



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Stress Under Fire

Whether we call it fading heat or taking hits and potshots, life often does bring each of us “under fire.” Contrary to the popular saying, all is *not* fair in love and war.

Consider the Source

- The Enemy in the Gate- a relative, someone close to us or nearby, who is the initiator. This is especially damaging when it is a figure that should be trustworthy who instead exploits and hurts.
- Friendly Fire- an accidental discharge that hits too close to home.
- Unfriendly Fire- those coworkers who shoot the wounded and have a “take no prisoner” mentality.
- An Outright Adversary- malicious gossips, controlling rulers, selfish agendas, ruthless ladder climbers, or malevolent people who declare “the end justifies the means.” These people may also exploit the weak and defenseless.

Protection

- Prepare for the onslaught.
- Defend the under dogs, weak, and defenseless. We can offer shelter and protection for those around us. Place a bandage on the wounded and babysit the neighbor.
- Forgiveness- we can turn the other cheek and offer forgiveness so that WE can move on with less baggage (Matthew 5:39; 18:21-22).
- Furlough, Leave, or Liberty- take a break, vacation, or relief from a battle zone...even if it is just temporary.
- Run to a Safe Place!
- Ask for help- we can seek assistance. Pray to the Lord. Call out to a leader that you can trust.
- Lock arms- form a support group, a “band of brothers” to unite against the opposing force.

These “fire fights” can temper and strengthen us, where we can be refined, become more patient and understanding, and cause us to have empathy for those in similar situations. We can put away our sword and be careful not to harm others like we have been hurt. Good can come out of it.

Introducing your Community Chaplain

Eric Kieselbach
(pronounced “key-sill-baa”)

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“Mary listened to him...He seemed so calm, so perfectly in control. Was he this way always? Her father had often said that you never really new a man unless you saw him under fire, or at least under stress.”

Louis L' Amour
Under the Sweetwater

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”

1 Peter 5:8

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