

Principles & Practices of Pastoral Care

Principles & Practices of Pastoral Care

The Purpose of This Seminar:

- The purpose of this seminar is to provide a basic introduction to the principles and practices of pastoral care, and how to effectively help individuals within our local churches as they deal with various stressors in life.

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- **Sola Scriptura** (Scripture Alone) was an attempt by the Reformers to return to the centrality of Scripture as the sole authority over the Church...not a co-authority WITH the Church

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- Much like the Pharisees of Jesus' day, the Roman clergy had come to invest the Church's interpretation of Scripture with the same authority as the Scripture itself

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- The Reformers identified a major problem with this assertion: the Scriptures came before the Church, not vice versa. “Who begets his own parent? Who first brings forth his own maker?” – Martin Luther

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- “Unless I am convinced by the testimony of the Scriptures or by clear reason, for I do not trust either in the pope or in councils alone, since it is well known that they often err and contradict themselves, I am bound to the Scriptures I have quoted, and my conscience is captive to the Word of God. I cannot and I will not retract anything, since it is neither safe nor right to go against conscience. I cannot do otherwise. Here I stand. May God help me. Amen.” – Martin Luther

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- But the Reformers were careful to note that Scripture and church tradition, while not equals, are also not enemies...church tradition is subservient to Scripture

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- And when church tradition is faithful, it is a friend to the Church, not a foe
- Scripture Alone doesn't mean "Me and my Bible, Alone"
- Sola Scriptura is a response to the over emphasis of Scripture AND the Church as co-authorities

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)



Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- **Solo Scriptura** (Scripture Only), sometimes referred to as Nuda Scriptura (Bare Scripture), often comes with a suspicion (or sometimes repudiation) of creeds, confessions, theological material (commentaries, systematic theologies, etc.), or any other resources other than God's Word in the study of God's Word

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- This viewpoint often comes across in statements like, “Bible-only”, “Just me and my Bible”, “The Bible tells me so”, “My Bible is Enough”, “We are trying to be Biblical”,
- Solo Scriptura is an over emphasis (extreme exaggeration) of Sola Scriptura

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)



Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)



Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- Justin Martyr (A.D. 110-165): “Whatever things were rightly said among all men, are the property of us Christians.”
- Augustine (A.D. 354-430): “All truth is of Him who says, ‘I am the truth’” and “Nay but let every good and true Christian understand that wherever truth may be found it belongs to his Master.”
- John Calvin (A.D. 1509-1564): “For since all truth is of God, if any ungodly man has said anything true, we should not reject it, for it also has come from God.”

Principles & Practices of Pastoral Care

Sola Scriptura (Scripture Alone) vs. Solo Scriptura (Scripture Only)

- **King Solomon: Proverbs 22-24**
- “Incline your ear, and hear the words of the wise”
 - The Instruction of Amenemope
- **Apostle Paul: Acts 17:26-28**
- “In Him we live and move and have our being”
 - Epimenides of Knossos
- “For we indeed are His offspring”
 - Aratus of Soli

Principles & Practices of Pastoral Care

Medical Triage – the process of medical evaluation and prioritization of patients based on their need for immediate medical treatment



Mental Health Triage – the process of evaluation and mental health assessment to determine the type and urgency of the responses required from mental health services



Principles & Practices of Pastoral Care

First Thing to Consider – we all have different ‘burdens’ to carry, but the past few years have exacerbated the struggles of many:

- COVID-19
- Political Polarization
- Racial Unrest
- Economy, Wars, Hurricanes, etc.



Principles & Practices of Pastoral Care

How do you tell the difference between a person just having a hard day, and a mental health problem?

Galatians 6:1-5

- “**Bear** one another’s burdens, & so fulfill the law of Christ”
- “For each will have to **bear** his own load.”

Principles & Practices of Pastoral Care

How do you tell the difference between a person just having a hard day, and a mental health problem?

- Severity
- Duration
- Consistency



Principles & Practices of Pastoral Care

How do you tell the difference between a person just having a hard day, and a mental health problem?

