



# Carefrontation Sandwich Technique

**Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. -Galatians 6:2 NLT**

## Step 1: Slice of Love

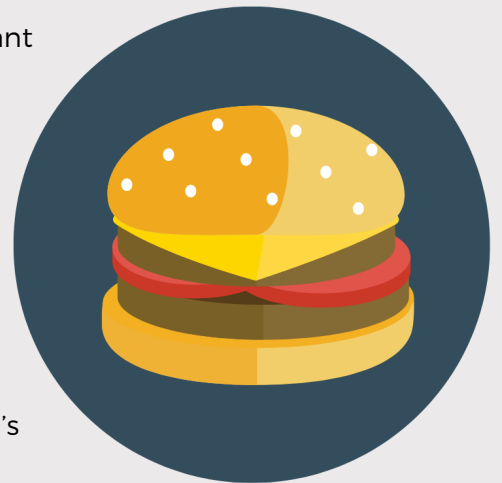
Affirm the person's value and the relationship. Tell them how important they are to you and WHY they are important to you.

## Step 2: Meat of Concern

Briefly express your observations, not your opinion. Also, be very careful about expressing others' observations. Let them speak up on their own behalf.

## Step 3: Slice of Encouragement

Communicate goodwill and share hope for the future. Tell them how you want the best for them, for them to live in peace, experience God's best and let them know that you are there if they want to talk about healthy (or God-honoring) options to make things better.



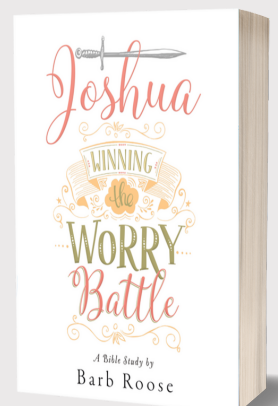
## NOTES:

- This conversation should actually only be two or three minutes long. An extended Carefrontation increases the risk of losing the other person's attention span or willingness to listen.
- IMPORTANT: Rehearse your Carefrontation before sharing it! Write it out if you suspect that you might ramble or get emotional. It's okay to read it.

As Galatians 6:1 teaches, God gives us to each other to help us when we fall down or fall away. While Galatians 6 is specifically addressed to believers, it can also be a helpful guide when carefronting those who don't follow Jesus.

Carefronting someone isn't easy, but I hope that this tool equips you to have a hard and necessary conversation in a healthy, God-honoring way.

[Click here](#) to find out more about the Joshua Bible Study.





# Example: Carefrontation Sandwich Technique

Adapted from *Joshua: Winning the Worry Battle* Bible study

**Let's Look at an Example and how it could look in a real life scenario between sisters, Janice and Monique. For the past few months, Monique has noticed that Janice has been dating a lot of different questionable men, drinking a lot and yelling at her kids, which she didn't do before. Here is a peek into how a Carefrontation might look:**

## **Step 1: Slice of Love: Affirm the person's value and the relationship.**

*Janice, I love and care about you and the kids. Do I have permission to share some things that I'm concerned about with you?*

*(If permission is granted, then proceed)*

*You are my sister and I'm grateful for your life. You are important to me because I've always been able to count on you for support and love.*



## **Step 2: Meat of Concern: Briefly express observations, not opinions.**

There have been three things that I've noticed lately that I'm concerned about for you.

*First, I've noticed that you've been going out on dates with men that you used to avoid because they didn't treat women well. That concerns me. Second, I've noticed that you've been drinking more, actually a lot more. The kids have called me a few times because they are scared when you're passed out. That concerns us all. Finally, you are one of the most loving and fun moms around. But, when I've stopped by the house, I've heard you raising your voice at the kids and being impatient with them. That concerns me because I've seen how hard you work to take care of the kids.*

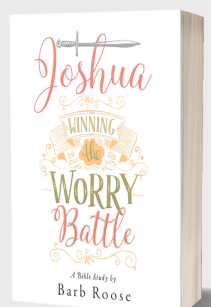
## **Step 3: Slice of Encouragement: Communicate goodwill and share hope for the future.**

*Janice, you know how much I love and care about you. I'm sharing these concerns, but I'm not here to tell you how to live. I want you to know that I want you to be strong, healthy, happy and experiencing God's best blessings for your life. I love you.*

**FINAL REMINDERS AND ENCOURAGEMENT TO YOU:** The Carefrontation Sandwich should not be a long conversation. It should actually only be two or three minutes long. An extended Carefrontation increases the risk of losing the other person's attention span or willingness to listen.

**ALSO:** Rehearse your Carefrontation before sharing it! This is important. Write it out if you need to and it's okay to read it.

[Click here](#) to find out more about the Joshua Bible Study.





Barb Roose is a popular speaker and author who is passionate about teaching women to live beautifully strong and courageous so that they experience God's great adventure of faith and purpose for their lives. Since 2005, Barb has been speaking to audiences in the US and abroad at women's conferences and events, including national platforms like the Aspire Women's Events, She Speaks Conference and the UMC Leadership Institute.

Barb is a Bible teacher who loves following God more than anything else in life. She's a real woman who has experienced God's power and presence during battles with depression and anxiety, parenting challenges and family addiction trauma. Rather than teaching audiences to follow God to get what they want, Barb inspires audiences to discover that God is all that they truly need!

Readers love Barb's authenticity, humor, spiritual depth and game-changing practical tools and techniques to apply God's Truth to their everyday life.

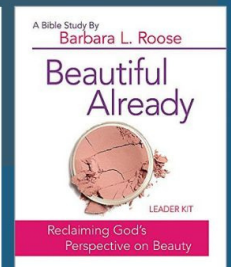
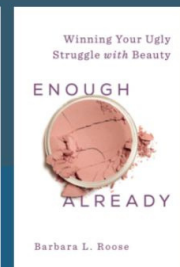
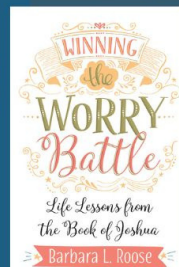
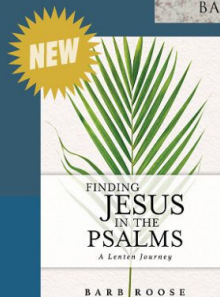
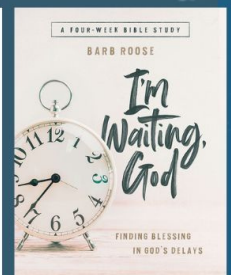
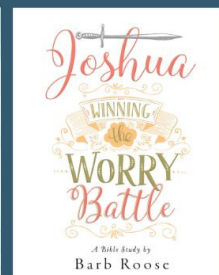
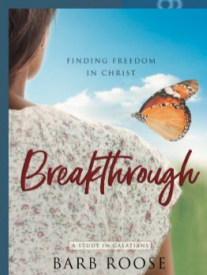
She is the author of multiple Bible studies such as *Surrendered: Letting Go and Living Like Jesus*, *Joshua: Winning the Worry Battle* and multiple books are widely available wherever books and Bible study resources are sold.

Barb serves on the monthly writing teams for (in)courage and Girlfriends in God as well as past features in *Just Between Us*, *Proverbs 31 First Five*, *Women of Faith* and others. She serves her audience through a weekly *Happy Monday Devotional* and hosts the *Better Together* podcast.

Barb lives in NW Ohio and is proud mother of three adult children. Whenever possible, Barb prefers to eat dessert first. Visit Barb at her online home at [barbroose.com](http://barbroose.com).



**BARBROOSE**  
*Living Beautifully Strong and Courageous*



RECEIVE  
FREE GIFT  
HERE!

