

The logo for Living Leadership, featuring a stylized blue figure with arms raised.

Living Leadership
GROWING DISCIPLE-MAKING LEADERS

How to Help

People in

Need

Paul Coulter

www.livingleadership.org

www.livingleadership.org/elf-pastoral-care



These slides are provided for people who attended the Pastoral Care training at Union Theological College. They are for personal use of attendees and should not be reproduced or distributed to others. If you think others might benefit from them, please encourage them to join our Gospel-Shaped Pastoral Care Course or to invite us to provide training in their churches.

[Day 1: What is Pastoral Care?](#)

[Day 2: Becoming a People of Care](#)

[Day 3: Bereavement and Crisis Care](#)



Pastoral Care Foundations
**1. The Urgent Need
for Pastoral Care**

Paul Coulter

www.livingleadership.org



Pastoral Care Foundations
**2. Gospel-Shaped
Help**

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Pastoral Care Foundations
**3. Gospel-Shaped
People**

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Pastoral Care Foundations
**4. Creating Caring
Communities**

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1. The Urgent Need for Pastoral Care

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Is pastoral care important
in the modern mission field
of Europe?

The needs of Europe

Energy / Climate

Secularism

Relativism

Mental health



War / Security

Expressive
individualism

Religious
pluralism

Finance / Trade

What is Pastoral Care?

Pastora

1

Shepherds of God's people: protect, provide, gather and guide (Ezekiel 34; Psalm 23) under Christ, our Good Shepherd (John 10:1-18) and the Church's Chief Shepherd (1 Peter 5:4)



Care *Cura animarum* [prioritising souls]

Soul Care – sustaining and protecting soul life

Soul Cure – restoring and promoting soul health

Gospel-shaped pastoral care?

Gospel-shaped people
responding to gospel-shaped needs
with gospel-shaped help

Disciple-making in specific needs

The gospel defines **needs**, **health** and **help**

The Gospel

GOD RULES – creation is good and orderly

FATHER

WE REBELLED – sinners with dignity and depravity

GOD REDEEMS – grace and truth in Christ

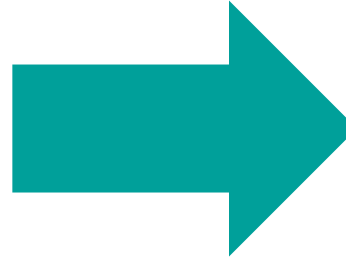
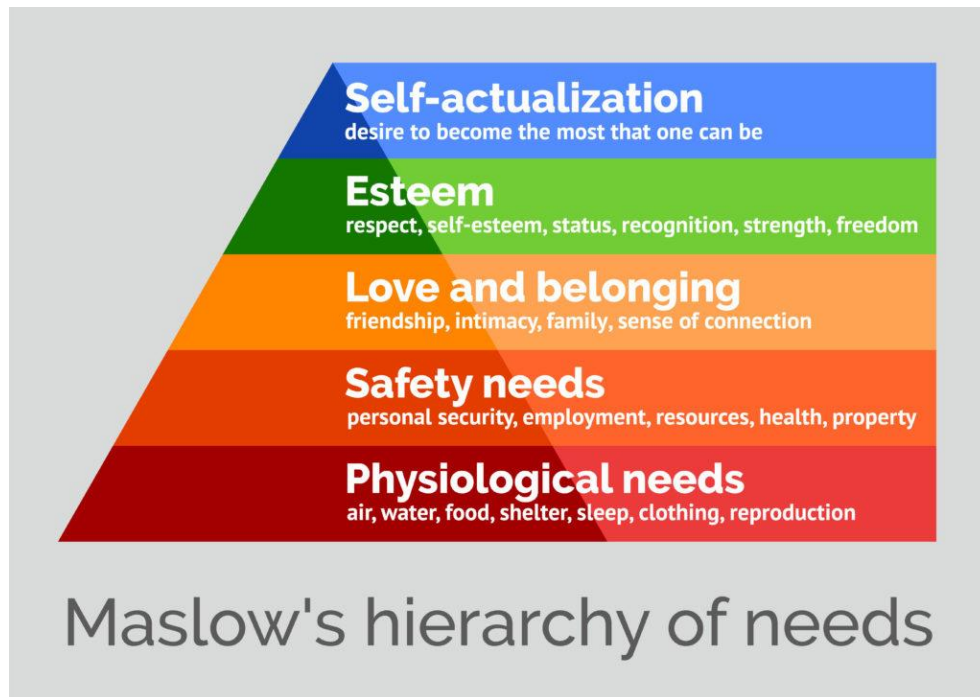
SON

WE RESPOND – repentance and faith

GOD RESTORES – help and hope in community

SPIRIT

Gospel-shaped needs



actualisation of self through autonomous choices

salvation from sins through denying self and following Christ

The Gospel and soul

needs

MEANING

What's the point?

