

Lesson 1 Study Guide

CC204

SoulCare Foundations IV: Community—Where SoulCare Happens

Sacred Companions on a Sacred Journey:
Three Defining Elements of Supernatural
Relating

Updated 2015



Our Daily Bread
Christian University

Objectives

In this lesson, we think through what it means to become a sacred companion.

When you complete this lesson, “Sacred Companions on a Sacred Journey: Three Defining Elements of Supernatural Relating,” you should be able to:

- Explain the three unique principles of spiritual formation.
- Discuss the hindrances to spiritual formation.
- Review key concepts of previous SoulCare courses.
- Envision how SoulCare might become a reality in our lives and in our churches.

Discussion Questions

What did you feel as you reflected on the quote of Meister Eckhart: “God is at home. It is we who have gone out for a walk”?

Dr. Crabb makes three observations about Eckhart’s quote. Discuss what you think and feel about each.

- God’s home is now in me.
- When I walk away from God, I walk away from me.
- The only way to discover my true self is to come home to God.

Describe, in your own words, these two deceptions that cause us to walk away from God.

- We think we need something other than God in order to be home.
- We believe we are walking toward God when we are walking away from Him.

How have you experienced these deceptions in the past?

What is a “defining decision”?

We don't return to God for several reasons, among them:

- We do not see our flesh dynamics.
- We lose hope.

What does the phrase "flesh dynamics" mean? When have you experienced these hindrances to returning to God?

When did you last sense a longing to have another person walk with you as you walk home to God?
What did you do about that longing?

Quiz

1. According to Dr. Crabb, which of the following is one of the two deceptions that cause us to walk away from God?
 - A. We turn and walk away from God because we don't believe His power is real.
 - B. We believe we can't walk toward God.
 - C. We don't know that God is at home.
 - D. We think we need something other than God in order to be home.
2. When Dr. Crabb hears the Meister Eckhart quote, "God is at home. It is we who have gone out for a walk," he feels:
 - A. Exposed and enticed
 - B. Nervous and unsure
 - C. Angry and confused
 - D. Disappointed and unhelpful
3. Which of the following best describes what a "sacred companion" does?
 - A. Provides wise, biblically sound advice to help someone get his/her life back on track
 - B. Takes a leadership role in the church for the purpose of providing effective SoulCare to the church
 - C. Joins someone on his/her journey home to God
 - D. Leads a small group in his/her church
4. Where is God's home?
 - A. In each of us
 - B. At Mt. Sinai
 - C. In the church sanctuary
 - D. Nobody knows
5. In what way(s) might we convince ourselves that we are walking toward God?
 - A. By working hard to raise godly children
 - B. By working hard to have a successful marriage
 - C. By striving to have a successful ministry
 - D. All of the above
6. According to this lesson, why might we walk away from God?
 - A. We can't find a way to God, so we wander away.
 - B. We have learned to value something more than God for our souls' well-being.
 - C. We realize our acts of obedience are not enough, and so we give up and walk away.
 - D. All of the above
7. One of the ways to find God is to figure out what He wants you to do.
 - A. True
 - B. False

8. According to this lesson, the Bible becomes real to us when:
 - A. We study it thoroughly.
 - B. We apply it to our lives practically.
 - C. We realize God is whispering to us through it.
 - D. None of the above
9. What does Dr. Crabb mean when he says, “When I walk away from God, I walk away from myself.”
 - A. Since God is home in our hearts, when we walk away from Him, we have walked away from the center of who we truly are.
 - B. When we walk in a way that is not God’s way, we walk away from the things we believe we desire.
 - C. When we walk away from God, we will not be able to return to Him; therefore, we lose ourselves.
 - D. None of the above
10. The goal of this course is to show how SoulCare might become a reality in each of our lives and in the church’s life.
 - A. True
 - B. False

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