

Place4you Leader Equipping

Congregational
Care

April 7 & 8, 2026



Care Intake Form (all fields are required)

Today's Date: _____

First Name: _____ Last Name: _____

Email Address: _____ Cell Phone: _____

Address (Street): _____

City: _____ Zip Code: _____

Birthday: _____ Preferred Spoken Language: _____

Gender (circle one): Male Female

How long have you been attending Wheaton Bible Church or Iglesia del Pueblo?

<input type="checkbox"/>	0-6 Months	<input type="checkbox"/>	7-12 Months	<input type="checkbox"/>	2-3 Years	<input type="checkbox"/>	4-5 Years
<input type="checkbox"/>	5-9 Years	<input type="checkbox"/>	10+ Years	<input type="checkbox"/>	I do not attend WBC or IDP		

Requesting care support for:

<input type="checkbox"/>	Myself – I'm an Adult	<input type="checkbox"/>	Myself – I'm a Student	<input type="checkbox"/>	My Marriage	<input type="checkbox"/>	My Child	<input type="checkbox"/>	Someone Else
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If Student: Parent/Guardian's Name: _____

Cell Phone: _____ Email Address: _____

If Marriage: Spouse's Name: _____

Cell Phone: _____ Email Address: _____

If Child: Child's Name: _____ Child's Age: _____

If Someone Else: My Name Is: _____ Cell Phone: _____

What type of care are you seeking

<input type="checkbox"/>	Biblical Counseling	<input type="checkbox"/>	Christian Clinical Counseling	<input type="checkbox"/>	Care Groups	<input type="checkbox"/>	Hospital or Home Visit	<input type="checkbox"/>	Financial Assistance
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I am struggling with or need support in (select all that apply)

<input type="checkbox"/>	Adultery	<input type="checkbox"/>	Alcohol(ism)	<input type="checkbox"/>	Anger	<input type="checkbox"/>	Anxiety	<input type="checkbox"/>	Body Image
<input type="checkbox"/>	Caregiving	<input type="checkbox"/>	Childhood Sexual Abuse	<input type="checkbox"/>	Codependency	<input type="checkbox"/>	Cutting/Self-Harm	<input type="checkbox"/>	Depression
<input type="checkbox"/>	Divorce/Separation	<input type="checkbox"/>	Drugs/Substance Abuse/Pills	<input type="checkbox"/>	Family Conflict	<input type="checkbox"/>	Fear/Insecurity	<input type="checkbox"/>	Financial Challenges
<input type="checkbox"/>	Food Addiction	<input type="checkbox"/>	Gambling	<input type="checkbox"/>	Guilt and Shame	<input type="checkbox"/>	Health Challenges	<input type="checkbox"/>	Loneliness
<input type="checkbox"/>	Loss of Relationship	<input type="checkbox"/>	Loss/Grief	<input type="checkbox"/>	Marriage	<input type="checkbox"/>	Mental Illness	<input type="checkbox"/>	People Pleasing
<input type="checkbox"/>	Physical Abuse	<input type="checkbox"/>	Pornography Struggle	<input type="checkbox"/>	Post Abortion Care	<input type="checkbox"/>	Premarriage	<input type="checkbox"/>	Rape/Rape Recovery/Date Rape
<input type="checkbox"/>	Relational Conflict	<input type="checkbox"/>	Same Sex Attraction, Homosexuality	<input type="checkbox"/>	Sexual Addiction	<input type="checkbox"/>	Singleness	<input type="checkbox"/>	Stress
<input type="checkbox"/>	Suicidal	<input type="checkbox"/>	Trans/Gender Dysphoria	<input type="checkbox"/>	Unexpected Pregnancy	<input type="checkbox"/>	Unforgiveness	<input type="checkbox"/>	Verbal/Emotional Abuse
<input type="checkbox"/>	Workaholic	<input type="checkbox"/>	Other (Please List):						

Care Intake Form (all fields are required)

Please describe your area of struggle or where you need support: _____

Have you already met with a pastor/minister/any other staff? (circle one) Yes No

If Yes: Which pastor? _____

Do you feel safe at home? (circle one): Yes No

Do you have thoughts of hurting yourself? (circle one): Yes No

Do you participate in one of the following groups in our church?

