



Care & Grow Groups - Leadership Formation Series
Equipping Leaders for Clinically Informed Soul Care

**Learning to Hear, Listening to Understand, Guiding a Wise Response:
Understanding and Responding to Depression with Grace, Truth, and Wisdom**



Workshop Overview

 Learning to Hear →  Listening to Understand →  Guiding a Wise Response

Today we'll learn how to:

- Hear the signs of depression hidden beneath a person's story.
- Listen in ways that help people feel understood.
- Guide a wise response through grace, truth, and wisdom.

The Many Faces of Depression

Some people wear their depression on the outside

They cry often.



They withdraw from others.



They struggle to get out of bed.



They speak of hopelessness.

What's the point?
Nothing will ever get better.
I just feel so empty. .



They appear visibly overwhelmed.



When depression is visible,
it's easier to see.
And it's a cry for help.

"The human spirit can endure in sickness, but a crushed spirit who can bear?"
— Proverbs 18:14 (NIV)

The Many Faces of Depression

But others carry depression quietly on the inside hidden behind responsibility, productivity, humor, or service.



You never know what someone is carrying on the inside.
That's why we listen. ♥

"Even in laughter the heart may ache, and rejoicing may end in grief."
(Proverbs 14:13 NIV)

Learning to Hear the Signs of Depression

Soul care requires more than observation—it requires compassionate listening.

- ✓ Listen to hear the stories
- ✓ Listen for symptoms
- ✓ Listen to “see” and understand the burdens, and beliefs beneath the surface.
- ✓ Listen to offer practical support



"To answer before listening—that is folly and shame." (Proverbs 18:13 NIV)

Reflective Listening – Listening to Understand

As we listen, we reflect back what we are hearing.

Reflective listening:

- ✓ mirrors back the emotions and experiences we hear
- ✓ helps people feel heard and understood.
- ✓ Helps people feel less overwhelmed



People often feel less overwhelmed when they hear their thoughts and emotions reflected back to them.

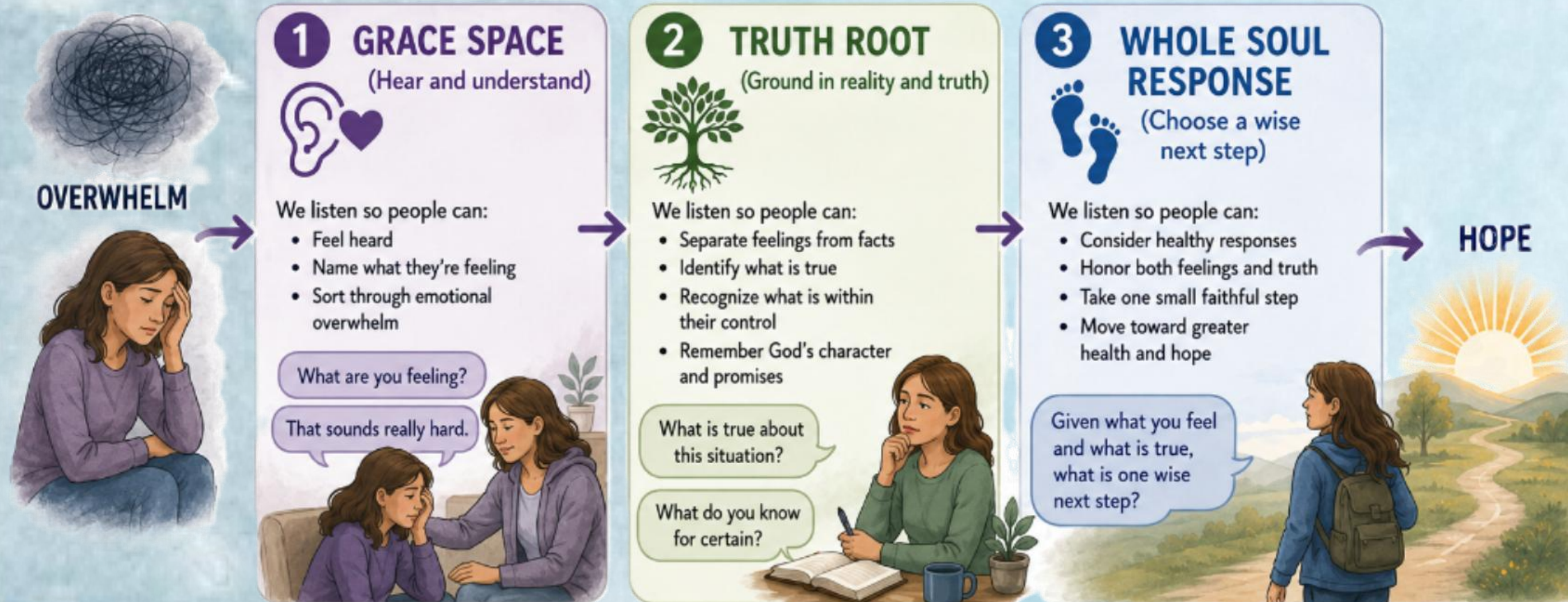
➤ Reflective Listening Examples ➤

What They Say	Reflective Listening Response
 "I'm exhausted all the time."	 "It sounds like you've been carrying a lot and are feeling completely drained."
 "Nothing seems to be getting better."	 "It sounds like you're feeling discouraged because things aren't changing the way you hoped."
 "I just feel stuck."	 "It sounds like you're wanting things to change but aren't sure what to do next."
 "I feel like I'm failing everyone."	 "It sounds like you're carrying a lot of pressure and feeling discouraged about how things are going."
 "Everything feels like too much right now."	 "It sounds like you've been overwhelmed by everything you've been carrying."

*"The purposes of a person's heart are deep waters, but one who has insight draws them out."
(Proverbs 20:5 NIV)*

Guiding a Wise Response

👂 Learning to Hear → ❤️ Listening to Understand → 🚶 Guiding a Wise Response



Grace makes room for feelings. Truth provides direction. Wisdom guides action.

"But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere." (James 3:17 NIV)

Using The Whole Soul Flow Tool in Soul Care

 Learning to Hear →  Listening to Understand →  Guiding a Wise Response

GRACE SPACE	TRUTH ROOT	WHOLE SOUL RESPONSE
Breathe & Feel: What am I feeling?	What is true, factual, and within my control?	Given what I feel and what is true, what wise step can I take?
• Reflect what you hear. • Validate emotions. • Help reduce overwhelm.	• Identify facts. • Recognize what is within their control. • Remember God's character and promises.	• Honor both feelings and truth. • Identify one healthy next step. • Move toward hope and health.



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