

SOUL CARE



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Underlying Principle Behind Soul Care:

“Seek first the *kingdom* of God and His *righteousness*, and all these [other] things will be added to you.”

In Matthew 6:33, Jesus reminds us that we are to have a dual focus -- kingdom (ministry) and righteousness (personal holiness). When these become the ‘centerpieces’ that completely captivate our thoughts and drive our actions Jesus is glorified. We can trust that He will take care of the other details of our lives - like food, clothing, shelter, etc.

It is our desire to foster a culture that not only emphasizes and resources you for ministry, but that also emphasizes and supports you in your personal pursuit to...**be like Christ.**

“Soul Care is intended to help our missionaries address spiritual struggles while the struggles are still manageable.



What is Soul Care?

Soul Care is about **you**, the **person**! We value you as a person – not merely what you do, ministry wise, for the sake of the kingdom.

Soul Care is about **being** before **doing**, about **who I am** before **what I do**. It's about taking care of the inner man before seeking to do something for God.

Soul Care is about **relationship**. Soul Care is intended to remind each of us to invest in our personal relationship with a loving God.

Soul Care is about **relationship**...*(yes, that's right—relationship is listed twice!)* Soul Care is **not** a program! Soul Care is designed to accentuate the need that each of us has – the need to have the input of others in our lives, including input and guidance into our spiritual lives. Proverbs 27:17 reminds us that, "Iron sharpens iron..."

“As iron sharpens iron,
so one person sharpens
another.

Proverbs 27:17

Why Soul Care?

90% of pastors report working between **55 to 75** hours per week which means that life can often become “unbalanced.”

As missionaries, we aren't immune to sin, or to sin's destruction of us and of our ministries. In fact, you could say that we may be a higher value target of the Evil One because we are in ministry. Make no mistake, the Evil One is seeking to devour us. But like many serving in ministry, we often suffer in silence when it comes to our own spiritual struggles. We often feel as though we have no one to turn to, no one to confide in. Regardless of our stage in life, we all have weaknesses, blind spots and spiritual struggles. So, why Soul Care? - because each of us needs at least one trusted friend (coach) speaking into our spiritual lives [life] who, as Matt Chandler reminds us[says], is willing to say to you, ***“I've seen the ugly parts of you, and I'm staying!”***

Who will be
involved in
Soul Care?

All ABWE personnel (missionaries, support staff, and leadership team) will be invited to participate. Each person chooses their own Soul Care Coach.

What are 2 Essential Elements of Soul Care?

Soul Care Coaches – A personal Soul Care Coach is someone committed to your spiritual well-being and willing to invest time and resources to help you and hold you accountable in your personal spiritual walk with the Lord. Your personal Soul Care Coach is hand-selected by you and resourced by our Soul Care Team.

Soul Care Team – Your Coach will be resourced by a team within Member Care whose focus is to give guidance, encouragement, and structure to their ministry with you.

What is the Role of the Soul Care Team?

The primary role of the Soul Care team is 3-fold:

- 1 To ensure that every ABWE missionary, support staff and leadership team has the opportunity to have a Soul Care Coach.
- 2 To provide simple structure and guidelines for the Soul Care Coach to ensure that there is consistent, encouraging contact taking place.
- 3 To help the Soul Care Coach know how to build a strong bond of confidentiality, trust, encouragement and prayer.



How do I Select a Soul Care Coach?

Consider a person who has already demonstrated a commitment to you as a friend and who is (or has been) a sounding board on other matters.

Some criteria to consider when selecting a coach:

- Someone you respect
- Spiritually mature
- Shepherd's heart
- Someone committed to your success
- Caring; able to ask difficult questions about relationships (God, family, ministry, coworkers) and someone to whom you are willing to provide honest answers
- Trustworthy, discreet and able to respect confidentiality
- Seasoned, possessing life experience and understanding of vocational ministry challenges
- Available and willing to invest time with you in conversations and to initiate this dialog on a regular basis

What if I already have a Soul Care Coach?

Great! No need to look any further unless your current Soul Care Coach does not fit the criteria listed above. Otherwise, we are more than happy to integrate your current coach into the Soul Care initiative and invest in him/her.

Reasons for having

a Soul Care Coach:



Partnership

Someone who provides a safe, mutual relationship of trust based on listening, sharing and supporting.

**David & Jonathan (1 Samuel 18-31);
Ruth & Naomi (Ruth 1-4)**

*The fellowship of a chosen friend based on unconditional love and wholehearted commitment.



Protection

Someone who knows me well, my strengths and weaknesses, to whom I'm accountable and who has permission to confront and exhort me.

Moses & Joshua (Exodus, Numbers, Deuteronomy)

*Resolution of problems while they are still manageable.



Perseverance

Someone who is always there to build me up, inspire and challenge me to remain faithful through the challenges of life and ministry.

Barnabas & Paul (Acts 9-15)

*Encouragement to continue despite trials and difficulties.



Progress

Someone who empowers me to grow and reach my full potential through clarifying goals or vision casting, sharing experiences and wise counsel.

**Elijah & Elisha (1-2 Kings);
Paul & Timothy (1-2 Timothy)**

*Active investment in my development by helping me achieve personal and ministry goals.



Perspective

Someone who speaks the truth into my life - a sounding board - offering wise counsel from a healthy biblical base of experience.

Paul & Timothy (1-2 Timothy)

*Catalyst for maintaining a positive attitude and a godly view of life's circumstances.



Prayer

Someone who is committed to faithfully interceding for me, who knows me well and whose counsel I value and follow.

Samuel & David (1-2 Samuel)

*Confidence in knowing I have a devoted prayer partner who is interceding on my behalf.

Reporting?

1. Do I need to report on my Soul Care meetings with my coach?

No, there is nothing you need to report. Soul Care is not a part of your regular ministry reporting to your Regional Director. Our primary desire is to ensure that you have someone in your life with whom you talk about personal spiritual matters.

2. Will my Soul Care Coach report about our meetings together?

Yes and no. Yes, in that your coach will let the Soul Care team know that you are meeting together regularly. And no, in that your Soul Care Coach will not report about the content of the meetings.

Sample reporting questions for coaches:

- How did you connect this past quarter (phone, Skype, face-to-face, etc.)?
- Which method for connecting are you finding most productive?
- How many times did you meet during the past quarter?
- Did the missionary adequately incorporate sabbath time rest in their life this past quarter?
 - Y / N If no, are you addressing this with them?
- How else can the Soul Care Director or Soul Care Team invest in you as a coach?

What if I'm struggling spiritually in an area beyond my coach's capacity to help?

When this happens, and it might, your Soul Care Coach may request the help of the Soul Care Director to identify a "Specialist Coach" through the ministry of ABWE's Member Care team.



At the discretion of the coach...

- Your Soul Care Coach informs you that your individual need is beyond his/her capabilities.
- Your coach can help you identify a licensed professional or contact the Soul Care Director for help in finding that resource person.
- The Soul Care Director can also contact ABWE's Member Care office for help in identifying a qualified, licensed individual.

“ May your intimacy with Jesus transcend all of ministry's clutter and noise and busyness. And may you be reminded that your ministry is not your life... Jesus is!

~ Lance Witt



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