<input type="checkbox"/>	Life Groups	<input type="checkbox"/>	Adult Communities	<input type="checkbox"/>	Women's Bible Study	<input type="checkbox"/>	Men's Bible Study	<input type="checkbox"/>	Care Groups
<input type="checkbox"/>	Discipleship/Next Steps Class			<input type="checkbox"/> I am not connected to a group					

Is your group leader aware of your current struggle? (circle one): Yes No

Please expand on your answer above: _____

Are you interested in connecting to one of our Care Groups on Thursday nights?

Groups run from September to May:

<input type="checkbox"/>	DivorceCare	<input type="checkbox"/>	GriefShare	<input type="checkbox"/>	Single Moms Support Group	<input type="checkbox"/>	Financial Peace University
<input type="checkbox"/>	CHAI (childhood abuse recovery)	<input type="checkbox"/>	Caregivers Group	<input type="checkbox"/>	Kids Crew (helps kids work through their hurts & disappointments)		

Please note that we offer help through a variety of resources, counselors, programs and organizations that have affirmed alignment with our statement of faith. We may also connect you with volunteers who love Jesus and want to serve the church and our community. We will give you our recommendations and then we invite you to explore what works best for you. .

I understand

Additional information that would be helpful for us to know: _____

SUPPORT & CARE GROUPS

Learn more about any of these groups at wheatonbible.org/care or email care@wheatonbible.org

Kids Crew (Kindergarten-8th grade) - Thursdays, 6:30-8:30 pm

Kids have fun as they discover a biblical perspective on dealing with life's hurts and disappointments. Kids are welcome to join at the beginning of each semester. Kids Crew childcare available for parents attending a support or care group.

Caregiver Group - Thursdays, 6:30-8:30 pm

Caring for an aging parent or spouse who is ill can leave you feeling drained, stressed, and alone. This group offers a safe space for caregivers to find renewal and purpose in their challenging, but meaningful work. Through biblical encouragement and shared experiences, participants will discover how God can transform the burden of caregiving into a source of strength and joy.

DivorceCare - Thursdays, 6:30-8:30 pm

If you are walking through a divorce or separation, this can be one of the most painful and stressful experiences you have faced. Let us encourage you not to go through this alone. We will help you process the past as you rebuild your life, find healing, and gain support from others who understand.

Financial Peace University - Thursdays, 6:30-8:30 pm (English) & Sunday or Wednesday (Spanish – check website for which day)

Biblically based, common sense education and empowerment-which give hope to everyone, from the financially secure to the financially distressed.

GriefShare - Thursdays, 6:30-8:30 pm

If you've lost a spouse, child, family member, or friend, it may be hard for you to feel optimistic about the future. Not many people understand the deep hurt you're facing, and you may be feeling confused, isolated, or have questions about things you've never faced before. GriefShare can help you through this process.

re:generation - Thursdays, 6:30-8:30 pm

Re:generation is a biblically-based discipleship program offering healing, recovery, and freedom from any type of struggle. The reality is that we all experience brokenness in this life. We all have struggles to overcome. Whether big or small, these destructive thoughts and habits hold us back from the life we want -- and the life God calls us to live. Launching here at WBC in the fall of 2026. <https://www.regenerationrecovery.org/>

Single Moms - Thursdays, 6:30-8:30 pm

As a single mom, you face the difficulty of raising your kids and carrying the load by yourself. In our Single Moms group, you will find encouragement and practical resources designed to assist and equip you to meet the challenges of life as a single mom — all within a community of women who understand what you are walking through.

PARTNER CARE GROUPS

Administer Justice – 2nd & 4th Saturdays, 9:00 am – 12:00 pm

Rooted in the truth of the Gospel, Administer Justice (AJ) brings together compassionate attorneys and dedicated volunteers to offer legal guidance through a monthly clinic that reflects Christ's love and justice. AJ meets on the second and fourth Saturdays each month from 9am to 12pm and serves all types of cases.

<https://www.administerjustice.org/location/wbclegalclinic-westchicago-il/>

Compass - Tuesdays, 7:00-9:00 pm

A safe and confidential group to help men find freedom from sexual sin. Compass meets every Tuesday from 7-9pm. <https://compassmen.org/>

Restore (Caring Network)

For those who have experienced the pain of abortion, support and healing are offered through the Restore After Abortion program at Caring Network—providing a safe space for both women and men to find hope and restoration. <https://caringnetwork.com/post-abortion-groups/>

100+ Common Struggles & Personal Assessment

Congratulations! Just picking this up took courage. The healing process can only begin when you recognize that something is broken. Before you start, find a quiet place and ask God to help you see your struggles clearly.



