

Lesson 1 Study Guide

CC201

SoulCare Foundations I: The Basic Model

Introduction to SoulCare:
Getting Started on the Journey

Updated 2015



Our Daily Bread
Christian University

Objectives

In this lesson, Dr. Crabb talks about our tendency to keep relationships shallow using the image of “not turning our chairs toward one another.”

When you complete this lesson, “Introduction to SoulCare: Getting Started on the Journey,” you should be able to:

- Describe and illustrate the importance of SoulCare to spiritual growth.
- Identify and explain the four longings of every human being to which SoulCare responds.
- Explain why this model is called a passion/wisdom model.

Discussion Questions

Dr. Crabb talks about our tendency to keep relationships shallow using the image of “not turning our chairs toward one another.” Why do you believe it is so difficult for us to “turn our chairs”? Why are we so scared to let anyone really know us? Discuss several possible reasons and then give examples from your own life that demonstrate which reason most keeps you from turning your chair towards others.

Dr. Crabb believes that most people fight their personal battles alone. Do you agree? Why or why not? If you agree, explain why you think people struggle alone.

How does Dr. Crabb describe wisdom as it relates to SoulCare?

Quiz

1. What temptation(s) does SoulCare resist?
 - A. The temptation to keep relationships pleasant and shallow
 - B. The temptation to enter into sinful relationships
 - C. The temptation to avoid helping a friend in need
 - D. All of the above
2. Dr. Crabb believes that God intended all human beings to live in relationships where they are:
 - A. Known
 - B. Explored
 - C. Discovered
 - D. All of the above
3. Dr. Crabb believes that the best within a person comes alive when:
 - A. They are asked probing questions.
 - B. They offer effective SoulCare to another person.
 - C. They are touched by another person.
 - D. They are given an opportunity to share their innermost selves.
4. When someone shares a struggle with you, what does Dr. Crabb say is the first question you should ask?
 - A. "How can I help this person?"
 - B. "What feelings stirred within me?"
 - C. "What does this person need from me?"
 - D. None of the above
5. What is the second question Dr. Crabb says you should ask when someone shares a struggle with you?
 - A. "What do I say?"
 - B. "What is going on inside this person?"
 - C. "What sin does this person have in his/her life?"
 - D. "How can I provide effective SoulCare for this person?"
6. What does Dr. Crabb mean by "the passions that exist inside of the person who provides SoulCare"?
 - A. What is happening to the SoulCare provider as he/she listens to someone share a struggle
 - B. The strong desire the SoulCare provider has to help the person
 - C. The SoulCare provider's ability to look beyond himself and strive to know another person more intimately
 - D. All of the above

7. Dr. Crabb is burdened by the fact that he believes most people:
 - A. Do not know how to provide quality counseling to others
 - B. Are ready and willing to share their innermost selves with others
 - C. Desire to provide good SoulCare
 - D. Live with an interior world that is unknown to others
8. When a person feels safe:
 - A. He is more likely to share his secrets.
 - B. He is more likely to invite another person to know him.
 - C. He is more likely to invite another person to discover him.
 - D. All of the above
9. How can a SoulCare provider help someone feel safe?
 - A. By being filled with a passion that the person will discern
 - B. By telling the person that she is safe
 - C. By offering to pray for the person
 - D. All of the above
10. Wisdom, in the context of SoulCare, is understanding what is happening inside of the person sharing her struggle with you.
 - A. True
 - B. False

Answers: 1. A 2. D 3. C 4. B 5. B 6. A 7. D 8. D 9. A 10. A