

Counseling Pastoring Being a Friend

SOULCARE
A Model for Pastors,
Counselors, and Friends

| SOULCARE resists:

making life work on
the surface

keeping relationships
shallow

Safe people **join**
others on their journey.

Wise people **guide**
others on their journey.

Assumption:

There is a certain kind
of relating that can
deeply touch another
person with life-giving
power.

KNOWN EXPLORED DISCOVERED TOUCHED

To be **KNOWN**:

to be fully transparent
and live with no
secrets before one or
two people.

To be **EXPLORED**:

to have a few
people warmly and
thoughtfully curious
about who I am.

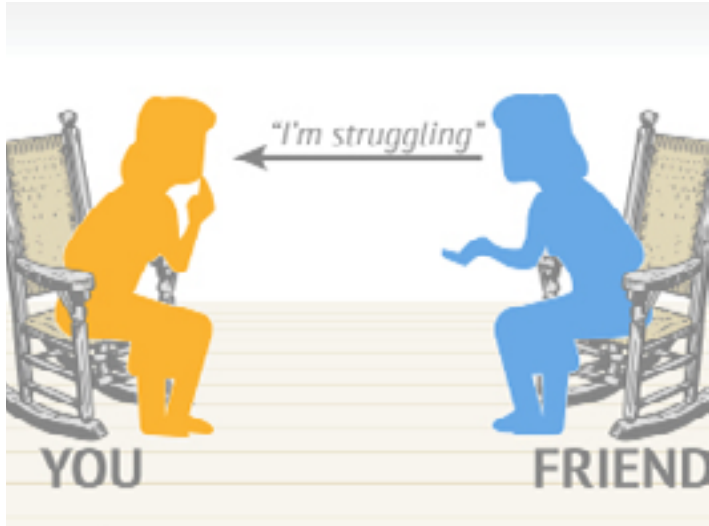
To be **DISCOVERED**:

to have another person find at the center of my being a magnificent recreation of Christ.

To be **TOUCHED**:

when what is most alive in one person touches what is most alive in another.

SOULCARE is what happens when one person **knows, explores, discovers, and touches** another person.



Question 1:

What was happening **inside of me** as my friend shared his/her struggle?

Question 2:

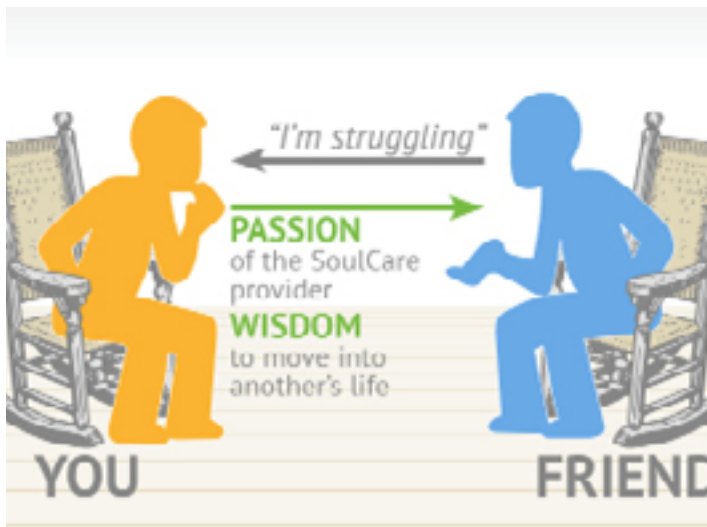
What did you think was going on **inside of your friend** as he/she was sharing the struggle?

Category 1:

The first part of wisdom – What is happening between you and your friend at this moment?

Category 2:

The second part of wisdom – What is happening beneath your friend's struggle?



| PASSION:

What is happening
in you as you listen
to a friend share a
struggle?

| WISDOM:

What is happening
inside of the person
who is sharing the
struggle with you?

We're going to have to be
filled with a **passion** that
will **make others feel safe**.

We're going to have a
wisdom that allows us to
meaningfully enter souls.

