

Soul Care

Presenter: Bishop Augustus Pullen, LCSW, DAPA

Not in terms or in the way some of you may perceive it, in terms of our work as Spiritual Leaders, tending to the needs of others.

But we will be looking at our own personal care, directed to our own soul

The bible tells us in 1 Thessalonians 5:23, that we are all created with 3 parts: A spirit, a soul, and a body.

And may the God of peace Himself sanctify you wholly, and may your spirit and soul, and body be presented completed, without blame, at the coming of our Lord Jesus Christ.

Along with that, 3 John 1:2 tells us:

Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth.

Our Body exist in and contacts the tangible things of this material world. It is the visible, external, and the outer part.

Our Soul is our inward part

Our Spirit is our innermost part

As the word for Spirit, comes from the Greek word pneuma, it refers to the part of man that connects with God.

Our Spirit covers matters of faith, trust, worship, and so on. It's what needs regeneration in those who know not God and what is continually strengthened for believers.

Our Soul comes from the Greek word Psyche. The soul is the part of our being that connects with our fellow humans. It's our humanity

Matt 22:37 says.... "Love God with all of thy soul". The word for Soul, Psyche is also the root word of Psychology.

The soul is made up of our Mind, Emotion, and Free will. The soul has a tendency to be self-control, whereas the spirit was created exclusively to communicate, interact, and commune with God.

It is our personality, it is who we are. With our soul, we think, reason, consider, remember, and wonder. We experience emotions like happiness, love, sorrow, anger, relief, and compassion.

So as we look and discuss Soul Care, we will use Stress Management as a way of caring for our soul.

Phil 4:5-6 says....*"Let your moderation be known unto all men. The Lord is at hand. Be careful (anxious, stressed, worried) for nothing but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.*

Stress impacts and affects our body, physically; our soul emotionally, behaviorally, it impacts our relationships, and our socialization with others. Stress impacts our performance in the workplace, church, family, intimacy, and other tasks we have taken on daily.

Every person, every day, must deal with stress on some level.

How we handle it, is in direct line with how we care for our soul.

According to Dr. Hans Selye, who is best known for his research on stress, and stress management, he describes stress as your body's non-specific response to any demand placed upon it, whether pleasant or unpleasant. Meaning daily decisions good and bad impacts our health and soul.

When our mind and our emotions are overloaded, we can fall into poor health, poor decision making, poor relationships, poor functioning, and bad behavioral patterns.

According to the national Institute of Mental Health and Substance Abuse and Mental Health Services Administration (SAMHSA) data from 2020:

Nearly one in five U.S. adults live with a mental illness (52.9 million in 2020) that are 18 years or older. Mental Illness include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.

Any Mental Illness (AMI) is defined as a mental, behavioral or emotional disorder. AMI can vary in impacts, ranging from no impairment to mild, moderate, and even severe impairment.

Serious Mental Illness (SMI) is defined as a mental, behavior or emotional disorder resulting in serious function impairment, which substantially interferes with or limits one's major life activities. The burden of mental illness is particularly concentrated among those who experience disability due to SMI.

The prevalence of AMI was higher among females (25.8%) than males (15.8%).

Young adults age 18-25 years had the highest prevalence of AMI (30.6%) compared to adults 26-49 years (25.3%) and aged 50 and older (14.5%).

African Americans at (17.3%) prevalence

One in 20 US adults experience serious mental illness each year according to the NAMI, (National Alliance on Mental Illness). And suicide is the 2nd leading cause of death among people aged 10-14. Mental Illness is not an isolated public health problem. Cardio vascular disease, diabetes, and obesity often co-exist with mental illness.

20.9 million American adults or 9.5% of US Population 18 and older have mood disorder and the median age is 30.

6.7% of US adults experience a co-occurring substance abuse disorder and mental illness in 2020 (17 million people)

5.7 million adults or 2.6% of the US population are schizophrenic

40 million suffer from anxiety disorder, and 6 million from panic disorder.

