

Walking with Jesus:

Accompanying People in Times of Fear and Change

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Walking with Jesus: Accompanying People in Times of Fear and Change

A practical and spiritual workshop on how ministers can accompany people who are anxious, grieving, searching, or disconnected from the church. Draw from gospel stories Pilgrim spirituality and real parish experiences

We do not have to fix
someone's pain,
answer every
question, or resolve
every uncertainty.



We do not have to fix someone's pain, answer every question, or resolve every uncertainty.

We are called to walk with people, help them recognize that they are not alone, and remain attentive to where God may be present in their journey.



Objectives

- Recognize how fear, grief, uncertainty, and change affect a person's faith journey.
- Identify how Jesus accompanies people in moments of vulnerability.
- Practice listening without rushing to advise, explain, or solve.
- Distinguish between helpful spiritual accompaniment and responses that unintentionally dismiss another person's experience.
- Apply concrete accompaniment strategies to OCIA, family catechesis, youth ministry, and adult faith formation.
- Identify one change to make in your own ministry.









Opening Prayer

God of every journey,

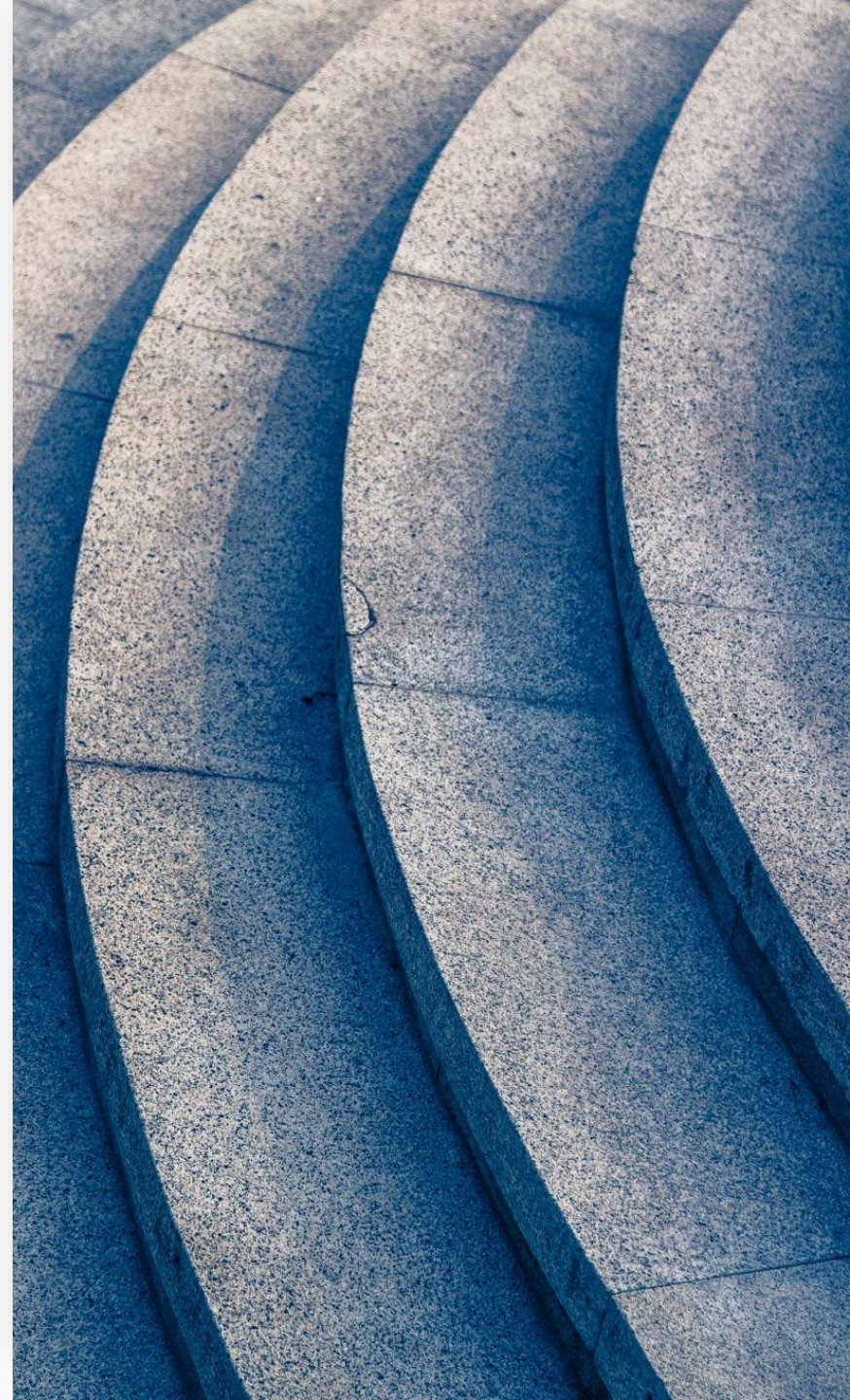
You are with us in times of joy and in seasons of uncertainty.

