



## **PRACTICAL SPIRITUAL SUPPORT: WHAT CAN WE DO?**

- Listen.
- Accept.
- Don't judge.
- Pray with them if you both are comfortable with that form of spiritual expression.
- Listen and respond as they talk about death, God and questions about life's meaning, without imposing your own beliefs. You don't have to agree with someone to provide spiritual support.
- Silence, meditation, spiritual readings that *they* relate to are OK, if that's what helps them.
- If they wish to talk to a clergyman or someone from their own religious or spiritual tradition, help to arrange a referral
- It's OK to laugh and cry with them. You don't need to jump into their pain with them to support them. But it's necessary to connect on a heart level if we want to provide spiritual support