

# Spiritual and Relational **Holistic Care:**

Personally, Professionally, and the  
Muddy In-Between

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Global Trellis



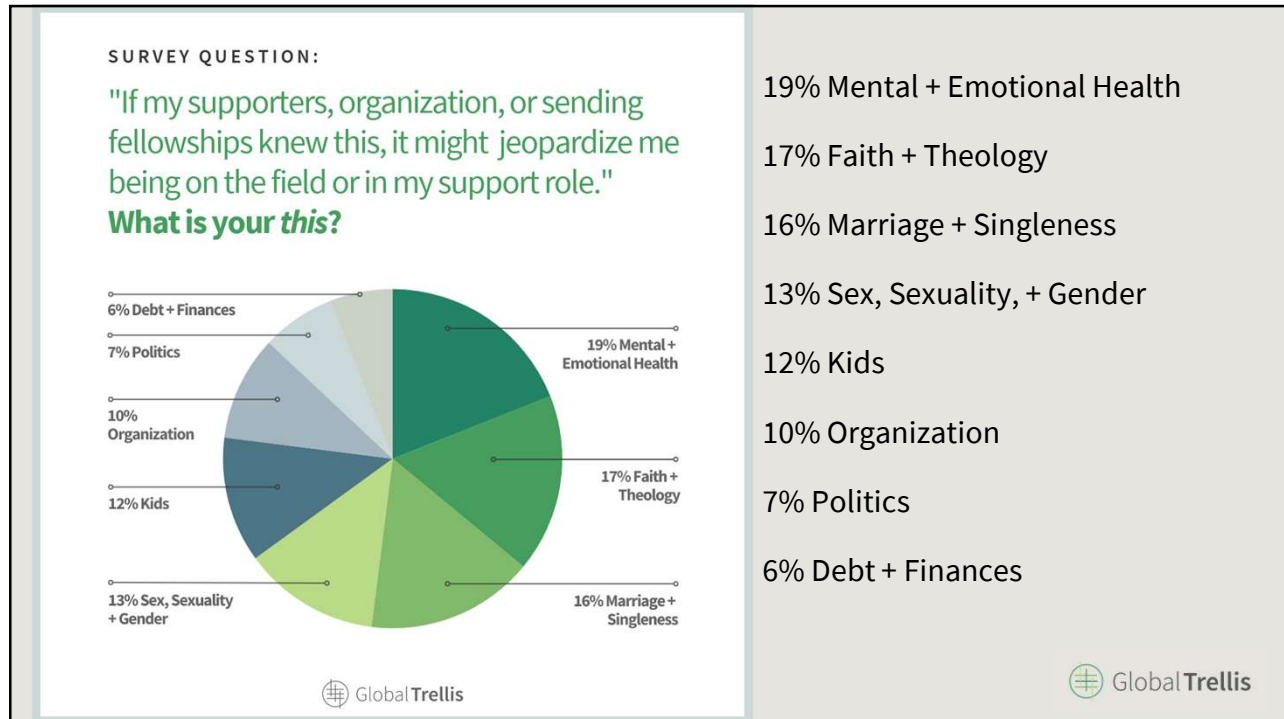
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## The Power of Overstories

What is God's overstory?  
What's your overstory of God?  
What's your overstory of people?  
What's your overstory of suffering?

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## What is holistic care?