Open our hearts to the stories of those we serve, especially those who are afraid, grieving, searching, or feeling alone.

Teach us to listen with compassion, to accompany with patience, and to recognize your presence even when the way forward is unclear.

May we walk with others as Jesus walked with his disciples, offering hope, belonging, and love.

Amen.



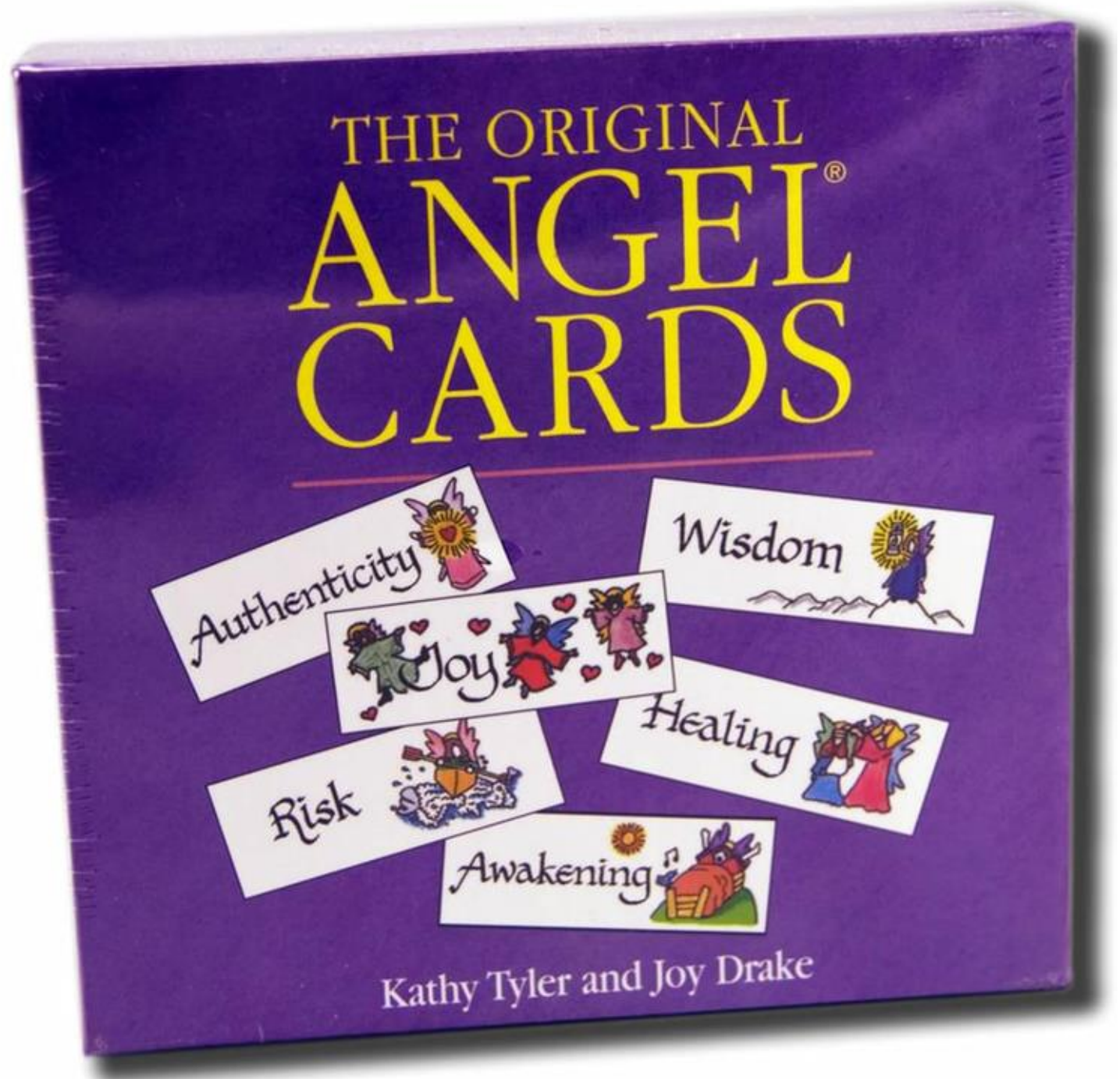




When have you needed
someone to walk with
you rather than tell you
what to do?
What did that person
offer you?”



Find the person in the room who has the same angel card as you do.



With that person...

- Share whatever you feel comfortable sharing. You do not need to describe the details of a painful experience. You might simply describe what helped you.
- As you listen to your partner, **resist** the temptation to tell a similar story, offer advice, or explain what the experience means.
- For these few minutes, your **ministry is simply to listen.**



What did you
notice about the
kind of presence
that helped you?

Now think of a
time when you
did not share,
those dark
feelings or
experiences.
Why?



Someone listened without
judging.
Someone remembered to
check in.
Someone did not rush me.
Someone prayed with me.
Someone helped with practical
needs.
Someone allowed me to ask
questions.
Someone stayed even when
there was nothing to say.
Someone did not try to explain
away my pain.

I did not want to
burden anyone.

I was
embarrassed.

I did not know
what I needed.

I was afraid of
being judged.

I did not want
someone to tell
me how I should
feel.

I was not ready to
talk.





**Suggestions to
avoid obstacles**

- The Urge to Fix

Why do you think we feel such a strong need to make someone's pain better?



- The Urge to Fix
- Three Common responses that can get in the way

Fix it. Explain it.
Move past it.



- 
- The Urge to Fix
 - Three Common responses that can get in the way
 - A different way to respond

A different way to respond



A different way to respond

What is different about the second response?