You can scan this QR code to find the free online StruggleFinder assessment, then circle your results on the list below. You can also simply read through the list below and circle the struggles that you know apply to you. Don't worry about how many you select! The more honest you are with yourself, the healthier you will become. Keep this list and continue to pursue God's path for healing and restoration here at re:generation.

1. Abandonment
 2. Abortion
 3. Abused: Physically/Verbally/
Emotionally/Sexually
 4. Abuser: Physically/Verbally/
Emotionally/Sexually
 5. Acceptance/ rejection
 6. Adultery
 7. Alcohol(ism)
 8. Anger/Rage/Escalation
 9. Anonymous sex
 10. Anxiety
 11. Anorexia
 12. Approval of others addict
 13. Apathy
 14. Arrogance
 15. Binging
 16. Bisexual
 17. Blasphemy
 18. Boasting/Bragging
 19. Body image
 20. Bulimia
 21. Cheating
 22. Child/Minor Pornography
 23. Codependency
 24. Control
 25. Covetousness
 26. Critical Spirit/Complaining
 27. Cruelty
 28. Cult/Satanism/Witchcraft
 29. Cutting / Self-Harm
 30. Debt
 31. Defined by my Past
 32. Depression
 33. Disobedience/Rebellion
 34. Divorce / Separation
 35. Drugs/Substance Abuse/Pills
 36. Drunkenness
 37. Emotional dependency
 38. Evil thoughts/actions
 39. Fantasy
 40. Fear
 41. Fear of failure
 42. Fear of intimacy
 43. Fear of man/others
 44. Fear of rejection
 45. Fear of success
 46. Fetishes
 47. Fighting: Phys/Verb
 48. Food addiction
 49. Gambling
 50. Gluttony
 51. Gossip
 52. Greed/Selfishness/Love of Money
 53. Guilt and Shame
 54. Hatred of others/self
 55. Hoarding
 56. Hopelessness
 57. Idolatry/worship of created
 58. Infidelity/Sexual Purity
 59. Insecurity
 60. Isolation/Withdraw
 61. Jealousy/Envy
 62. Judgmental/Judging others
 63. Lack of Growth
 64. Lack of Self Worth
 65. Laziness
 66. Loneliness
 67. Loss of relationship
 68. Lust
 69. Lying/Deceit/Dishonesty
 70. Manipulation
 71. Masturbation
 72. Materialism
 73. Mental illness
 74. Mistrust of God / No Belief
 75. Murder/Murderous thoughts
 76. Negativity
 77. Negative Interpretation
 78. Obsessive thoughts/OCD
 79. Overeating
 80. Paranoia
 81. Passivity
 82. Pedophilia
 83. People pleasing
 84. Perfectionism
 85. Physical abuse
 86. Phobias
 87. Pornography addiction
 88. Pride/Self Righteousness
 89. Profanity/Swearing/Cussing
 90. Prostitution/Stripping
 91. PTSD
 92. Racism
 93. Rage
 94. Rape/Rape recovery/Date rape
 95. Relationship Addiction
 96. Resentment/Bitterness
 97. Same Sex Attraction, Homosexuality
 98. Selfishness
 99. Self-Worth (too high or low)
 100. Self-sabotage
 101. Sexual addiction/deviancy
 102. Sexual immorality/fornication
 103. Shopping/Spending
 104. Singleness
 105. Smoking/Dipping/Vape
 106. Social Anxiety
 107. Social Media/Internet Addiction
 108. Stealing/Kleptomania
 109. Stress
 110. Suicidal
 111. Trans/Gender Dysphoria
 112. Unforgiveness
 113. Vanity
 114. Victim mentality
 115. Video game addiction
 116. Voyeurism
 117. Workaholic
 118. Worry
- Others: _____

To hear stories of life-change and find helpful resources, visit regenerationrecovery.org.

