

ABSTRAK

Penelitian ini menelaah spiritualitas generasi *sandwich* di Jemaat GMIT Sesawi Oepura serta implikasinya bagi pelayanan gereja melalui tinjauan teologis. Generasi *sandwich* dipahami sebagai individu usia produktif yang memikul tanggung jawab ganda secara simultan dan berkelanjutan: menopang orang tua lanjut usia sekaligus anak/adik/kerabat yang belum mandiri, sehingga rentan mengalami tekanan ekonomi, kelelahan fisik, dan beban emosional yang dapat memengaruhi kehidupan iman. Fokus penelitian diarahkan pada bagaimana warga jemaat memaknai pergumulan tersebut sebagai pengalaman spiritual, bukan semata persoalan sosial-ekonomi. Penelitian menggunakan metode kualitatif lapangan dengan teknik wawancara semi-terstruktur dan studi dokumen. Partisipan dipilih secara purposive (usia 25–45 tahun, bekerja, memiliki tanggungan lintas generasi, dan merupakan anggota Jemaat GMIT Sesawi Oepura). Analisis menggunakan kerangka spiritualitas Sandra M. Schneiders yang menekankan integrasi dimensi personal-internal, relasional-komunal, praksis keseharian, dan hermeneutik pemaknaan pengalaman. Hasil menunjukkan bahwa spiritualitas generasi *sandwich* di jemaat ini cenderung berwujud sebagai “spiritualitas resiliensi”: iman yang bertahan di tengah keterbatasan, tampil dalam kesetiaan menjalankan tanggung jawab, doa yang lahir dari situasi krisis, serta pengharapan akan penyertaan Allah meski disertai keluhan, rasa bersalah, bahkan kemarahan kepada Tuhan. Gereja dipandang membantu melalui ibadah rumah tangga dan diakonia, namun dibutuhkan pendampingan pastoral yang lebih peka terhadap ritme kerja, beban psikospiritual, dan kebutuhan batasan diri. Penelitian ini merekomendasikan penguatan komunitas dukungan, konseling pastoral kontekstual, dan praksis gerejawi yang mengafirmasi pengalaman generasi *sandwich* sebagai ruang perjumpaan dengan Allah.

Kata kunci: Spiritualitas, generasi *sandwich*, resiliensi, Sandra M. Schneiders, Jemaat GMIT Sesawi Oepura, pastoral.

ABSTRACT

This study examines the spirituality of the “sandwich generation” within the GMIT Sesawi Oepura congregation and its implications for ecclesial ministry through a theological lens. The sandwich generation refers to productive-age adults who simultaneously and continuously bear dual responsibilities: caring for aging parents while supporting children/siblings/relatives who are not yet independent. Such burdens often generate economic strain, physical exhaustion, and emotional pressure that can shape—either constricting or deepening—their life of faith. Accordingly, this research focuses on how congregants interpret these struggles as spiritual experience rather than merely socio-economic hardship. Employing a qualitative field approach, the study uses semi-structured interviews and document analysis. Participants were selected purposively (aged 25–45, employed, carrying cross-generational dependents, and registered members of GMIT Sesawi Oepura). Data were analyzed using Sandra M. Schneiders’ framework of spirituality, emphasizing the integration of the personal-inward dimension, relational-communal life, embodied everyday praxis, and a hermeneutics of meaning-making in experience. Findings indicate that the spirituality of sandwich-generation members tends to manifest as a “spirituality of resilience”: faith that persists amid limitation and is expressed in sustained responsibility, prayer arising from crisis, and hope in God’s accompaniment even as it coexists with lament, guilt, and at times anger toward God. The church is perceived as supportive through household worship and diaconal practices; however, participants highlight the need for more context-sensitive pastoral accompaniment attentive to work rhythms, psycho-spiritual fatigue, and the formation of healthy boundaries. The study recommends strengthening peer-support communities, developing contextual pastoral counseling, and fostering ecclesial practices that affirm sandwich-generation experience as a genuine locus of encounter with God.

Keywords: *sandwich generation, spirituality, resilience, Sandra M. Schneiders, GMIT Sesawi Oepura, pastoral theology.*