2.2 million with Obsessive Compulsive Disorder (OCD)

7.7 million adults over 18 in a given year suffer from PTSD

15 million with Social Phobias

Emotion, Physical and Behavioral signs of lack of Soul Care:

- Excessive weight for your age and height
- Desire to eat as soon as a problem arises
- Frequent heartburn
- Lack of appetite
- High blood pressure
- Alteration of sleep patterns
- Feeling of constant fatigue
- Frequent headache
- Shortness of breath
- Accident proneness
- Excessive perspiration
- Frequent need to urinate
- Trembling, nervous tics
- High pitched, nervous laughter
- Impulsive behavior, Indecisiveness
- Grinding teeth
- Speech difficulties
- Muscle spasms and tension
- Decline in productivity
- Anger outbursts
- Social withdrawal
- Change in sexual interest
- Persistent sexual problems (frigidity, impotence, fear)
- Heart pounding or pains and palpitation
- Anxiety, fear, irritability, aggression
- Hypertension
- Impatience
- Depression
- Nervousness
- Indigestion
- Cold/sweaty hands

Where do we go from here?

What do you do when caught between a rock and a hard place

1. Relax – have designated times and plans, and people around you
2. Cultivate a Rich non church life – find activities outside of your church, Hobbies, sports, gym, non-church activities (without the saints), being able to “turnoff”, no church talk
3. Unplug – While communication technology can promote productivity, it can also allow church stress to step up and seep into family time, vacation, and social activities. Set boundaries by turning off cell phones at delegated times, i.e. dinner
4. Get enough rest and sleep – research shows having less than 6 hours of sleep is a major risk factor for burnout.; it can cause poor job performance and productivity and motivation, decrease or impairs mental functioning, cause irrationality, poor social skills
5. Get organized
6. Stay in tune to physical, emotional, behavioral and social signs
7. Know when it’s yours, and when it’s others
8. 4 R’s – Retreat, Relax, Reflect, and Return

Topic: Soul Care for the Minister

Instructor: *Professor Terence O. Hayes, Sr.*

Abstract: Ministry leaders are representatives and living epistles of the word of God. It is by this standard that the growth and maturity of our spiritual well-being are rooted and grounded through spiritual formation in Christ. Spiritual formation is defined as the “ongoing process of maturing as a Christian, both personally and interpersonally.” In this course, you will receive relevant and practical tools to enable you to navigate in your ministry to help those in need of soul care.

The Written Word of God

“In your patience possess ye your souls” (Luke 21:19).

“I wish above all things that you prosper and be in health even as your soul prospers”

(3 John 1).

“But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou has provided” (Luke 12: 20)?

People Issues Are Real: In Introducing yourself in a public setting, “Hello”, My name is:

- ✓ Grief
- ✓ Anxiety
- ✓ Phobia
- ✓ Post-Traumatic Stress
- ✓ Stress
- ✓ Shame
- ✓ Panic Depression

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” (Psalm 42 5).

The Struggle is Real: There have always been people with mental and relational health problems in the church. (Mental Health Ministry-Dr. Jared Pingleton)

- ✓ Awareness
- ✓ Wellness
- ✓ Psychological
- ✓ Clinical
- ✓ Psychology
- ✓ Mental Health
- ✓ Genetic
- ✓ Unhappy
- ✓ Suicide
- ✓ Drugs
- ✓ Worried

- ✓ Emotions

“Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:28-30).

In the work of ministry, Four Key Points are identified in this discussion:

- ✓ Right Temperament
- ✓ Right Attitude
- ✓ Discipline and Heart for Others
- ✓ Loving God means-loving People

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| <p>Here’s Something You Should Know (The Soul)-The moral and emotional nature of human beings</p> |
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- The will of the mind
- Emotions
- Desires
- Perspective
- Thoughts

All of the above need to be transformed -the flesh of our lives is in opposition to our regenerated spiritual self.

