

Lesson 1 Study Guide

CC203

SoulCare Foundations III: Provisions and Practices

Holy Tension: Leading People
Toward the Cycle of Spiritual Movement

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Our Daily Bread
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Objectives

In this lesson, you will review the key topics from SoulCare Courses 201 and 202, including the two central elements of SoulCare: 1) knowing your ruling *passion*: what's happening in you, and 2) using *wisdom* to learn what's happening in the other person.

When you complete this lesson, “Holy Tension: Leading People Toward the Cycle of Spiritual Movement,” you should be able to:

- Cite the primary goal of this course: to learn God’s provisions for SoulCare.
- List the five phases of spiritual growth, including the role each plays in effective SoulCare.
- Review three mistakes of ineffective SoulCare.
- Explain the stages of effective SoulCare.
- Define the concept of *holy tension* as used in this course.

Discussion Questions

As you review the cycle of spiritual growth, think of times you have experienced each phase of that cycle (below):

- a. Brokenness
- b. Repentance
- c. Abandonment
- d. Confidence
- e. Release

How might your experiences in the cycle of spiritual growth help you provide more effective SoulCare?

Why is it a mistake to do any of the following while attempting to provide SoulCare: **retreat**, **advise**, or **empathize**? Which of these three mistakes are you personally more likely to make as you attempt to engage in SoulCare...and what about you might predispose you to make that mistake?

Briefly review what role each of the following topics plays in SoulCare: **passion**, **wisdom**, **journeying reality**, **vision**, **reframing**, and **categories of understanding**.

Quiz

1. In the first phase of the cycle of spiritual growth, brokenness, the SoulCare provider must:
 - A. Realize he/she is so deeply self-centered that there is no hope for escaping it without God's help
 - B. Long to be other-centered
 - C. Give him/herself entirely over to God
 - D. All of the above
2. According to Dr. Crabb, before you can begin to think about what to do as a SoulCare provider, you must think about:
 - A. Your role as a SoulCare provider
 - B. The techniques you have learned in the SoulCare courses
 - C. God's provisions
 - D. God's Law
3. Providing empathy to someone is at the heart of effective SoulCare.
 - A. True
 - B. False
4. What is *release*, as defined by Dr. Crabb in this lesson?
 - A. True repentance
 - B. When the SoulCare provider is able to offer what is most alive in him/her to the other person
 - C. A longing to provide effective SoulCare
 - D. The ability to offer helpful advice in the SoulCare model
5. In the context of SoulCare, *wisdom* means thinking about which of the following?
 - A. The choices people make in pursuit of a goal
 - B. The fact that people are fallen image-bearers
 - C. The topic of flesh dynamics
 - D. All of the above
6. A good counselor or pastor can change a person's self-centeredness to other-centeredness.
 - A. True
 - B. False
7. Why is it a mistake to offer advice when attempting to provide SoulCare?
 - A. You are not depending on the Spirit.
 - B. You are moving the person toward something they can accomplish without relying on the Spirit.
 - C. You are rearranging behavior, rather than offering something to the person's soul.
 - D. All of the above

8. Reframing involves which of the following?
 - A. Thinking about the person's problem in terms of the larger topic of the story of his/her soul
 - B. Determining which technique will most effectively help the person
 - C. Rearranging the person's thinking in a way that will lead him/her to repentance
 - D. All of the above
9. The five-phase cycle of spiritual growth presented by Dr. Crabb in this lesson is directed toward:
 - A. Only people with particularly troubled pasts
 - B. Professional counselors
 - C. All SoulCare providers
 - D. None of the above
10. What are two fundamental questions that Dr. Crabb's model for SoulCare is built upon?
 - A. What can I say to this person as I provide SoulCare and what should I do?
 - B. How can I best pray for this person and what resources can I provide them with?
 - C. Where is God in all of this and how can I get this person to trust me?
 - D. What is happening inside of me as I provide SoulCare and what is happening inside of the other person?

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