

# Workshop Session 2

## Integrating a Biblical Counselling Approach in the Local Church



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# Four workshops

1. **Foundation:** Identifying a biblical counselling approach
2. **Structure:** Supporting pastoral care
3. **Vision:** Casting and maintaining vision
4. **Managing:** Misunderstandings, suspicions and barriers

# Pastoral care: discussion

- In threes, have a conversation about what you think is meant by the term 'pastoral care'?
- How does your understanding match (or not match) the way the term is generally used?

# Pastoral care

- Pastor = the shepherd
- Pastoral care = shepherding care
- Flock is God's church

# Pastoral care

## 1 Peter 5

- Jesus: the chief shepherd (v4)
- Elders: shepherds watching over the flock (v2)
- 'under shepherds'

# Pastoral care

Distinguishing:

- Reactive
- Proactive

# Pastoral care

- Losses, sadness & depression
- Worry, anxiety & fear
- Habits, slavery & addiction
- Anger, resentment & bitterness
- Misuse of power and abuse

# Spectrums of severity



Gloomy &  
joyless

Low &  
pessimistic

Depressed  
& suicidal

# Spectrums of severity



A worrier who tends to see things negatively

Anxious and always imagining the worst

Paralysed by doubts and fears

# Boundaries: discussion

Where does the boundary lie between 'things church should deal with' and 'things they shouldn't'?

# Factors affecting pastoral care strategy

- Size of church
- Size of staff team
- Age of church
- Vision of church
- Gifting / training of those in pastoral leadership
- Local church context

# Current structures: discussion

In threes, take it in turns to describe the way pastoral care happens in your church.

# Structures: factors to consider

- Is your pastoral care organised or organic?
- Is the structure announced or unannounced?

# Unannounced structures

- **Intentional 'discipleship'**
  - Discipleship across the church family
  - 'Discipleship' preferred to 'care' or 'counsel'
  - No specific provision for 'harder' struggles
  - More serious struggles referred outside the church

# Unannounced structures

- **Small group care**
  - As for intentional discipleship, but small gp leaders have a particular role
  - Level of training / expectation placed on small gp leaders will vary

# Unannounced structures

- **Designated support**
  - Often built onto the previous models
  - A group of people for more complex care
  - Accessed via pastor / staff team
  - Means of access not generally known or announced

# Announced structures

- **Elder-led pastoral care**
  - More traditional pattern
  - High view of pastor's role
  - Less emphasis on every member ministry

# Announced structures

- **Small group pastoral care**
  - Common contemporary pattern
  - Encourages every member ministry
  - Training of small gp leaders is often limited
  - Misses those not in small gps
  - Complex struggles revert to pastors / elders

# Announced structures

- **Pastoral care team** *(could supplement other models)*
  - Identified pastoral care team
  - Specific training given to members of the team
  - Often seen in larger churches
  - Helpful for 'harder' struggles
  - Using gifts well
  - Can undermine informal care; can be confusing for the church

# Announced structures

- **Collaboration with external provision**
  - Local counselling service
  - Local biblical counsellor
    - Risks separating pastoral care out from the church
    - Established communication channels might mitigate this risk

# Current structures: discussion

Does this review change the way you would describe the pastoral care in your church?

# An action plan: review

- **Convene a focus group** of 5 people (or more extensive survey)
  - How do they think pastoral care works in your church?
  - If they were struggling who would they approach?
  - What would they expect to happen after that conversation?

# An action plan: review

- **Review your resources / characteristics**
  - Size of your church; Size of your staff team
  - Highly organized or more organic?
  - People with expertise?
  - Local resources?

# An action plan: supervision

- **How will pastoral care be supported?**
  - Where do people go when they are stuck?
  - Who supports the supporters?
  - How is safety and safeguarding managed?

# Practicalities

- Some examples of church pastoral care information on website