

Growth: The Ultimate Goal of Pastoral Counselling

The ultimate goal is not happiness but holiness. Our aim is not primarily helping the counselee to feel better, but to grow more into Christlikeness (Colossians 1: 28-29). Feeling well cannot be separated from doing the right things. Growth into maturity, the maturity of the whole person, is the test to measure “success” in pastoral counselling.

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Introduction:

Our goal in Pastoral Counseling is not only suppressing certain unpleasant feelings/symptoms, but promoting the divine health that is ultimately related to the “abundant life” of Christ

I- The social and moral background

- The influence of self-ism and narcissism: the ego is in the center

- The influence of hedonism: to feel better and better is the goal

- The idols the humanist Psychologies worship and we cannot worship

II- The ultimate goal is not happiness but holiness

- Feeling well cannot be separated from doing the right things: emotions and ethics go together

- Personal growth is the goal, but not for my own wellbeing only.

- Growth with a purpose: to grow into Christlikeness (Colossians 1: 28-29).

- What is a mature person? The maturity of the whole person

III- The abundant life of Christ: a deep wellbeing and mental health

As we grow into Christlikeness we develop the “superior life” (life to the full) that Jesus gives. It is like a treasure with six gems:

-Forgiveness

-Freedom

-Purpose

-Joy

-Peace

-Hope

IV- The tests to measure “success” in pastoral counselling

The model of Ezekiel 34. Five tests:

-Comforting

-Guiding

-Guarding

-Healing

-Strengthening