

HOW DO I SHEPHERD SOMEONE WHO DRAINS THE GROUP?

A person who is draining doesn't see they are monopolizing the group time, or sharing something in mixed gender company that they should not have shared. The draining person may reach out to others in the group, continuing to rehash the same things over and over. It is easy for us to become frustrated, want to avoid, or even want to invite them to leave the group. But we need to remember, we can all be this way at times, so what can we do to help the draining person?

Be Patient

We must be patient with the person, knowing we really are no different from them. We all have circumstances and situations we can focus on with the tendency to be self-focused. Be patient with them the same way that God is patient in dealing with us. You can't do that without seeing your need for grace, and asking God to empower you with His Spirit to see them as he does.

Assess Your Heart

It is easy to want to be "the savior" of a needy or draining person in your group. Use these questions from Paul David Tripp to assess your heart:

- Are you tempted to be angry with this person when they don't change?
- Do you become critical when you think about them? Self-righteous that they have not changed?

If you answered "yes" to any of these, you need to repent of these feelings and thoughts about them. Ask God to change your heart towards them. You need to stop trying to change them, and trust that God will work in them to change them. Your job is to point them back to Jesus in their times of self-focus.

Meet with Them One on One Meet with them and bring it to their attention that they are monopolizing the group time. In this meeting help them look beyond their circumstances to Jesus and all he has done in their lives. A helpful exercise could be to have them list out times in the past where God has brought them through a hard time. This reminds them he will do it again.

Get Them the Help They Need It could be that this person needs specific help that you and your group can't provide. Encourage them to meet with a pastor, and we can assess if they need pastoral or professional counseling.