A Passion/Wisdom Model of **SOULCARE**

The Two Basic Goals of **SOULCARE**

The First Task in Learning to Provide SoulCare

Note-Taking Guide

Date _____



People don't feel safe when they sense we want to fix them for our sake rather than join them on their journey.

| *The First Task:*

Develop a compelling vision of what could happen in someone's life.

| The Compelling Vision of *SoulCare*

What were you thinking could happen in your friend as you heard his or her burden?



The greatest obstacle
to providing effective
SOULCARE
is limited vision.

We go after an objective
that God is not centrally
committed to reaching
and then, in our own
strength and resources,
try to make it happen.

These problems could be used to change this person's interior world to become more like the interior world of Jesus.

The Two Basic Goals of **SOULCARE**

The Two Basic Goals of **SoulCare**

1. Effective SoulCare arouses an appetite for God that is already there and an appetite that is stronger than all other appetites.

| The Two Basic Goals of *SoulCare*

2. Effective SoulCare provokes a consuming experience of God that reduces all other appetites from demands to desires, to second things not first things.

Your vision should be maturity – an appetite for Christ, stronger than all other appetites,...

...and an experience of Christ that reduces all other appetites to second-thing desires, not first-thing demands.

SOULCARE

providers are out of their league when they are moving toward the compelling vision to which the Spirit is aiming.

is not a technique to master or a list of how-tos. SoulCare grows out of a vision for a reality that requires spiritual power to come out of you.

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A Personal Search: Beginning with an Inside Look

Note-Taking Guide

Date _____

IDEA 1

SoulCare is not a technique you learn;
it is a relationship you offer.

IDEA 1

Idea 1 leads to the
question: "Am I safe?"

IDEA 2

SoulCare is not about fixing problems so that someone's **life** becomes more **comfortable**. It is about **pursuing** a vision so that someone's **character** becomes **better**.

SoulCare is all about nourishing an **appetite for God** that reduces every other pleasure, **whether legitimate**, neurotic, or sinful, to a lesser pleasure and **therefore resistible**.

One, **SoulCare** is not a technique practiced by a skilled expert, it is a **relationship offered by a safe person**.

Two, SoulCare is not about fixing problems to make life more comfortable, it is about entering someone's interior world with the power to stir someone's appetite for God.

| **Question 1:**

What makes a person safe?

| **Question 2:**

What makes a person powerful?



"I know Megan really well... Megan is just such a wonderful girl... it's just a phase she's going through...you don't need to worry."



Sue

Encouragement that is premature stops movement toward an inside look and therefore never invigorates the soul with the energy of God.



Sue



Robert

"About a year ago, I took a course in communication, and it was really helpful...I think it might really be of help."



Robert

Advice offered by someone who has not first shown curiosity about somebody else's world rarely has the power to reach someone's soul.



Marie

"I just feel compelled right now to pray. Could we all just gather around Frank and Ann and lay our hands on their shoulders and commit them to the Lord?"



Marie

Support, whether through prayer or affirmation, can become a cheap and easy substitute for turning your chair toward someone.

Community is perhaps the most underutilized resource in the Christian world today.

The most **frightening** aspect of **SoulCare** is **facing ourselves**.

An **inward** look is both uncommon and uncomfortable yet **extremely important** to effective **SoulCare**.

1. God says an inward look is important.

"The purposes of a man's heart are [hidden beneath] deep waters, but a man of understanding [someone who knows what it takes to really live] draws them out."

– Proverbs 20:5

2. God looks inside us.

"The Lord does not look at the things man looks at. Man looks at the outward appearance [the displayed self] but the Lord looks at the heart [the hidden self]."

– 1 Samuel 16:7

3. God sees what we cannot see and wants to show it to us.

*"The heart is deceitful above all things
and beyond cure. Who can understand it?
I the Lord search the heart and examine
the mind...."*

– Jeremiah 17:9, 10

4. Real change in ourselves and others depends on what goes on in our interior worlds.

"First of all clean the inside of the cup and dish, and then the outside will be clean."

— Matthew 23:26

5. We cannot clearly see what's happening in another's soul until we first see what's happening in ours.

"...first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye."

