

Soul Care Intensive: An assertive process for potential recipients receiving Spiritual Direction and Soul Care



“...Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever. The water I give will be an artesian spring within, gushing fountains of endless life.”

-John 4:13-14 the Message

What is a soul care intensive?

A soul care intensive merges rest, spiritual direction, prayer, instruction in spiritual disciplines, and friendship all under one umbrella in order to help break down barriers keeping someone from true union with God. Soul care intensives are designed to help people connect the pain and suffering of life to the redemptive power of Jesus Christ. The intentional setting of a soul care intensive allows you to intensely focus on areas of needed guidance for an extended period of time, which often is difficult to accomplish in settings where bimonthly meetings are scheduled. The specific time away is not only conducive for addressing your current needs, but the specific location is also very important. This time and location specifically creates a safe environment where the typical daily pressures and demands are far removed. Thus, the heart of the matter can quickly become addressed without the unneeded burden of distractions.

Each soul care intensive is specifically designed for the individual. There is not formulaic, or programmatic approach to one’s heart. In most cases, your time with one of our trained professionals will consist of three to four hours a day.

The process of assessing the condition of a leader’s inner unrest involves careful discernment from a skilled professional who will provide spiritual direction and soul care for the purpose of exposing people to the awareness of God’s active presence in their lives. Each professional providing care will have many years of experience in working with ministry leaders and missionaries. Prior to meeting with our professionals we will ask you to answer a few questions regarding your reasons for seeking care and renewal. It is our intention to provide the best care for your current need, thus, answering the few questions prior to your time with one of our professionals will help us determine what course of action should be taken and which professional will fit your current need. The questions in this document should be answered with no more than 250 words.

What issues and concerns will be addressed?

The issues and concerns addressed will be customized to your needs. Issues dealing with relational brokenness, sexual addictions, marriage issues, ministry team conflict, ministry burnout or exhaustion, abuse: spiritual, emotional, and physical, and any related issue keeping you from intimacy with God will be attended to. Though some issues may require more attention and care, soul care intensives are beneficial for all of us. We are all in need of receiving attention and care from one another. Other recipients of a soul care intensive may want to explore issues concerning one's vocational calling, a desire to live more deeply from the heart, knowing and becoming aware of hearing God's voice, or a desire for a deepened prayer life. All of the above issues and concerns are recognizable in our own lives and exploring such brokenness through a soul care intensive will help us discover and embrace both the glory and ruin that exist within us. Consequently, through God's revelation, we will come to embrace the truth of our brokenness and the even more astounding truth that God calls us his beloved.

What specific soul care intensives can I choose from?

Five Day Intensive: This intensive is designed for those who have recently experienced a life crisis and are seriously questioning the next steps involved.

Three Day Intensive: This intensive involves those who desire to explore the deeper issues of life, but may not be in serious crisis or trauma but want to process the realities of life in a more authentic approach.

One Day Intensive: This intensive is designed for those seeking practical tools for deepening one's intimacy with God. This intensive will involve spiritual direction, prayer, scripture meditation, and some silence and solitude. (This intensive will only be available on a limited basis)

Where will I be staying?

We will provide you with a "host home," which will consist of a married couple who have a heart for healing and restoration in your life. Though each "host home" will respect your privacy and will maintain our policy of complete confidentiality, you may choose to remain anonymous through the duration of your stay. You will also have an opportunity to stay at a retreat center, which will be provided by one of our professionals providing you care. In each case your lodging will be determined by your current need and who will be facilitating your soul care intensive.

How much will it cost?

The cost for your soul care intensive will be determined by what type of intensive you will be attending. The pricing will also vary depending on who is facilitating your intensive. Though it is our desire to see your life bear much fruit, it is also our deeper desire to see your life transformed by God's redeeming grace. We not only want to support your life by providing this opportunity, but we also desire to give you time away from the demands and expectations of everyday life in order that you might encounter transformation.

Who will be facilitating my soul care intensive?

The SoulCare Project is partnered with many skilled and qualified spiritual directors. Depending on the availability, location, and the specific needs that are to be addressed, The SoulCare Project will choose which director you will be meeting with. In most cases we will connect you with one of these directors in order that you may have direct contact via email regarding your interest in a soul care intensive. By no means will we make a decision without first contacting you.

How do I prepare for a soul care intensive?

Preparing for such a time as this can be mind-boggling. It's already difficult enough to admit there is a need because in many leadership positions, such admission can alienate us from others. For this reason, we will provide a safe and confidential place for you to explore the hidden places of your heart in order to free you from the bondage of all the false expectations both explicit and implicit. Please feel free to contact us at any time with concerns or questions you may have prior to meeting with one of our professionals. Our hearts are fighting for yours, and we will be praying for you and your time while receiving direction and care. We do have expectations of transformation for your life, but we purposefully are not stating what specific expectations we have. We believe God will reveal himself to you in so many ways, but acknowledging our own finitude towards results, we are asking you and ourselves to trust in this process that God will meet you in your place of need.

What happens when I attend a soul care intensive?

Your time with one of our professionals will follow a unique rhythm involving conversation, scripture meditation, and times for silence and solitude to be with God. We use the word rhythm to depict the life of Jesus. Most of us are aware of the active involvement of Jesus in ministry, but few of us acknowledge or see a need to disengage from the demands of our leadership roles to be with the Father. This rhythm, as exemplified by Jesus in the gospels, is a constant reminder for the need for rhythm in our lives. For most of us as ministry leaders, we are typically aware of only one rhythm: being active in ministry. In Matthew 11:28-30 taken from The Message version, Jesus says,

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Often this activism is where we find ourselves becoming exhausted. For this reason we will design your time with a specific rhythm of engaging both ministry and the need to be alone with God the Father.

