

Justin Austin

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Pastoral Counseling

September 10th, 2020

Pastoral Counseling as Soul Care

Care for souls come from the origin in Latin “cura animarum” the soul is not a part of person, but it is the person itself. Human being as a whole and the soul is referring to the entire being, and to care for a Human being is to care for the soul of that particular human being.

When caring for people you are acknowledging and engaging with them on a deeper, intimate level. Throughout the church there have been different types of expression of soul care, but no matter what type of expression has been shown it has always been the focus and mission of church.

To give soul care in the forms of hearing of confessions, counsel that is to be given, consolation, visitation of the sick, dying and bereaved and sermons preached is a vast undertaking of the one providing the care. It takes understanding where within the spectrum of Christian soul care there cannot be a restriction to the activities associated with pastoral care.

When offering Pastoral counseling spiritual direction is to be given. For those who take the journey of spiritual discipline and guidance serious rather than being seen as being authorities over. acknowledges that the Spirit is the true spiritual director and just using a vessel to help and that spiritual direction consist of three aspects, The Holy Spirit, the one who is doing the

counseling, and the one who counsel is being given. With these three counsels will be given and well received.

In Pastoral Counseling soul care of the people within the congregation, or just in general is of vital importance. You will have people of various backgrounds and walks of life coming to you with various care of concerns within their own lives. while each individual must be cared for with tenderness, compassion and empathy. It is important to know to care for them as you would want to be cared for if it was you, for you must put yourself in their shoes.

Healing involves efforts to help in a function that aims to overcome some impairments by restoring the person to wholeness and by leading them to advance beyond their previous condition. When we understand that people including ourselves are broken individuals with spiritual direction through prayer it will benefit the process of wholeness. God nurtures spirits and heals through preaching, teaching and worship.

Liberation or Freedom is an excellent term, biblically it is just another word for salvation there are two types of liberations one being that of the soul; while the other is of situation from harm and danger. No matter the circumstances God will use the counseling that is being provided to bring freedom and liberty to the individual. As a future Pastor I understand the importance to care for someone just as Christ cared for his sheep, He used sheep as people to let us know to be meek with them and tender with them. To be loving and caring just as he is with us.