— Matthew 7:5

Christ-Centered Learning — Anytime, Anywhere

The Concept of Ruling Passions: What Energy Carries You into the Life of Another

Note-Taking Guide

Date _____

When people **make known** a concern, more often than not, the **compelling vision** you have for them is not what they're **really after**.

There is something in the soul of **every believer** that wants the compelling vision. You are not building the appetite for God; **you are touching** the appetite that the Spirit has **already planted**.

If we are going to provide **SoulCare** that **stimulates** a desire for God and provokes a **consuming experience** of God, we must become the **particular** kind of person that we cannot become apart from **supernatural resources**.

The **cornerstone** of the **Christian** religion is the doctrine of the **Trinity**.

What happened inside you as your friend shared his struggle?

What did you feel?
What emotions stirred within you?
What attitudes came to mind?

YOU

FRIEND



| EMPATHIZE:

“That must really be getting to you. I can hear you. That must be hard.”

| ADVISE:

“You need to get involved in your church—that’s where you meet a lot of people.”

| AFFIRM:

“You’re being too hard on yourself. You are a woman of rare beauty.”

It isn’t **what you do** that matters nearly as much as **why you do it.**

| PROBE:

“I wonder what turning forty means to you.”

| INTERPRET:

"Maybe you stiffen up when men approach you. I wonder if the way you relate to men who show an interest in you is really sabotaging something."

| CONFIDENT:

You feel fairly comfortable with your ability to help.

| IRRITATED:

Your mind naturally goes towards a person's responsibility to handle life better.

| INADEQUATE:

You feel profoundly inadequate to the degree that the compelling vision you're pursuing is something you cannot make happen.

| PRINCIPLE:

When you have even a glimmer of a compelling vision for what could be, you will realize you are inadequate to make it happen.

Feeling profoundly **inadequate** is the **only legitimate** way to feel when you're **involved** in **SoulCare**.

SoulCare can happen when one person **feels safe** enough to **share openly** with another person who feels **profoundly inadequate**.

What can you do with your feelings of inadequacy?

What can you do with your feelings of inadequacy?

1. Try to overcome your inadequacy.

What can you do with your feelings of inadequacy?

1. Try to overcome your inadequacy.
2. Embrace your inadequacy in order to achieve supernatural goals with supernatural resources.

Brokenness: The Key to Releasing the Power of SoulCare

Note-Taking Guide

Date _____

When the **goal** is
supernatural, the **means**
must be supernatural.

“You’re Christ to me.”

As we in love speak truth,

"...we will in all things grow up into him who is the Head, that is, Christ. From him the whole body,...grows and builds itself up in love, as each part does its work."

— Ephesians 4:15-16

"In Love"

=

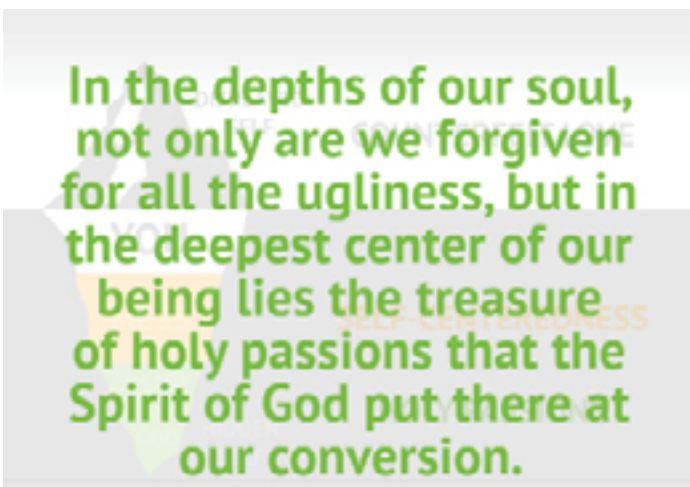
Passion

"Speak Truth"

=

Wisdom

**Passion is released
through brokenness,
not choice.**



Christ-Centered Learning — Anytime, Anywhere

The Good and the Bad in the Human Soul: Self-Need vs. Soul-Thirst

Note-Taking Guide

Date _____

The most **natural energy** in
each of our souls is
self-centeredness.