Why did this happen to me?

GOD RULES

– creation is good and orderly

IDENTITY

Who am I?

Why do I keep doing these things?

WE REBELLED

– dignity and depravity

MORALITY

Where can I go for justice?

How can I have a good life?

GOD REDEEMS

– grace and truth in Christ

SECURITY

How can I be safe?

Who truly loves me?

WE RESPOND

– repentance and faith

DESTINY

What is life's goal?

Where will I end up?

GOD RESTORES

– help and hope in community

Gospel-shaped health (now & future)

Physical



Organ systems in harmony as God designed and bodies offered to God



Spiritual

Fearing, loving and pleasing God



Mental

Thoughts and emotions aligned with truth so we think and feel with Christ

Social (relationships & roles)

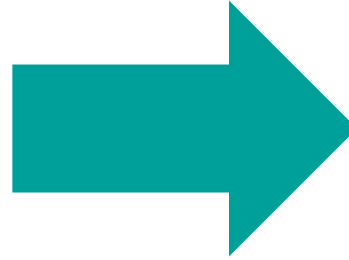
Honouring and loving, submitting and leading under Christ in love for good



Gospel-shaped help



Supporting people through challenges to find inner healing



Helping people come to know Christ and grow in him

Spirit-led care

- Sharing His loving agenda of leading others to Christ-likeness
- Trusting in His complete power and constant presence
- Knowing His work is in part now, but complete in the end

We help; He is *the* Helper (John 14:16)

We teach; He transforms (2 Corinthians 3-4)

We encourage; He assures (Romans 5:5; 8:15-17)

We pray; He intercedes perfectly (Romans 8:26-27)

Questions?

Comments?



Pastoral Care Foundations

2. Gospel- Shaped Help

Paul Coulter

www.livingleadership.org

Gospel-shaped help



SOUL CARE

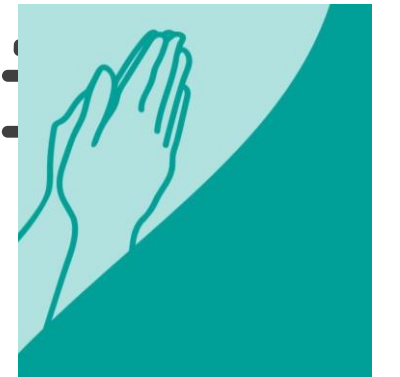
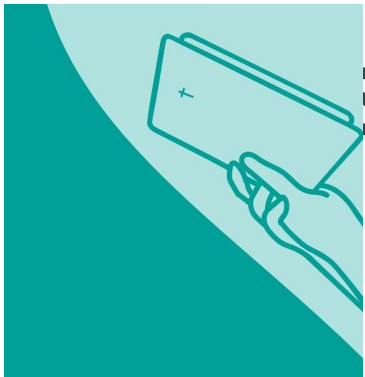
Representing God to people



Presence Provision

Speaking to people on behalf of God

Speaking to God on behalf of people



Instruction Intercession

SOUL CURE

Presence

“a physical sign of the gracious presence of the triune God”

Dietrich Bonhoeffer (1954) *Life Together*, trans. by John W. Doberstein. San Francisco: HarperOne. p.20

- **Intentional** – unhurried, undistracted, unshockable
- **Integral** – body, words, emotions, silences, self-aware
- **Interactive** – questions, feedback, summarising
- **Interpretive** – discerningly identifying soul needs

Appropriate touch?



Provision

“it is part of the discipline of humility that we must not spare our hand where it can perform a service”

Dietrich Bonhoeffer (1954) *Life Together*, trans. by John W. Doberstein. San Francisco: HarperOne. p.99

- Modelled by Christ, practised in Acts, commanded in epistles (e.g., 1 John 3 v17)
- Integral mission of deeds **and** words
- Roles of Church / State / Charities?
- How long and what form?