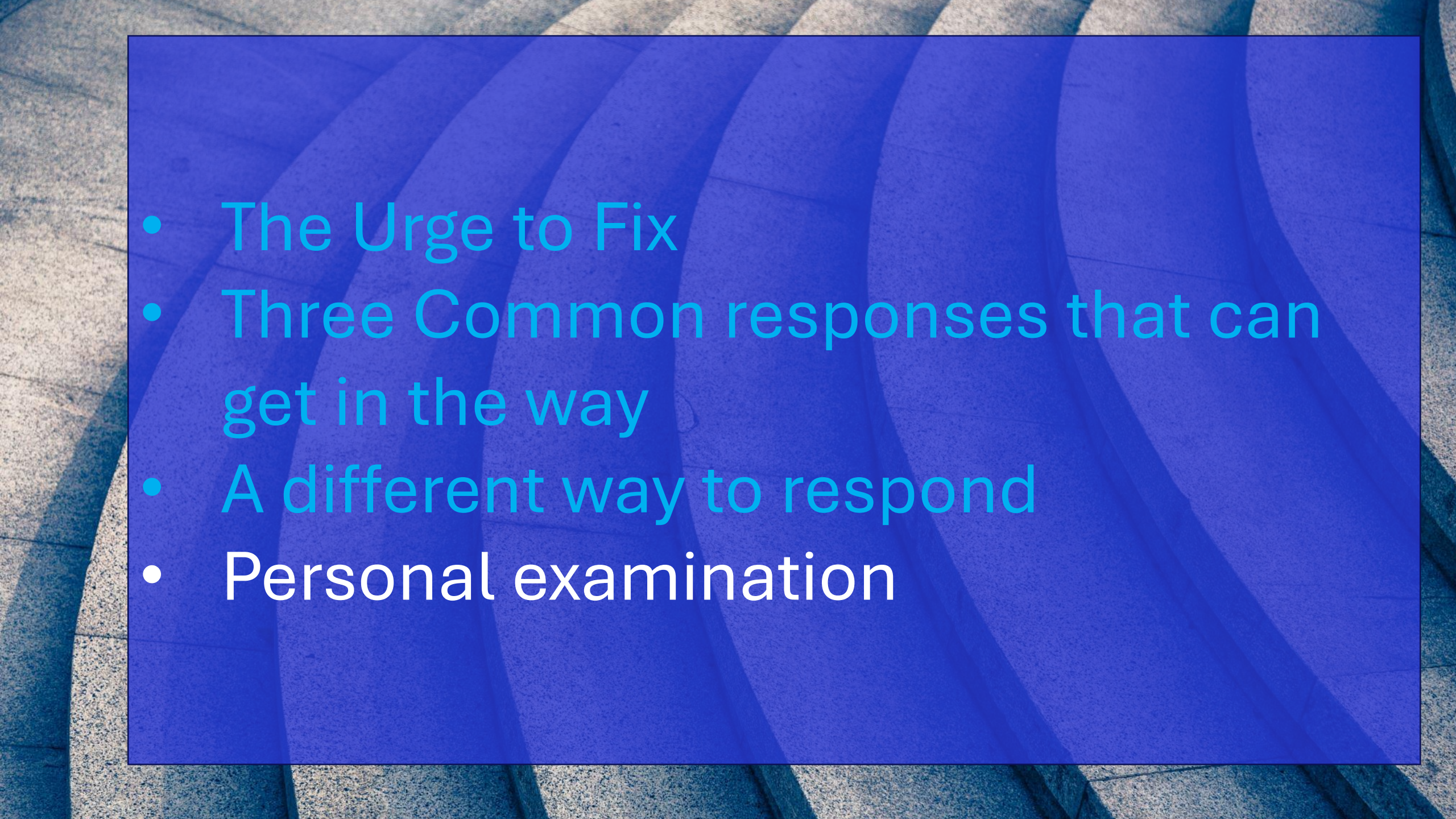
What did the minister do?

What did the minister avoid doing?

Did the minister abandon faith or offer a different way of expressing it?

What might the person feel free to say next?



- 
- The Urge to Fix
 - Three Common responses that can get in the way
 - A different way to respond
 - Personal examination

When someone
comes to me
with fear, grief,
doubt, or
uncertainty



Who is Mr. Jensen?



https://www.youtube.com/watch?v=4p5286T_kn0



¹⁰Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
¹¹Blessed are those who mourn,
for they will be comforted.
¹²Blessed are the meek,
for they will inherit the earth.
¹³Blessed are those who hunger and thirst for
righteousness,
for they will be filled.
¹⁴Blessed are the merciful,
for they will be shown mercy.
¹⁵Blessed are the pure in heart,
for they will see God.
¹⁶Blessed are the peacemakers,
for they will be called sons of God.
¹⁷Blessed are those who are persecuted because of
righteousness,
for theirs is the kingdom of heaven.

¹⁸"Blessed are you when people insult you, persecute you and
falsely say all kinds of evil against you because of me. ¹⁹Rejoice
and be glad, because great is your reward in heaven, for in the
same way they persecuted the prophets who were before you.

