



SPIRITUAL SURVIVAL

FOR FIRST RESPONDERS



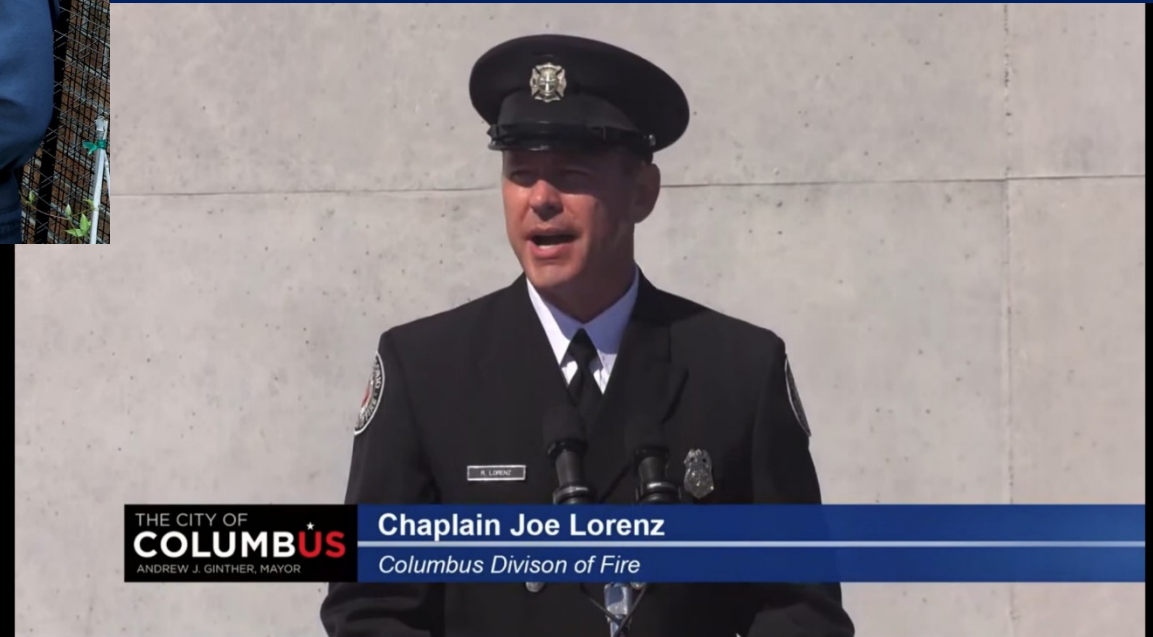
Joe Lorenz

Columbus Fire

- Fire Fighter
- Chaplain
- Peer







THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

Chaplain Joe Lorenz
Columbus Division of Fire



Columbus Fire Chaplain Mission Statement

Developing and maintaining overall wellness, building individual, crew and station readiness in strengthening spirit, moral character and mental resilience and endurance, with an emphasis on spiritual well-being.

The Power of the Human Spirit

*A man's spirit will sustain him in his infirmities.
But who can bear a broken spirit?*

Proverbs 18:14

Spirituality

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- Spirituality's central aspects: meaning, purpose, and connectedness

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- *“Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices.”*

Journal of Palliative Medicine, 17(6), 642–656.

Spirituality

Pursuit of Meaning, Purpose and Value

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Identity

Who are you?

Spirituality

Pursuit of Meaning, Purpose and Value

“The two most important days in your life are: the day you were born, and the day you found out why.”

- Mark Twain

Spirituality

Pursuit of Meaning, Purpose and Value

Meaning is pursued each time you ask the question,
“Why?”

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“Why?”

When you lose your “*why*”, you begin to lose your *way*.

Spirituality

Pursuit of Meaning, Purpose and Value

Intuition

The power of attaining to direct knowledge or cognition without evident rational thought and inference.

Spirituality

Service and Sacrifice for the Greater Good

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Conscience

The sense of moral goodness or blameworthiness of one's own conduct, intentions, or character together with a feeling of obligation to do right or be good.

Spirituality

Personal Connection with God

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Personal Connection with God

Communion

Fellowship, joint participation, intimacy;
a state of receiving and releasing

Spirituality

- Pursuit of Meaning, Purpose and Value
- Service and Sacrifice for the Greater Good
- Personal Connection with God

Common internal challenges of first responders

- Occupational Stress
- Cumulative Stress
- Critical Incident Stress
- Post Traumatic Stress
- Moral Distress
- Moral Injury

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- ***Crisis of Faith***

Crisis of Faith

When you have to decide if your *beliefs* shape your *experiences* or your *experiences* shape your *beliefs*

Stages of Faith

Believe

Stages of Faith



Stages of Faith



Stages of Faith





*“For there is hope for a tree,
when it is cut down, that it will
sprout again, and its shoots will
not fail. Though its roots grow
old in the ground, and its stump
dies in the dry soil, at the scent
of water it will flourish and put
forth springs like a plant.”*

Job 14:7-9



*Keep
Hope
Alive!*

The Greatest Need of the Human Spirit



The need to *give* love, and the need to *receive* love

- The *pursuit of meaning, purpose and value* is in essence the quest to find love and to express it.

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- The expression of love is found in *service and sacrifice for the greater good*.

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“Love desires to benefit others at the expense of self, because love desires to give.”

- Edwin Louis Cole

*“And now these three remain: **faith, hope, and love.** But the greatest of these is **love.**”*

1 Corinthians 13:13