"NO TEMPTATION HAS OVERTAKEN YOU THAT IS NOT COMMON TO MAN." (1 CORINTHIANS 10:13)

Place 4 You Leader Meeting – April 2026

“Circles of Responsibility”

Instruments in the Redeemers Hands by Paul David Tripp

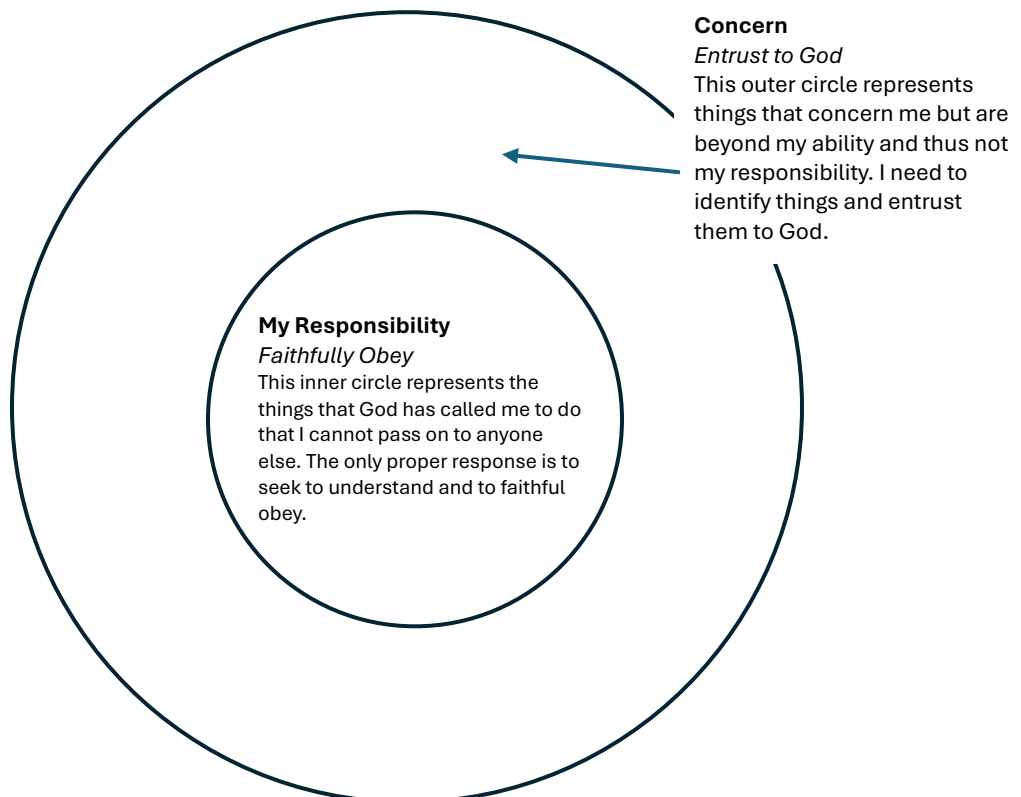
“Change always demands a deeper understanding of the things of God and a more careful application of those truths to our lives.”

- Genuine life change comes by applying what we know through practical, active, biblical wisdom.
- To provide steps and accountability to help move them in that direction.
- Many struggle to know how to apply God’s Word to their situations and relationships. This is where we can help!

As you do this exercise with others, it’s important to remember that we are:

1. **saints** saved by God’s grace, it’s an opportunity to point people to the gospel and what Jesus did for them.
2. **sinners** in need of a Savior and guidance from God’s Word and other believers to point us how to live in our sin struggle
3. **sufferers** because of the reality of the brokenness of this world.

All you need is a piece of paper/napkin/whiteboard and a writing tool to walk them through this exercise. Draw two circles, inner circle and outer circle.



Listening/Responding

- Listen for where they are stuck.
- Where are they taking on a responsibility that is not theirs to take on?
- Where are they not taking responsibility for something that is theirs?

Apply God's Word

- How does God's Word speak to what they are walking through?
- "What has God taught, promised, commanded, warned, encouraged, and done that addressed this situation?"
- Not sure? Ask them if you can think and pray on it and get back with them?

How to Use the Tool

- This can be used to address any number of concerns to help focus and define next steps.
- Start with listening, responding well, empathy and prayer.
- In every care situation, we want to quietly invite the Holy Spirit to lead us in that conversation. We want to acknowledge our dependence on the Lord.

What if you're not sure what God's Word has to say about that concern?