Then the Lord said to me, "Take again the equipment of a foolish shepherd. For I am going to raise up a shepherd over the land who will not care for the lost, or seek the young, or heal the injured, or feed the healthy." (Zechariah 11: 15-16b, NIV)

Care → Lost  
 Seek → Young  
 Heal → Injured  
 Feed → Healthy

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## Spiritual & Relational Factors

- Hard soil, Over-tilled soil
- Corruption/Regulations
- War, poverty, affluence
- Turnover (hellos and goodbyes!)
- People you love struggling
- Your own personal journey
- Stress (financial, health, work)
- Friends, Coworkers, Worship together, Family



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## 4 Case Studies

- Martin
- Laura
- Sarah
- Justin



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Martin



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Laura



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Sarah



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Justin



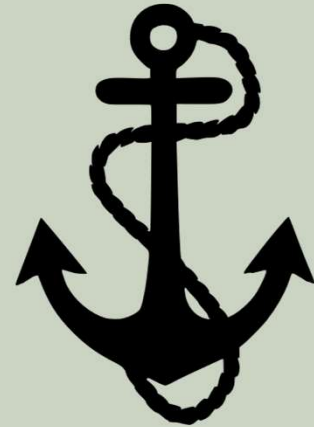
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# The real question

Responses to the  
case studies from  
a spiritual director

Elizabeth Forshee



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What does holistic  
soul and relational  
care look like for  
Martin? Laura?  
Sarah? Justin?

How do we address  
problems?



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## The Fixed Point

If Jesus is our anchor, how do we help cultivating coming back to Jesus?

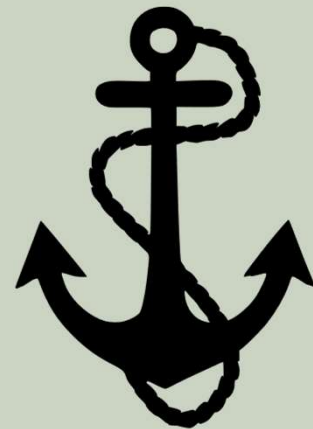


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## Holistic Relational and Spiritual Care

1. Know your self



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## Holistic Relational and Spiritual Care

1. Know your self

What is YOUR invitation from Jesus?



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## Holistic Relational and Spiritual Care

1. Know your self
2. What does Jesus want for that person?



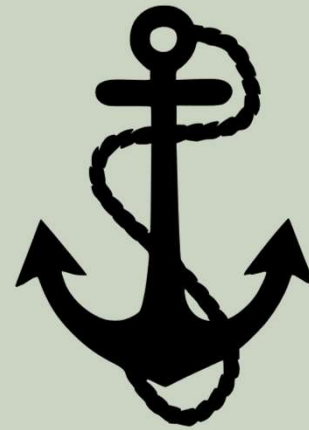
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## Holistic Relational and Spiritual Care

1. Know your self
2. What does Jesus want for that person?
3. Be willing to have courage



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## Courage (for Shalom)

- Sit with the uncomfortable
- Suffer with (Job's friends)
- Tough love (Jethro)
- Tender love (Elizabeth)
- Confront power (Nathan)
- When to bring in outside help (intervention)



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## The Fixed Point

If Jesus is our anchor, how does that influence the overstories?

What is your overstory?



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## Holistic Relational and Spiritual Care Overstories

1. Know your self (“My role is to \_\_\_\_\_”)
2. What does Jesus want for that person? (Do I stop to ask? Run in? Stick my head in the sand?)
3. Be willing to have courage (“In this situation courage looks like \_\_\_\_\_”)



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# Overstories

“Overstories *matter*. You can create them. They can spread. They are powerful. And they can endure for decades.”

Malcolm Gladwell

What if our overstories for relational and spiritual care began to change at MC2? What could be unleashed?



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**Global Trellis**  
rooting cross-cultural workers in love and competence





**Let's Talk About It**  
Eleven Areas of Concern for Cross-Cultural Workers on the Field

By Amy Young, Stacey Covell, and Christine Rollings  
Designed by Karen Huber

**ABSTRACT**

Often a disconnect exists between those who send cross-cultural workers and the cross-cultural workers themselves. In trying to understand this common disconnect—both the nature of it and what we can do about it—Global Trellis conducted an anonymous survey in January of 2024 to look at issues cross-cultural workers are dealing with in their contexts. We discovered eleven areas, explore why the gap exists, and suggest how to narrow it.




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