Salt and Light

¹³"You are the salt of the earth. But if the salt loses its salt-
iness, how can it be made salty again? It is no longer good for
anything, except to be thrown out and trampled by men.
¹⁴"You are the light of the world. A city on a hill cannot be
hidden. ¹⁵Neither do people light a lamp and put it under a bowl.
Instead they put it on its stand, and it gives light to everyone in
the house. ¹⁶In the same way, let your light shine before men,

The Fulfillment of the Law

¹⁷"Do not think that I have come to abolish the Law or the
prophets; I have not come to abolish them but to fulfill them.
¹⁸I tell you the truth, until heaven and earth disappear, not the
smallest letter, not the least stroke of a pen, will by any means
disappear from the Law until everything is accomplished.
¹⁹Anyone who breaks one of the least of these commandments
and teaches others to do the same will be called least in the
kingdom of heaven, but whoever practices and teaches these
commands will be called great in the kingdom of heaven. ²⁰For
I tell you that unless your righteousness surpasses that of the
Pharisees and the teachers of the law, you will certainly not en-
ter the kingdom of heaven.

Murder

²¹"You have heard that it was said to the people long ago,
"Do not murder," and anyone who murders will be subject to
judgment." ²²But I tell you that anyone who is angry with his
brother^a will be subject to judgment. Again, anyone who says to
his brother, "Raca,"^b is answerable to the Sanhedrin. But anyone
who says, "You fool!" will be in danger of the fire of hell.
²³Therefore, if you are offering your gift at the altar and
there remember that your brother has something against you,
leave your gift there in front of the altar. First go and be recon-
ciled to your brother, then come and offer your gift.
²⁴Settle matters quickly with your adversary who is taking
you to court. Do it while you are still with him on the way, or
he may hand you over to the judge, and the judge may hand you
over to the officer, and you may be thrown into prison. ²⁵I tell
you the truth, you will not get out until you have paid the last
cent.