SELF-CENTEREDNESS

=

tick-on-a-dog
relationship



Two Theological Components of Self-Centeredness

1. We bear the image of God (you and I in some way resemble God).
2. We are fallen beings (you and I have a disease in the center of our image-bearing souls).

| THE IMAGE OF GOD:

You and I were built with the capacity to relate, just as the God in whose image we were created is a relational God.

We have the twin capacity to receive love and to give love.

Our capacity to receive love becomes a desperate longing to receive love.


Because I am in a relationship **with God**, then fundamentally at my core, I am **not a needy person**. I have been given the love that **my soul longs** for in relationship with God.

Every one of us has **turned away** from God. We've told Him we're **not interested** in receiving the king of love **He provides**.

When **we turn** from God, our longing **for love** becomes **a demand**.

We become **absolutely ruled** by the passion to get someone to **give us** at least a little of what **we need**.

Deep **personal pain** makes us feel justified in doing whatever it takes to **relieve the pain**.



Fallen image-bearers feel an inner neediness that drives them. Therefore, we are ruled by self-need.

Entering the Battle for Another's Soul: The First Step

Note-Taking Guide

Date _____

Self-Need: I matter. Nobody matters more. **God doesn't matter** as much as I do. **My well-being** is the point.

Self-Management: I will be in control. **I will** manage **my world** so **my needs** are met.



*"Consider how to stimulate one another to love and good deeds."
— Hebrews 10:24 (RSV)*

Stimulate (Paroxysm):
stir a flame into a
bonfire



**Curiosity and
Vision**

| Curiosity and Vision

"You've **never met** an
ordinary mortal."
— C.S. Lewis

| Curiosity and Vision

When we see the mess, we often
become frustrated,

or we pretend things are better than
they really are.

| Curiosity and Vision

*"They dress the wound of my
people as though it were not
serious. 'Peace, peace,' they say,
when there is no peace."
— Jeremiah 6:14*

| Curiosity and Vision

When we see **the mess**, we can become **curious** to discover the **eternally important** things happening **inside people**.

| Curiosity and Vision

If we see **God's bigger picture**, we will be intrigued by what is **going on in others**.

| Curiosity and Vision

The human drama is **Fascinating:**

We should **be attentive** to the human drama the way **a child** is attentive to a **spider weaving** its **web**.

| Curiosity and Vision

The human drama is
Mysterious:

There is a lot that we **are never**
going to explain in **SoulCare**, yet
we **want to** explain so that we can
control.

Vision is based on **confidence** in the
power of the **Spirit of God** to move
through **anything** to accomplish
good purposes.

Good to those who love
Jesus is the good of
becoming like Jesus.

"Everything leads me to **God."**
— Jean-Pierre de Caussade

You need to have a **vision** that something can happen in this **person's life** by the **power of God**, and that it can happen through **no power** that is **less than the power of God**.

Curiosity,
not analysis

Vision,
not pressure

Christ-Centered Learning — Anytime, Anywhere

Wisdom: A Roadmap for Entering the Soul Without Getting Lost

Note-Taking Guide

Date _____

Moralism says:

"Do what is right."

Therapy says:

"Fix what is wrong."

SoulCare says:

"Release what is good."

SoulCare enters the reality of
somebody's life with curiosity.

SoulCare enters the battle for
somebody's soul with a vision.

When we **get into** people's lives **deeply**, it can become **very confusing**.

There is a mystery that no amount of training will reduce.

SoulCare involves offering not your expertise but a certain kind of **relationship** where another **feels good** about you knowing, exploring, discovering, and **touching them**.

Inadequacy is an opportunity to learn humility and dependence that, in turn, requires us to listen to the Spirit. Inadequacy is a prime prerequisite for SoulCare.

Do not be discouraged by the junk inside you; rather be defeated and broken by it.

Wisdom begins with a curiosity that asks, "What is really going on? What is the battle in your soul?"

