

SOUL CARE | WEEK 4

The principles of soul care that this challenge have covered thus far not only help us to examine our own hearts, they also help us to come alongside and encourage other members of the body of Christ. However, applying the principles in the context of relationships can be challenging. In this final week of the challenge we will specifically look at how these principles apply to counseling *other people*. As you work through the questions below, think through contexts in which you could offer wise counsel and soul care to brothers and sisters in Christ.

Get equipped

Use these six key elements to think through your plan of establishing a counseling relationship:

1. **Establish Involvement:** How would you establish involvement/gain trust with someone?
2. **Gather Data:** What questions would you ask? What needs to be clarified?
3. **Discern Problems:** What potential problems exist? What heart idols might be revealed?
4. **Give Hope:** How would you give hope from Scripture in the situation?
5. **Give Instruction:** What Scriptures apply to this situation? Explain.
6. **Assign Homework:** What possible assignments might you give them to help them in their circumstance (e.g., memory verses, further reading, journaling, etc.)?

Use the questions below to help you get to the heart of the struggles of those you counsel:

1. **Circumstance:** What is their circumstance?
2. **Behavior:** How are they responding?

3. **Thoughts:** What is he or she thinking about in response to this situation?
4. **Wants:** What is he or she wanting or possibly wanting?
5. **Worship:** What is he or she worshipping? Explain your answer.

Do | Get equipped

Over the next few months, commit to furthering your understanding of how God can use His word through you to help a brother or sister in Christ. Below you will find some recommended resources and classes that are required for every member of the College Park Soul Care team. We encourage you to take the next step in caring for one another by committing to reading one of the books below and/or attending the Growing 101 Class.

Growing 101: Foundations for soul care

This class will be offered on: Sundays / September 20–November 15, 2015 (9:45 a.m.–11:15 a.m. Chapel)

RESOURCES

Counseling: How to Counsel Biblically by John MacArthur

Instruments in the Redeemer's Hands by Paul Tripp

Competent to Counsel by Jay Adams