



Stephen Ministry



Stephen Ministry is grounded in Jesus' command to love one another. Through one-to-one confidential caring relationships, those who are hurting receive the love and care they need to support them.

- Is life more than you can handle alone right now?
- Is your health, your attitude, or your relationships suffering?
- Are you adjusting to a new job, a change in marital status, a serious illness, the death of a loved one, or a recent move?
- Would you like to have someone in your life who really cares?

Everyone goes through difficult times. Having someone to care, to listen, and to share God's love with you can help you get through the confusion, stress, or loneliness you may be experiencing.

Stephen Ministers are lay people who have received 50 hours of training on how to provide high-quality, confidential, one-on-one distinctively Christian care to individuals who are experiencing difficulties in their lives. Stephen Ministers have walked alongside those experiencing grief, stress, divorce, illness, miscarriage, infertility, job difficulties, unemployment, family issues, financial issues, loneliness, and more. They are passionate about this ministry.

If you are having a hard time, contact us to discuss whether a caring relationship with a Stephen Minister may be right for you. This relationship is meant to complement, but not replace care from mental health professionals, medical professionals, or our pastors.

A Stephen Minister is

- a child of God who walks beside a hurting person
- a caring Christian friend who really listens
- committed to growing spiritually in relationship with Christ and growing in skills through regular Stephen Ministry Supervision meetings
- committed to maintaining confidentiality

A Stephen Minister is not

- a counselor or therapist
- a problem solver
- a casual visitor

How the referral process works

Any adult who is hurting and in need of supportive Christian care can seek a Stephen Minister. It is not necessary to be a member of University UMC to have a Stephen Minister. Contact Stephen Ministry at University UMC (919-929-7191) for more information. Our Stephen Ministry coordinator will then contact you and arrange a time to talk about Stephen Ministry, learn about your needs, share expectations, and answer any questions that you may have. If you decide that you would like a Stephen Minister, you will be assigned one, and together the two of you will decide when and where to meet. Your Stephen Minister will normally meet with you on a weekly basis for about an hour to listen, care, encourage, and provide emotional and spiritual support. The caring relationship lasts as long as the need for care exists.