We have to know what battle we are fighting.



Three Basic Don'ts:

1. Don't back away.
2. Don't advise.
3. Don't offer support.

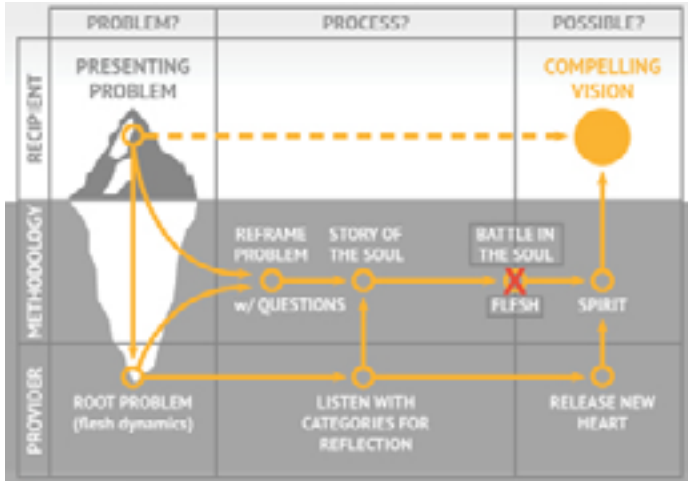
| Three Basic Dos:

1. Do listen closely and expectantly.
2. Do ask questions.
3. Do think reflectively.

Getting into the Battle

Note-Taking Guide

Date _____



The initial response:
Think vision.

What might **God** be
wanting?

What might **He** be **moving**
toward?

Picture the person as **solid,**
anchored, and deep.

Typically we think **analysis,**
or in terms of **helping.**

When we think **vision**, it creates a **quiet place** in our soul that leaves room for the **Spirit to move**.

Be **relentlessly curious** and ask questions about the **presenting problem**.

Words matter so **much less** than the **energy beneath** them.

At some point, the person will **underline a point of confusion.**
The necessary tension has now been **created for you** to enter the **person's soul.**

| Reframing questions move toward:

- **present-important relationships**
- **past-important relationships**
- **the present-immediate relationship**
- **their relationship with God**

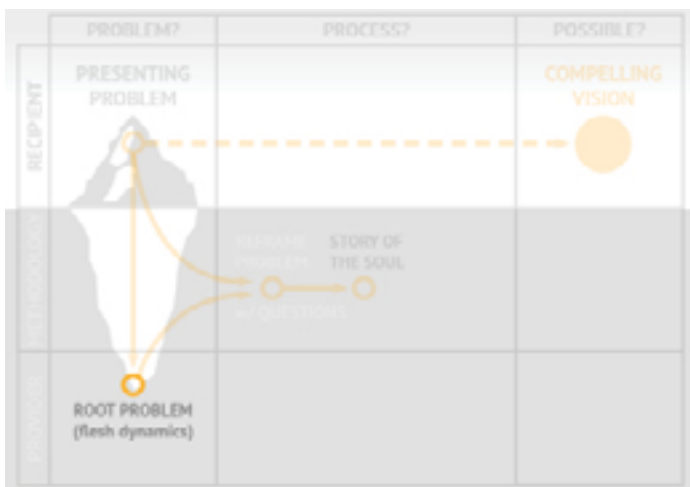
Agents of Growth: What SoulCare Can Do in Our Lives

Note-Taking Guide

Date _____

SoulCare

is not a technique to master. It is a relationship to offer.



What's going on in the deepest part
of this person's soul?

Not an innocent self
damaged by a difficult
environment...

but rather a stubborn soul
trying to make life work
without God.

The Flesh

the determination to make my life
work without trusting God

$$\begin{array}{c}
 \text{Life Experiences} \\
 \text{(good or bad)} \\
 \times \\
 \text{Fleshly Energy} \\
 = \\
 \text{Flesh Dynamics}
 \end{array}$$

Basic SoulCare Categories:

- disappointed image-bearer who longs for relationship
- demanding person who feels justified
- redeemed person with a vital appetite for God

