

COVID-19 Checklist

Member Care Seven S's



The Seven S's of Missionary Care

Saviour Care:

Spending Time with God

What is God saying in this season?

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Self-Care:

Physically:

Eating well Exercise Sleeping

Emotionally/Mentality:

Keeping accountability Hobbies Finding ways to challenge yourself

Creative/Initiative Ideas

Socially: Staying Connected with Skype/Zoom

Team Meetings Family/Friends Supporters

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Staff Care:

Looking after those in your team:

Connecting Encouraging Supporting Praying

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Shepherd Care:

Your Leader/As Leader:

Encouraging Connecting Praying

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Structure Care:

New Weekly routines Community Fellowship Individual/Team tasks

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Sender-Support Care:

Contact with Supporters Sending Church Sending Newsletters

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Specialist Care- Remember to reach out to someone to get greater support when needed.