A Resourceful Book in Your Toolkit

- ✓ Title: How Healthy is Your Spirituality (A little blue book)
- ✓ Author: Peter Scazzero
- ✓ That’s a great question!

Turning the Pages in the Textbook

- The Iceberg Model
- Ten percent of what you see in our lives is surface
- The smile
- The “I’m ok!”
- I want to look good
- Display a great image
- The Ninety-percent
- What lies beneath the surface?
- We are talking about the soul care for the minister

A Case Study for Your Review

✓ Counselors are wounded healers: Case Study

In 1973 a young boy encountered an unexpected trauma that changed his life forever. At the age of eleven years old he and his five siblings lost their twenty-nine-year-old mother by the way of suicide. He was the first to discover something going wrong with his mother upon returning home from school and discovered she had taken an overdose of sleeping pills. This was his mother's first attempt of suicide. Thirty-four days later his mother took the extreme measure by using a 38-caliber pistol and took her own life by sustaining two bullets: in her abdomen and the fatal blow to her temple in the head. This young boy's life was never the same. He grew up not knowing why, wondering what he could have done to prevent the loss, and it left a life-size hole in his heart. You are looking at that 11-year-old boy NOW.

2 Corinthians 1:3-5 (Soul Care through the Word when tragedy Strikes)

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.”

Something You Need to Know

- *“Where no counsel is, the people fall: but in the multitude of counsellors there is safety.”* (Proverb 11:14).
- A large portion of our lives remains untouched until there is a serious engagement with what is called ‘emotionally healthy spirituality.’
- *“I wish above all things that you prosper and be in health even as your soul prospers.”*
- (3 John 1).
- Men and women in ministry must focus on being/becoming spiritually well in their souls

Let's Talk About It: Alignment By the Word for Soul Care

- As ministers/leaders of the gospel, our souls must be aligned by:
- The word of God
- Instill in our lives balance
- Maintain discipline and good order
- Establish boundaries!
- Understanding our assignment/role/the tasking
- The Calling
- The work we have been ordained and called of God

“Our mental and emotional health is just as important as our physical health so there is no shame in seeking counseling!” (Joshua P. Smith, LPC).

“As the deer longs for streams of water, so I long for you, O God” (Psalm 42:1).

Disciplines for the Soul

- Ministers need to implement spiritual disciplines to keep themselves connected and rooted with God through the following:
- Prayer
- Fasting
- Journaling
- Worshipping
- Exercising
- Healthy eating
- Focused
- Christ-like

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint” (Isaiah 40: 31).

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| Something You Need to Know: The Whole Man |
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- In taking care of the souls of the minister, you have to take care of the whole man:
- Four Key areas to address:
- Mental
- Physical
- Spiritual
- Relational

“Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself” (Matthew 22:37-39).

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| The Whole Man |
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- God made us whole people in his image
- Five key areas to address
- Emotional
- Social
- Intellectual
- Physical
- Spiritual

“He has shown you, O man, what is good; And what does the Lord require of you But to do justly, to love mercy, and to walk humbly with your God?” (Micah 6:8, NKJV).

Food for Thought

“There is a sense of feeling we must be all things for all people and leave no time for ourselves.”

“Self-Care is Not Selfish!”

Soul Care

- ✓ Soul care leads to self-care
- ✓ Moses and Jethro Model
- ✓ Burning the candle at both ends
- ✓ Dysfunctional judging process
- ✓ Delegate the work/Let others help support
- ✓ These words: “What you are doing is not good.”
- ✓ Can someone speak these words into your life without offense?

“Moses’ father-in-law replied, “What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone” (Exodus 18:17-18)

Soul Care (Continued)

- Ministers need mentors
- Embrace mentorship
- Seasoned men/women
- Mature persons with wisdom, knowledge, and wise counsel

“But speak thou things which become sound doctrine: That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. The aged women likewise, that they be in behavior as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.” (Titus 2: 1-5)

You Can Find Me

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<https://go.bold.org/terence> Ethel Hayes Destigmatization of Mental Health Scholarship

