

Types of Biblical Soul Care

Counseling, or “Soul Care” is not something that can always be categorized. God has made everyone in wonderfully unique (Ps. 139: 14) ways and each being, created in God’s image faces different challenges. NHC desires to shepherd our people as best we can, with the Holy Spirit’s help. There are no “levels” of counseling, but as each person presents with different care needs, NHC seeks to meet those needs in ways that are encouraging, effective and consistent with the truth of scripture.

1. Instructive – Counselees here would need some basic discipleship. A counselor in this role would help someone understand and apply fundamental doctrines of the faith as well as provide consistent accountability and encouragement from God’s Word.
2. Directive – Counselees in need of some directive care are often having difficulty understanding and navigating a particular issue in their lives. A counselor in this role would seek to listen well and ask good questions in an effort to help them apply biblical truth to specific issues and topics. A person with this type of care need would also likely be tremendously helped by active participation in a life group.
3. Corrective – Counselees presenting with a corrective soul care need require that a counselor be tasked with getting much more detail about a person’s background, and ways in which their struggles present themselves. Much more training is required to serve in this capacity. The training received would better equip a counselor to handle more complex, life-dominating issues.
4. Intensive – Counselees in need of intensive soul care are often struggling with a clinical diagnosis of some kind and/or serious life-domination, and sometimes life-threatening sin and addictions. Counselees may also be survivors of abuse or abusers themselves. The intensive level of care needed often requires referrals outside the church to a trusted partner working in the mental health or addiction recovery field.