Intercession

“spiritual love will speak to Christ about a brother more than to a brother about Christ”

Dietrich Bonhoeffer (1954) *Life Together*, trans. by John W. Doberstein. San Francisco: HarperOne. p.36

- “Our Father” – joining Son & Spirit in God’s will
- Specific petitions; Scriptural priorities
- Changing us and involving us in God’s work
- Bridging from listening to instruction

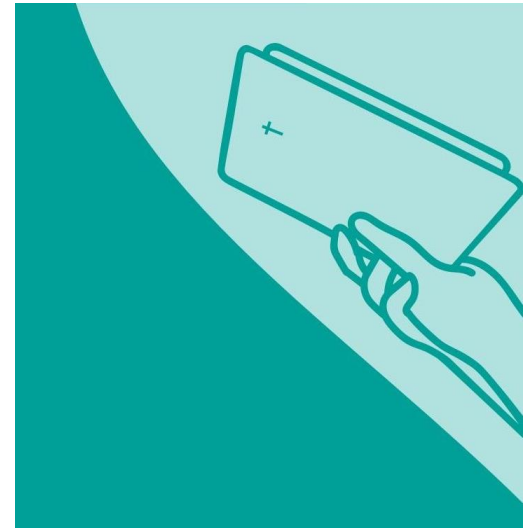


Instruction

“It is unchristian consciously to deprive another of the one decisive service we can render him”

Dietrich Bonhoeffer (1954) *Life Together*, trans. by John W. Doberstein. San Francisco: HarperOne. p.105

- Reshaping stories around Christ
- Exposing sin and encouraging faith(fulness)
- God’s word versus our wisdom
- Respecting conscience – not imposing



The challenge of instruction

Instruction is challenging :

- **Cultural** – individual autonomy, self-actualisation, the ‘right’ not to be offended
- **Confidence** – will I get it wrong or mishandle Scripture, and do I have the right?
- **Cost** – will the relationship be lost and will it cause more harm than good?

Instruction is vital :

“Nothing can be more cruel than the tenderness that consigns another to his sin. Nothing can be more compassionate than the severe rebuke that calls a brother back from the path of sin.” Dietrich Bonhoeffer (1954) *Life Together*.

For even if I made you grieve with my letter, I do not regret it [...]. For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. 2 Corinthians 7:8-10

Instruction within integral care

“[Instruction is] beset with infinite perils

If it is not accompanied by worthy listening, how can it really be the right word for the other person?

If it is contradicted by one’s own lack of active helpfulness, how can it be a convincing and sincere word?

If it issues, not from a spirit of bearing and forbearing, but from impatience and the desire to force its acceptance, how can it be the liberating and healing word?”

Presence

Provision

**Patient &
prayerful**

Dietrich Bonhoeffer, *Life Together*, p.104-107

Scripture in pastoral care

Performative

- Words expressing emotion & shaping faith – e.g., Psalms, prayers

Formative

- Stories challenging the imagination – stabilising & subverting

Normative

- The big gospel story calling to trust in God

Transformative

- Authoritative truth changing us through repentance and faith

Scripture as Transformative

Commands, warnings, promises and principles to be trusted and obeyed

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness 2 Timothy 3:16

	Right	Wrong
Beliefs	Teaching	Correction
Behaviour	Training	Reproof

warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone 1 Thessalonians 5:14

Questions?

Comments?



Pastoral Care Foundations

3. Gospel- Shaped People

Paul Coulter

www.livingleadership.org

What qualities do you need
to have to be an effective
pastoral caregiver?

The qualities of a caregiver

- **Available** to people in Christlike relationships and to the Spirit

Who is competent to care?

“After all has been said and done, what we have to offer is our authentic selves in relationship to others. What matters most, what transforms, is the influence of a humble, vulnerable witness to the truth. Henri Nouwen (2006) *Spiritual Direction*. New York: HarperOne. p.10.

we are the aroma of Christ to God among those who are being saved and among those who are perishing, to one a fragrance from death to death, to the other a fragrance from life to life. **Who is sufficient for these things?** For we are not, like so many, peddlers of God's word, but as men of sincerity, as commissioned by God, in the sight of God we speak in Christ. 2 Corinthians 2 v15-17

Pastoral Relationships

“Writing cheerful graffiti on the rocks in the valley of deep shadows is no substitute for companionship with the person who must walk in the darkness.” Eugene Peterson (1980) *Five Smooth Stones*. Grand Rapids: Eerdmans. p.36

- | | |
|---------------------------|---------------------------------|
| a) SHOW them love | provision |
| b) GO to them | presence |
| c) KNOW their need | listening & intercession |
| d) GROW with them | guidance / instruction |

The qualities of a caregiver

- **Available** to people in Christlike relationships and to the Spirit
- **Believing** the gospel and trusting in Christ (evaluating other ideas in light of the gospel)
- **Compassionate** like our Father God

The problem with Empathy

- **Overwhelming** – in crises, people need a reassuring presence
- **Misleading** – “I know exactly how you are feeling”
- **Misdirecting** – clouding judgement and feeding bias or neglect

Compassion feels with the other, but is strong and fair, and moves us to action

Questions?