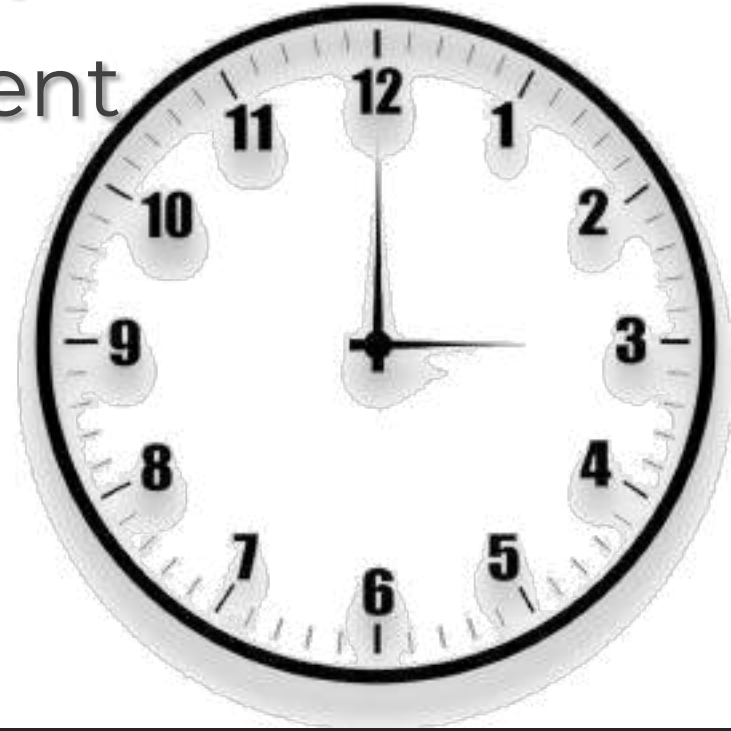
- **Severity** – significant impairment negatively affecting normal aspects of life



Principles & Practices of Pastoral Care

How do you tell the difference between a person just having a hard day, and a mental health problem?

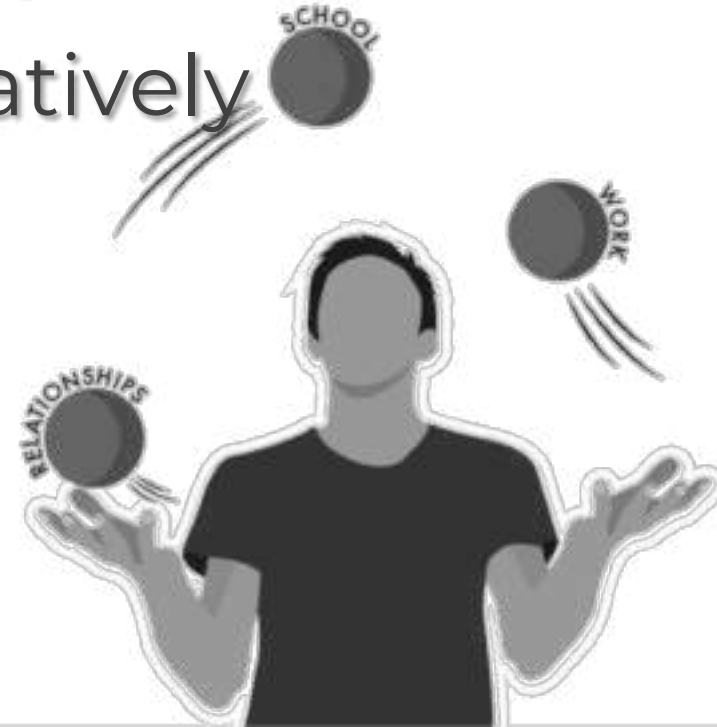
- **Duration** – symptoms have been persistent for at least 2 weeks or longer



Principles & Practices of Pastoral Care

How do you tell the difference between a person just having a hard day, and a mental health problem?

- **Consistency** – mental health issues negatively affect multiple aspects of their life



Principles & Practices of Pastoral Care

Symptoms to Look For

- Decrease in Usual Grades/Work Performance
- Social Withdrawal from Usual Friends/Family
- Change in Sleep Patterns
- Change in Eating Habits
- Doesn't Enjoy Things that Usually Bring Joy
- Lack of Motivation

Principles & Practices of Pastoral Care

Symptoms to Look For

- Frequent & Consistent Rebellion/Acting Out
- Criminal Behavior
- Self-Harm
- Threats to Others or Self
- Sexually Acting Out
- Substance Abuse (Alcohol, Drugs, Food, Caffeine, etc.)

Principles & Practices of Pastoral Care

Symptoms to Look For

- Comments like “Nobody Cares”, “I wish I wasn’t here”
- Significant Mood Swings
- Talking about Suicide

Principles & Practices of Pastoral Care

How to Help

- Start a Conversation: Don't Wait for Them to Come to You



Principles & Practices of Pastoral Care

How to Help

- Start a Conversation: Don't Wait for Them to Come to You
- Partner with your Church Leadership
- Meet with a Pediatrician/PCP
- Consider Therapy: Both Individual and/or Family
- Discuss Medicinal Management

Principles & Practices of Pastoral Care
