SHARING GOD’S COMPASSION

THROUGH LIVING ROOM SUPPORT GROUPS

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God" (2 Corinthians1: 3-4)

The Scripture above tells us how we can extend to others the same comfort and mercy God extends to us when we suffer. When we go through trials, He helps us show His empathy and kindness to others going through the same trials. Islam teaches the same truth.

Through the love we receive from God, we can share love with others who suffer as we do. This is the same for those who follow the Islamic faith as it is for those with a Christian faith.

This is what it means to give peer support. It is more valuable than the support given by mental health professionals. In peer support, we are equals, understanding each others’ needs, because we have all suffered similarly. We realize that we’re not alone.

The picture above, taken between 2017 and 2018, shows four women who have been recently widowed, their husbands having been killed in Myanmar. They stay close to each other, no doubt helped by the knowledge that they all face the same loss.

Living Room offers support from our peers, able to help us deal with our pain in the same way. The groups bring together individuals who share the same kinds of suffering. With the help of their faith, they are able to help each other talk about their feelings. The pain becomes easier to bear because they realize they’re not alone.

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