

Grace College and Seminary
Continuing Education Program in Women's Leadership Studies
STRETCHING MINDS, STRENGTHENING HEARTS, SHAPING HANDS.

Soul Care in Leadership

Course Description:

This class will examine how to journey with others in the midst of their questions and pain. Since pain is an inevitable part of this world, we will work to develop a theology of suffering, understanding how God uses pain as part of the spiritual formation process. Instead of running from it, trying to numb it or pray it away, we will begin to ask the question of what God may be up to in our lives as we process through pain. This class will also address how to maintain balance and perspective in the midst of caring for others in the context of ministry leadership.

Learning Outcomes:

As you participate in class, you will be able to:

1. Evaluate your own practices in personal soul care to identify areas of strength and weakness in creating health and longevity as you lead.
2. Identify and analyze the way God uses pain to develop spiritual growth.
3. Articulate a methodology of soul care that acknowledges God's work in eradicating what is truly messed up in the soul.
4. Practice effective listening skills that incarnate God's love to a person who is hurting.

Recommended Texts:

Allender, D. (1999). *The Healing Path*. Colorado Springs: Waterbrook Press.

Benner, D. (2004). *Sacred Companions: The gift of spiritual friendship and direction*. Downers Grove, IL: IVP.

Benner, D. (1998). *The Care of Souls*. Grand Rapids: Baker Books.

Crabb, L. (1993). *Finding God*. Grand Rapids: Zondervan.

Crabb, L. (2001). *Shattered Dreams*. Colorado Springs: Waterbrook Press.

Crabb, L. (2003). *Soul Talk*. Nashville: Integrity Publishers.

Edwards, S. & Mathews, K. (2009). *Leading Women Who Wound*. Chicago: Moody Press.

Guenther, M. (1992). *Holy Listening*. Boston: Cowley Publications.

Haley-Barton, R. (2008). *Strengthening the Soul of your Leadership*. Downers Grove: IVP.

Hislop, B. (2010). *Shepherding women in pain*. Chicago: Moody Press.

Moon, G. & Benner, D. (Eds.). (2004). *Spiritual Direction and the Care of Souls*. Downers Grove: IVP.

Kellemen, R. (2009). *Sacred Friendships*. Winona Lake, IN: BMH Books.

Kellemen, R. (2005). *Spiritual Friends*. Winona Lake, IN: BMH Books.

Kellemen, R. (2007). *Soul Physicians*. Winona Lake, IN: BMH Books.

Peugh, R., & Schultz, T. (2005). *Transformed in His presence: The need for prayer in counseling*. Winona Lake, IN: BMH Books.

Scazzero, P. (2006). *Emotionally Healthy Spirituality*. Nashville, TN: Thomas Nelson.

Other Resources:

SoulCare Foundations (four ½ credit courses offered through Christian University GlobalNet <http://cugn.org>) - Do people look to you for advice or spiritual counsel? When those opportunities come up, do you sometimes feel inadequate to the task? Or do you plunge right in without really taking time to touch the person's soul? If you want to be more spiritually effective in helping others with problems in their lives, you will benefit by the teaching and practice presented in the *Certificate in Spiritual Direction* curriculum offered by NewWay Ministries and Dr. Larry Crabb in collaboration with Christian University GlobalNet.

Course Overview:

Prerequisites: None

Requirements for obtaining CEU credit:

Active participation in class discussion is a vital part of your personal growth and integration of course content. Please come to class ready to interact not only with the course material, but also with your fellow classmates. We will be using our Bibles to investigate God's view of Soul Care in His Word. Bring your favorite translation of Scripture (I recommend NASB, ESV, NIV, NKJV) and a way to record your thoughts (pencil, pen, laptop). Handouts of PowerPoint presentations and extra paper will be provided for you. You must be present for all 10 hours of instruction in order to receive 1 credit toward the CEU certification program.