

## Care of the Shut-in Soul

### Spiritual Outreach:

What needs is the person you are visiting expressing verbally, non-verbally, with body language, with emotions?

Why is the person expressing these things in particular? (Consider environment, family, past history, causes and effects)

How might physical needs be related/inter-related to his/her spiritual needs?

What kind of care is the person already receiving?

Encourage the person to share their story, by saying you would like to listen and learn from their experiences. For instance,

Tell me about your childhood

What has helped you manage all of your life?

What is the one thing that has sustained you?

What is your source of strength right now?

What makes you feel better when you feel you need help or feel afraid?

How has God worked in your life?

Is there a prayer practice important to you?

When offering a prayer ask:

What would you like to pray for? What would you like God to hear?

### Spiritual Inreach:

Get in touch with your own spirituality:

Are you able to ask others for help when you need it?

Are you able to ask for help only with specific tasks

Can you ask for companionship, reassurance, or emotional support?

How do you exercise your soul?

Do you do your soul exercises in solitude and with others?

Wouldn't a shut-in desire the same exercising of their soul?