

Training in Pastoral Care and Counselling

We are all involved in helping others, and we all want to do it better. This Pre-Forum Seminar is for those who want to grow in their face-to-face ministry skills. We will discuss essential features of how we counsel others. Come with your questions and a case study for which you would like help.

Participants will have the opportunity to receive guidance in their pastoral ministry for the following year. There will also be an opportunity to sign up for breakfast mentoring time during the Forum.

Ed Welch holds a PhD in counselling psychology with a neuro-psychology specialty from the University of Utah, as well as an MDiv from Biblical Theological Seminary. Ed has been counselling and teaching at the [Christian Counseling & Educational Foundation](#) for over thirty years and has written many books and articles on biblical counselling including, *When People Are Big and God Is Small*, *Addictions: A Banquet in the Grave*, *Depression*, *Running Scared*, *Shame*, *Interrupted*, and *Side by Side: Walking with Others in Wisdom and Love*. He and his wife, Sheri, have two married daughters and eight grandchildren. In his spare time Ed enjoys hanging out with his wife and extended family, and playing his guitar.

1. A self-assessment of your face-to-face ministry

Are you moving toward—taking the initiative toward others?

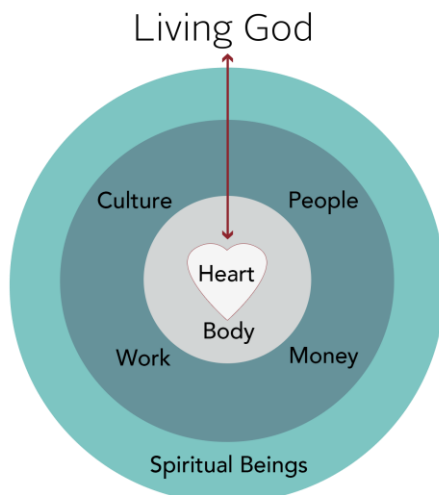
What are you learning?

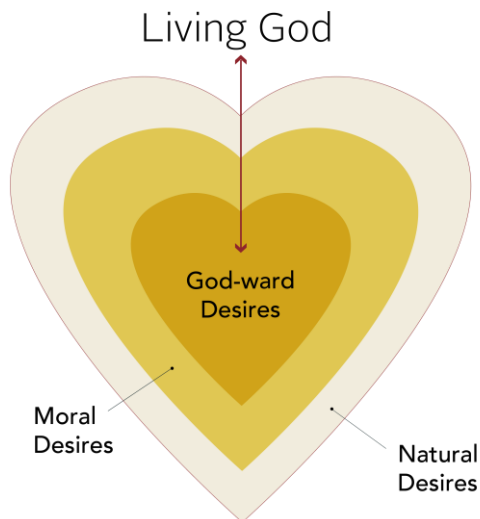
What is helpful?

What is unhelpful?

When do you feel inadequate?

2. Theological equipment – Who is the person?





3. Growing in how to care for those in trouble and suffering

A. How does the Lord help?

- Ps 62:8 - *Trust in him at all times, O people; pour out your heart before him;*

- Ps10 *Why, O LORD, do you stand far away? Why do you hide yourself in times of trouble? In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised. . . . Arise, O LORD; O God, lift up your hand; forget not the afflicted. . . . O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.*

- The story

B. What is your growing wisdom?

We say stupid things

What has helped you?

Interpret less – say less (e.g. Rom 8:28)

Avoid the trite

Be moved by, engaged

Pursue

4. Growing in how to help those stuck in sin

A. How does the Lord speak to us?

- Isaiah 1

- Legalism – Living under the law, that has lost the divine touch. Jesus and . . .
Rom 1:16-17 – Righteousness by faith.

What is faith? You are at the end of yourself - “I need Jesus”

Say Thank you

- Antinomianism – Pro 8:36, 1 John 5.3

B. What is your growing wisdom?

Jam 5:19 My brothers, if anyone among you wanders from the truth and someone brings him back, let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.

What are you learning in your own battle with sin?

See the good in the person, say the good about God.

“We”

Identify the opposite – bless, see clearly, love

Proverbs: Sex and anger and lots of persuasion

What are the best things to say?

Thank you

How should we pray?

How can I help?

Pursue