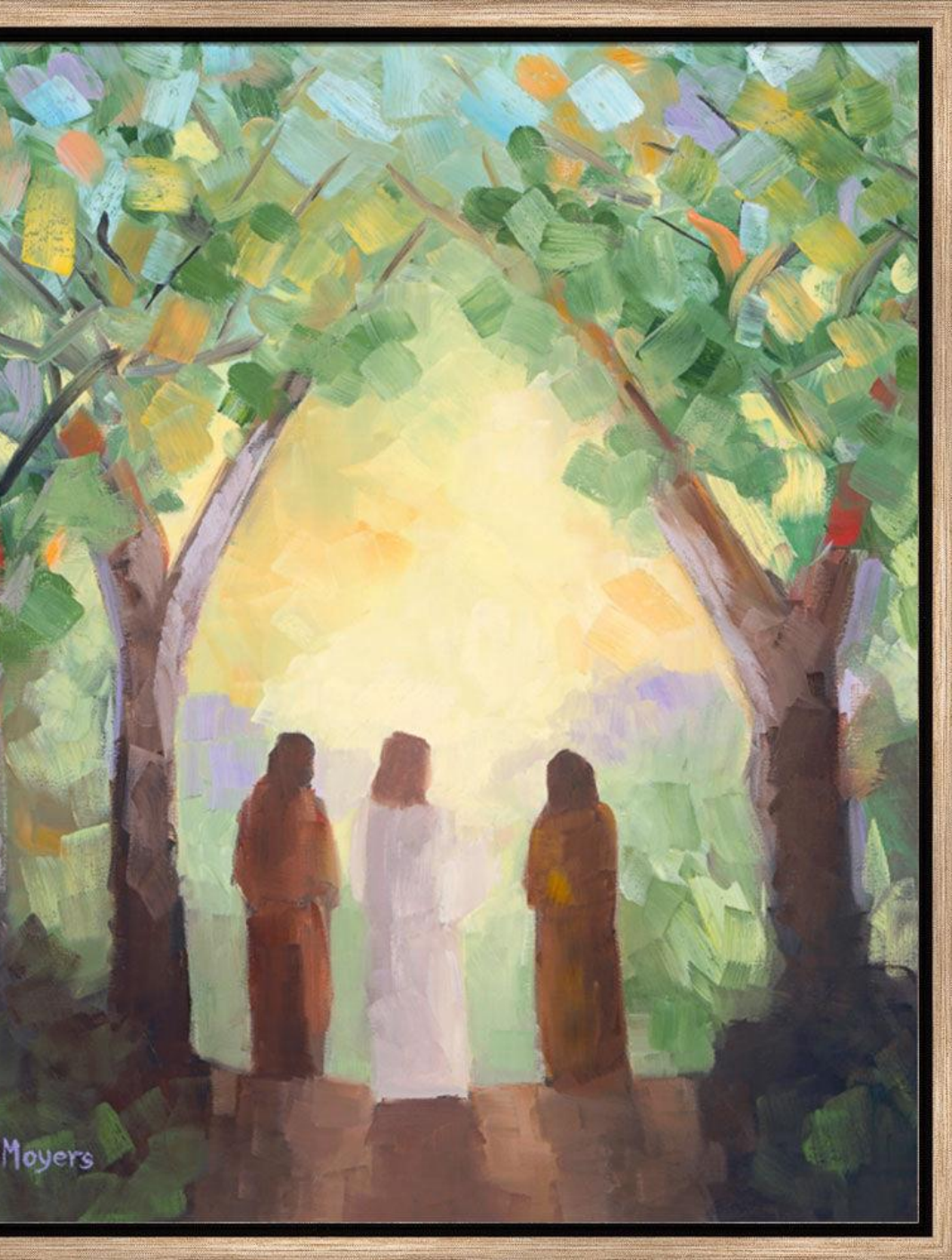
^a Luke 20:13

^b Some manuscripts: brother without cause.
See also Matthew 5:22.





<https://www.youtube.com/watch?v=07GCSW1CQUg>



Jesus joins them

He meets them where they are.

Jesus listens

He invites them to tell their story.

Jesus opens the Scriptures

He helps them see their experience in a larger story.

Jesus shares a meal

They recognize him in the breaking of the bread.

The disciples return

Their encounter sends them back to the community.



<https://www.youtube.com/watch?v=ITkCumgHm7c>





John 20:19-22

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.”

When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

[Jesus] said to them again, “Peace be with you. As the Father has sent me, so I send you.”

And when he had said this, he breathed on them and said to them, “Receive the holy Spirit.



When Jesus accompanies someone,
I noticed that he...



The Pilgrim's Way



The Pilgrim's Way

Accompaniment means respecting the journey the person is actually on, rather than insisting that everyone travel at the same pace.

Find your angel partner and get together with xx other pairs.

Workshop time





- What might this person be feeling or fearing?
- What assumptions might we be tempted to make?
- What would it mean to join this person on the road, as Jesus did with the disciples at Emmaus?
- What question could we ask that would invite the person to tell their story?
- What could we say that communicates welcome without pretending to have all the answers?
- What practical support might be appropriate?
- How might we offer a spiritual resource without imposing it?

A simple framework

1. Be present

Make time. Put distractions aside. Let the person know they do not have to rush.

2. Listen deeply

Ask open questions. Reflect what you hear. Resist the urge to fix.

3. Discern together

Ask what matters most right now. Explore where the person finds hope, support, or a sense of God's presence.

4. Take the next step

Identify one manageable action: a follow-up conversation, a meal, prayer, connection to a parish ministry, or professional support when needed.

Would you like to tell me more?



What has been the hardest part?



It sounds as though you have been carrying a lot.



What do you most need right now?