Will there be an opportunity for follow-up?

There will be an opportunity for continued interaction with the professional you meet with. In most cases, your follow-up will consist of scheduled phone conversations and email interaction. Please know that these opportunities for follow-up do not exist to check in on your productivity, or results from your intensive. Our goal in providing follow-up with you as a ministry leader is to provide you with a relationship with someone who genuinely desires to help you become more aware of how God is revealing himself to you in your life.

Endorsements referencing the Soul Care Project:

Businessman in Tennessee: I was at a point in my life when I the last thing I needed was another event, but what I found at the retreat was an experience with Jesus. It was a refreshing time to be quiet for once and to reflect and listen. These disciplines have sadly been cast aside in my day to day pursuits but once asked to re-engage during our time together began to give me hope that the best thing for me to do is to slow down and understand that God is at work not me.

The fellowship of other men and the excellent facilitation were critical to the time as well.

Executive Director of a Christian Undergraduate Program : Thank you for including me in the consultation two weeks ago at our retreat. It was an enlightening, enriching, and refreshing time that informed our Board meeting the day after my return and will continue to inform our ministry. It was a blessing to be with others doing similarly prayerful and strategic work in Christian spiritual formation, and the depth and breadth of conversation you, with your able facilitation, was inspired and remarkable. I very much appreciated the opportunities for fellowship, devotion, and prayer in the midst of substantive discussions of ideas and experience. We are, indeed, brothers and sisters in Christ, and we are edified and encouraged by one another's discipleship. Thank you for that spiritual refreshment.

Psychologist and Vice President of a leading Christian Graduate School: It is very rare to receive a gift without strings attached. To be invited to participate in a two-day retreat to be shared with like-minded individuals was a reminder of God's grace. And while the time spent in structured discussion was important and beneficial, I enjoyed the informal conversations even more.

Businessman in Tennessee: (1) I was busy & went to the retreat only because the man who invited me would not let me say no; (2) Began the retreat with an attitude, no pen, & no paper; (3) About fifteen minutes into our first session, I said this is a little different, I better take some notes; (4) I was very drawn to the facilitator's rhythm, patience and style; (5) The retreat has changed my life & effected positively the intimacy in my walk with Jesus, my prayer time & how I read scripture.

Preliminary Questions (The purpose of reading the answers to these questions is to pair you with the most suitable professional and to assess an appropriate course of action.)

1) Briefly describe what events/circumstances have led you to seek counsel and direction.

2) In what areas of your life do you seemingly see God as distant or absent?

3) In what areas of your life do you sense God most wants to speak to?

4) What have been a few of the most memorable moments that have shaped your life?

5) What are some of the big obstacles in your life keeping you from becoming more like Christ?

Note: All answers given will remain confidential, and will only be read by the Soul Care Project staff and by the person facilitating your soul care intensive.

Post Soul Care Intensive Questions:

Evaluation & Feedback

1. As an educational and informative experience, this experience was:

Exceptional Very Good Average Disappointing Poor

2. As a spiritual character growth experience, this experience was:

Exceptional Very Good Average Disappointing Poor

3. In my estimation, the facilitator's planning and preparation for this experience was:

Exceptional Very Good Average Disappointing Poor

4. Through this experience, the integration of theory and practice to real-life ministry was:

Exceptional Very Good Average Disappointing Poor

5. The materials and resources used throughout this experience was:

Exceptional Very Good Average Disappointing Poor

6. Through this experience, the demonstration of the significance of the subject matter was:

Exceptional Very Good Average Disappointing Poor

7. At the conclusion of my time here, my motivation to incorporate spiritual disciplines into my life is:

Exceptional Very Good Average Disappointing Poor

8. Compared to the beginning of my time here the desire to grow in my relationship with Christ is:

Exceptional Very Good Average Disappointing Poor

9. Because of this experience I am now more aware of Christ's presence in my life:

Exceptional Very Good Average Disappointing Poor

10. At the conclusion of my time here the certainty of God's love for me is:

Exceptional Very Good Average Disappointing Poor

11. The most valuable component to this experience was:

12. My most important suggestion of improving how this experience could have been more beneficial for my spiritual growth is:

Please add any additional comments below:

Soul Care Intensive:
Informed Consent/Confidentiality Form

This form answers confidential/privacy concerns that participants usually have when they begin a Soul Care Intensive. It will also outline brief guidelines and privacy policies. After reading this document, please feel free to ask any questions that you may have. You will be asked to sign and send a copy back to us. You also may want to retain a copy for your records.

Confidentiality:

All statements made during your Soul Care Intensive will remain confidential. The information you disclose cannot be shared with others, except if there becomes a need for a professional consultation with a colleague in reference to your situation. The exceptions to this rule would be if:

1. you have signed an authorization allowing us to disclose information;
2. you are in present danger of harming yourself or others
3. you are petitioned by the court for your records
4. there is an issue of child, elder, or dependent adult abuse.

Release of information to other individuals, agencies or professionals may only be done with your written consent.

Emergencies:

Though soul care intensives are not always crisis oriented in nature, there still may be a need for referral. If you feel you will need more intensive hours and support on a regular basis, please inform your soul care provider so an appropriate referral may be made. Each one of our soul care providers are in contact with licensed professional therapists and will provide you with various options as it pertains to your current need and situation.

In the event of an emergency please call 911.

Agreement:

I, _____, confirm that I have read, in its entirety, this document. I agree to act according to the guidelines and procedures listed in this document.

I hereby agree to participate and attend a soul care intensive and to cooperate fully to the best of my ability.

Signature of Client (Parent/Guardian)

Date

Please bring a signed copy to your Soul Care Intensive.