- Ask if you can talk at another time so you can offer them more help in the struggle after you've had time to pray and consider what God's Word has to say about the matter.
- Even better, invite them to search and see what God's Word has to say and that you'll do the same and that you'll come back together to discuss. In this you are teaching them how to look to God's Word in their struggles.

Clarifying Responsibility

3 Groups of People

- **Irresponsible** – fail to recognize and shoulder their God-given responsibilities.
- **Over responsible** – take responsibility for things that God has not assigned or equipped them to do.
- **Genuinely confused** – need clarification of what their role is and what they need to entrust to God.

Challenge

- **Mini-messiah's** (take God's job) – help them release to God what only He can do while taking responsibility for what is for them to own – steps toward obedience.
- **Recognize our limits** – God is sovereign over all (Acts 17:24-28)
- **Remember** who God is and what He promises (Ps 145:13)

It's possible there is frustration if they are looking for God to fix something when it is clearly something God has assigned to them.

On the flip side, it can also be frustrating if someone is trying to fix something that only God can fix. You cannot change someone else; you can only respond in obedience to what God is calling you to do.

APPLICATION OF CIRCLES OF RESPONSIBILITY – FEAR & ANXIETY

Let's acknowledge a couple of things before we tackle this concern:

1. Sometimes on-going anxiety needs the support of a trained counselor and sometimes even a medical doctor.
2. It can point to some deeper trauma – anxiety can be a symptom of deeper concerns that need to be attended to.
3. Ask the Holy Spirit to show you where more is needed.

Inner circle (their responsibility)

Remind them that God's Word challenges us not to be bound by fear but in trust, give our worries and concerns to the Lord.

- “And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.” (Jesus Christ, Matthew 10:28)
- “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)

That God promises eternal peace, joy, and rest for those who trust in Him.

- “You keep him in perfect peace whose mind is stayed on you...” (Isaiah 26:3)
- “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” (Romans 15:13)

Invite them to:

- Ask Christ for His peace that surpasses understanding (Philippians 4:7).
- Not isolate, we need the body of believers around us in the struggle (1 Thessalonians 5:14).
- Spend time in God's word daily learning of His goodness, power, and love. Pray and journal daily taking your worries/fears out of your head and casting your anxieties on the Lord (Psalm 68:19). Prayer and journaling are good recommendations.
- If a counselor or a doctor is needed, encourage them to pursue that.
- Breathing exercises are helpful in struggles with anxiety, going for a walk, getting into nature, creating time and space in their lives to work through what leads them to fear and be anxious.

- Let God’s Word remind them of His character and that each opportunity to trust God is an opportunity to experience His power and love (James 4:6-8).

Outer circle (to give to God and acknowledge about God)

We might remind the person that anxiety/worry doesn’t solve the problem:

- “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?” (Jesus Christ, Matthew 6:25-27)

We might remind them that God is sovereign and in control:

- “For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together.” (Colossians 1:16-17)
- “Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength.” (Isaiah 40:28-29)

Remind them that God is bigger and stronger than any concern we face and that we can rest in that truth as we abide in Him.

- “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” (John 16:33)
- “I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.” (John 15:5)

Renewing Our Minds – Praying God’s Word in Battle Against Fear & Anxiety

Romans 12:2 – *“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*

Resources to Help Apply God’s Word

- The index in the back of your Bible
- Bible gateway (just make sure you check context on verses)
- Praying God’s Word (Beth Moore)
- Counseling through the Bible Handbook by June Hunt

- Quick Scripture Reference for Counseling by John Kruis
- New Growth Press Minibooks

Apply to Us As Leaders

This can help you when you feel overwhelmed by trying to care and help someone else in their concerns.

Our Inner Circle

- Ephesians 4:15 - Instead, **speaking the truth in love**, we will grow to become in every respect the mature body of him who is the head, that is, Christ.
- 1 Thessalonians 5:14 - And we urge you, brothers and sisters, **warn** those who are idle and disruptive, **encourage** the disheartened, **help** the weak, **be patient with everyone**. (Have you done these things?)
- Philippians 2:13 – **For it is God who works** in you, to will and to act in order to fulfill his good purposes.
 - If they have a desire to obey, this came from God.
 - If they have a desire to change, this came from God.
 - These two things are not my responsibility.

To lead yourself as you lead others and to be able to rest in the fact that you've done what God is asking you to do as a leader and trust the situation into His hands.

Final Thoughts