so you can keep a record.
 - Pray for the Lord’s guidance as you select verses to send and ask the Holy Spirit to use the Word to minister to the woman receiving it. When God’s living Word is accompanied by His Spirit, it will accomplish His purpose.
4. Important: this is NOT a counseling ministry. You are simply being asked to share the Word and to pray with the woman. If more help is needed, notify the Compassion Coordinator, and she will refer this woman to the appropriate person.
5. Confidentiality is essential.
6. The length of time you remain in contact with the woman as a part of the comfort ministry will depend on the situation. You and the woman you are comforting should make that decision. Please notify the Compassion Coordinator.

Scriptures to Comfort, Strengthen, and Encourage You

Dear Sister,

“You have been born again, not of perishable seed but of imperishable, through the living and abiding word of God [which] remains forever” (1 Peter 1:23-25). I encourage you to “Set your heart on all the words . . . For it is not a futile thing for you, because it is your life” (Deut. 32:46-47), and to pray with the psalmist, “I am afflicted very much; revive me, O Lord, according to Your word” (Ps. 119:107).

I pray that in this difficult part of your journey, God’s Word will be “a lamp to your feet and a light to your path” (Ps. 119:105). Our “chief end” is to glorify God (*Westminster Shorter Catechism* Q. 1). I am praying that God’s Word will empower you to glorify Him even in your suffering.

Psalms 119:165. Great peace have those who love Your law; and nothing can make them stumble.

Deuteronomy 31:8. It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed.

Jeremiah 31:3. I have loved you with an everlasting love; therefore I have continued my faithfulness to you.

Philippians 2:14-16. Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life . . . (NKJV)

Psalms 9:9-10. The Lord is a stronghold for the oppressed, a stronghold in times of trouble. And those who know Your name put their trust in You, for You, O Lord, have not forsaken those who seek You.

Psalms 46:10a. Be still and know that I am God.

Psalms 100:5. For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations.

Lamentations 3:21-26. But this I call to mind, and therefore I have hope: the steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness. “The Lord is my portion,” says my soul, “therefore I will hope in Him.” This Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should wait quietly for the salvation of the Lord.

Psalms 32:7-8. For You are my hiding place; You protect me from trouble. You surround me with songs of victory. The Lord says, I will guide you along the best pathway for your life. I will advise you and watch over you. (NLT)

Psalm 59:16-17. But as for me, I will sing about Your power. Each morning I will sing with joy about Your unfailing love. For You have been my Refuge, a place of safety when I am in distress. O my Strength, to You I sing praises, for You, O God, are my Refuge, the God who shows me unfailing love. (NLT)

Isaiah 40:29. He gives power to the weak and strength to the powerless. (NLT)

Isaiah 43:19. For I am about to do something new; see, I have already begun! Do you not see it? I will make a pathway through the wilderness, I will create rivers in the dry wasteland. (NLT)

Isaiah 30:15. This is what the Sovereign Lord, the holy One of Israel says: Only in returning to Me and resting in Me will you be saved. In quietness and confidence is your strength. (NLT)

Psalm 23. The Lord is my Shepherd; I have all that I need. He lets me rest in green meadows, He leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to His name. Even when I walk through the darkest valley, I will not be afraid, for You are close beside me. Your rod and Your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely Your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever. (NLT)

Isaiah 43:1-5. But now thus says the Lord, He who created you, O (put your name) Jacob, He who formed you, O (your name) Israel: “Fear not, for I have redeemed you; I have called you by name, you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior . . . Because you are precious in My eyes, and honored, and I love you . . . Fear not, for I am with you . . .”

Psalm 34:3-8. Oh, magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps all around those who fear Him, and delivers them. Oh, taste and see that the Lord is good; blessed is the man who trusts in Him! (NKJV)

Psalm 118:6. In my distress I prayed to the Lord, and the Lord answered me and set me free. The Lord is for me, so I will have no fear. What can mere people do to me? Yes, the Lord is for me; He will help me. I will look in triumph at those who hate me. It is better to take refuge in the Lord than to trust in people. It is better to take refuge in the Lord than to trust in princes. (NLT)

Isaiah 46:4. Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you. I will sustain you and I will rescue you. (NIV)