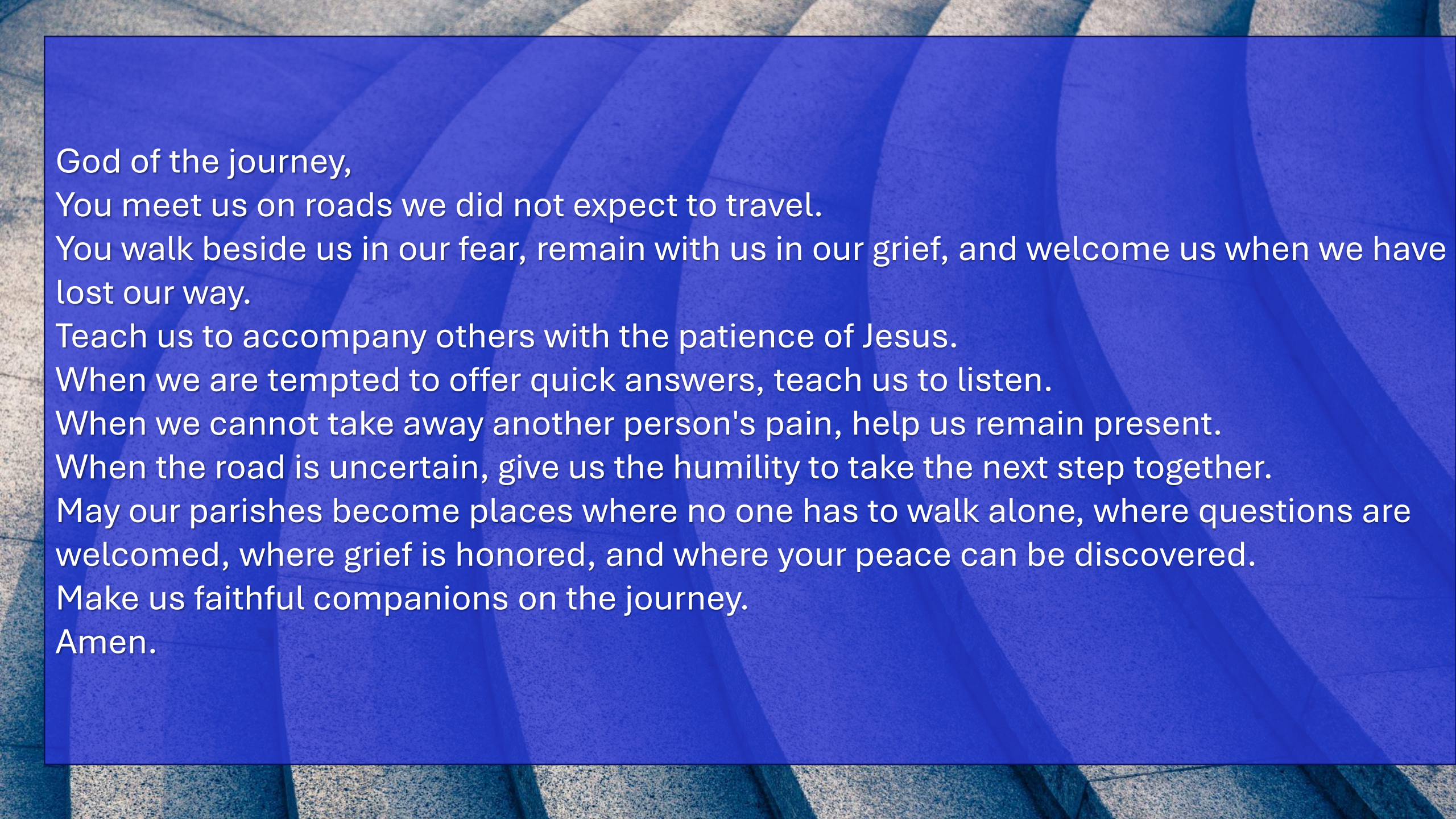
Where have you found even a little hope?



Would it be helpful to think together about a next step?







God of the journey,
You meet us on roads we did not expect to travel.
You walk beside us in our fear, remain with us in our grief, and welcome us when we have lost our way.
Teach us to accompany others with the patience of Jesus.
When we are tempted to offer quick answers, teach us to listen.
When we cannot take away another person's pain, help us remain present.
When the road is uncertain, give us the humility to take the next step together.
May our parishes become places where no one has to walk alone, where questions are welcomed, where grief is honored, and where your peace can be discovered.
Make us faithful companions on the journey.
Amen.





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Faith Forms at Dawn

Formation Resources

Welcome



Welcome! This website was created to support participants in my workshop by providing easy access to the materials, resources, and handouts shared throughout the event. My hope is that these tools will encourage, equip, and inspire you in your ministry and service to the Church.

Thank you for the work you do in helping others grow in faith and discipleship. May these resources continue to support you long after the workshop has ended.

Enjoy exploring the materials, and may God bless you in your ministry journey.