Comments?



4. Creating Caring Communities

Paul Coulter

www.livingleadership.org

How can you make sure
everyone is well cared for
in your church?

Question 1

Who provides care?

What are the respective roles of:

- **All** believers?
- **Some** gifted and burdened to care?
- **Few** 'recognised shepherds'?

What training will caregivers have?

Who cares for the caregivers?

Levels of pastoral care

More intensive

1. **Community** – ‘one anothering’ and intercession through normal ups and downs
2. **Companionship** – supportive presence and provision amidst extra challenges
3. **Comfort** – hearing stories, including confession, and assuring of gospel truth
4. **Counsel** – biblical instruction for specific issues in thinking, relationships and emotions
5. **Coaching** – a guide / mentor engaging over time for growth in Christ

ALL

SOME

FEW

Question 2

How is care provided to everyone?

- **Reactive** – responding to urgent needs (who can people contact and how can they mobilise others to help?)
- **Proactive** – noticing when needs arise (e.g., visitation, small groups, pastoral care team)
- **Preventative** – growing a caring community (teaching, prayer, modelling) including all in core practices (Acts 2 v42)

Church: a community of ...

Love – intimacy and vulnerability, secure in God’s love

Faith – trusting acceptance of mutual contributions

“It is not the experience of Christian brotherhood, but solid and certain faith in brotherhood that holds us together. [...] We are bound together by faith, not by experience.” Dietrich Bonhoeffer (1954) *Life Together*. San Francisco: HarperOne. p.39.

Hope – patient endurance through weakness and disappointment

“a healing community not because wounds are cured and pains are alleviated, but because wounds and pains become openings or occasions for a new vision. [...] sharing weakness becomes a reminder to one and all of the coming strength.” Henri Nouwen (1994) *The Wounded Healer*. London: DLT. P.94.

Beware unrealistic expectations

Home is not always comfortable, and community is not always easy. In every community the healing of acceptance happens and deep betrayals take place. [...] There is always someone in the community who betrays your trust or hands you over to something painful or unwanted. As soon as you have community, you have a problem.

Henri Nouwen (2006) *Spiritual Direction*. New York: HarperOne. p.113-114, 123-124

Question 3

What are the limits of care in the church?

- **Accountability** to God and his shepherds
- **Boundaries** to protect carers, cared for and church

Boundaries: what and why?

“intentional limits placed on thoughts, words, and deeds to safeguard the protection of persons and to guard and protect the integrity of the church’s identity and mission.” Arden Mahlberg and Craig Nesson

- Sheep among wolves – be innocent and wise (Matthew 10 v16)
- We are all prone to temptation (1 Corinthians 10 v12)
- The gospel of truth shapes sincere servants (2 Corinthians 1 v12)

Yes and No in boundaries

	Cannot say ...	Cannot hear ...
... 'No'	Compliant Feels guilty and/or controlled by others; cannot set boundaries	Controlling Aggressively, or manipulatively, violates another's boundaries
... 'Yes'	Uncaring Sets boundaries against the responsibility to love others	Unaccountable Sets boundaries against being accountable to others

Adapted from Cloud and Townsend (1992) *Boundaries*. Grand Rapids: Zondervan. p.61.

Can you identify any of the negative tendencies (inability to say or hear 'yes' or 'no' in yourself)? How can you grow in that

What boundaries?

1. **Safeguarding** (children and adults at risk)
2. **Confidentiality** (with limits)
3. **Sexual / relational misconduct** (power imbalance)
4. **Financial misconduct** (gifts / legacies)
5. **Other abusive or manipulative behaviours**
6. **Dual relationships** (what role are you playing now?)
7. **Communication** (factual, courteous, non-flirtatious)

Question 3

What are the limits of care in the church?

- **Accountability** to God and his shepherds
- **Boundaries** to protect carers, cared for and church
- **Can't help** (out of depth – if in doubt ask for advice)? Who can? (e.g., more experienced pastoral caregiver, pastor, professionals)

Questions?

Comments?



Gospel-centred Pastoral Care Course

Join us online for a 14-week course exploring the heart, skills and wisdom involved in pastoral care. Visit our website for costs and to apply.

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www.livingleadership.org/pastoralcare

100%
of past participants
would recommend!

KEEPING CARE PASTORAL

The heart of gospel-shaped
pastoral care



DR PAUL B COULTER

pastoral care
that is
holistic in its
approach to
people in
need and
consistently
shaped by
the gospel

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