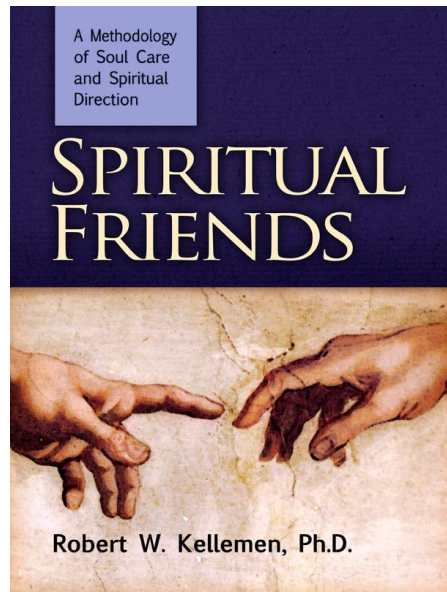


***Spiritual Friends:
A Methodology of Soul Care and Spiritual Direction***

**Professor, Pastor, and Equipper Supplemental Packet:
Teacher's Edition**



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by

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and

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***RPM Ministries Exists to
Equip You to Change Lives with Christ's Changeless Truth
through Writing, Speaking, and Consulting
on Christ-Centered, Church-Based, Comprehensive, Compassionate,
and Culturally-Informed
Biblical/Christian Counseling and Spiritual Formation***

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A Word to Professors and Pastors: How to “Use” *Spiritual Friends*

Spiritual Friends is what the Christian/Biblical/Pastoral counseling world has been asking for. “Give us a **biblically-based** counselor training manual that replaces the soulless, technocratic, secular skills books.” In the next fifty pages, I offer you the “teacher’s edition” of this **Christian** training manual.

I also offer you myself, my experience. Contact me (bob.kellemen@gmail.com) and I can walk you through how to use *Spiritual Friends* in your church, para-church, or school setting. I’ve personally used *Spiritual Friends* successfully in all three settings to train lay spiritual friends, pastoral soul physicians, and professional Christian counselors. My graduates have done so in hundreds of settings. I can also come to your church, para-church, or school to facilitate a one-week intensive lab that you and your people experience—and that equips all attendees to facilitate *their own* small group lab using *Spiritual Friends*.

For those of you who are ready to “jump right in,” this page and those that follow will empower you to start well. Here’s the most important piece of advice I can offer you. **Please, do not try to use *Spiritual Friends* simply as a lecture class.** That’s not how I designed it. That’s not how I have used it in churches, para-church ministries, and schools. And that’s not how churches, para-church groups, colleges, graduate schools, and seminaries are successfully using it today. *Spiritual Friends* is “not your father’s textbook.”

I designed *Spiritual Friends* for use in a small group lab setting. It is to be *experienced*, not simply read or taught. Trust me—I am every bit as concerned about **content** as you are. There’s no “dumbing down” here. It does have over 350 pages of content! And that’s the point. The content is in the book so that in the class you can engage one another. That’s not to say that content is the only benefit of the book. Not at all. **Character, competence, and community** are also core to *Spiritual Friends*. I outlined the comprehensive nature of *Spiritual Friends* like this on the back cover of the book:

How to Relate God’s Truth to Human Relationships

You love people and you love God’s Word. How do you relate your two loves? *Spiritual Friends* provides a biblically relevant **training manual** and a relationally practical **workbook** for relating God’s truth to human relationships. Whether you’re a loving lay person, a caring pastor, a competent professional Christian counselor, or a student-in-training, *Spiritual Friends* will equip you to master the personal ministry of the Word. Enrich your spiritual friendships with thousands of illustrative interactions and hundreds of skill-building exercises that teach you how to:

- ♥ **Sustain** people so they know that *it’s normal to hurt*.
- ♥ **Heal** people so they know that *it’s possible to hope*.
- ♥ **Reconcile** people so they know that *it’s horrible to sin, but wonderful to be forgiven*.
- ♥ **Guide** people so they know that *it’s supernatural to mature*.

Each chapter of *Spiritual Friends* contains biblical and historical **content**, engaging and thought-provoking **character**-building exercises and interactions, practical and user-friendly individual and group **competency**-building and role-playing exercises, all designed and formatted for church, para-church, and schools to use in **community**: in small groups and in “labs.”

Everyone talks about biblical counseling and spiritual formation. Everyone says they want to train Christian counselors, pastoral care-givers, spiritual directors, and lay spiritual friends. But let’s be honest, such training typically falls into **two extremes**. One extreme tends toward materials and

approaches that are almost exclusively content-driven, geared toward the cognitive, and lecture-focused. But we all know that you don't learn relational skills from didactic lectures. Another extreme typically assumes that by osmosis people will "get" the skills if they simply engage in "vulnerable relating." However, we have all seen far too many "graduates" of such training enter into the real world of lay, pastoral, and professional counseling and be clueless what in the world to do!

Spiritual Friends, designed and re-designed after use in the real world of churches, para-church ministries, and schools, provides you with the "real and raw relational process" **and** the proven training methods that you need to equip people to change lives with Christ's changeless truth. They won't simply read and hear about skills. They won't simply experience some "existential encounter." They will experience, learn, and practice **twenty-two biblical and historical relational competencies**.

Here's what you'll find in the rest of your "Teacher's Edition."

- A Sample Course Syllabus
- Course Learning Objectives
- Chapter-by-Chapter Lesson Learning Objectives
- Chapter-by-Chapter Student Assignment List
- The Book and Course Mission, Vision, Passion, Commission Statement
- A Diagnostic Indicators Overview
- A Training Content Summary
- A Summary of the Twenty-Two Relational Competencies
- A Lab Confidentiality Agreement Form
- Spiritual Friendship/Counseling Forms
- A Tape Evaluation Form
- A Client Evaluation Form
- A Book Synopsis: How to Relate God's Truth to Human Relationships
- Praise for Spiritual Friends

If you have questions, please contact me (bob.kellemen@gmail.com). You are not alone. We are in this together—in the ministry of equipping people to change lives with Christ's changeless truth through comprehensive, compassionate, culturally-informed biblical/Christian counseling and spiritual formation.

A Word Specifically to Pastors and All Who Use *Spiritual Friends* Outside a "School" Setting

Before *Spiritual Friends* was a "school text," it was a **church equipping manual**. You don't have to use it with a "syllabus." But you certainly can effectively use it. One of my former students, an African-American "First Lady" (Sr. Pastor's wife) has trained over 500 women using *Spiritual Friends*. When she has me speak at their annual Graduation Banquet, she says, "Dr. Kellemen, these are your grandbabies!" In fact, now I have great-grandbabies in her church, because she has equipped equippers who now use *Spiritual Friends*. So, trust me. It can be done. You can use *Spiritual Friends* to train your people.

Some churches have found it helpful to launch their lay counseling ministry by having me consult with them. I'd be happy to do that for you. Others have found it helpful to have me present my one-day *Changing Lives* seminar where I introduce people to the concepts in *Soul Physicians* and in *Spiritual Friends*. I'd be glad to schedule that. Of course, many others have launched their training simply by opening *Spiritual Friends* and getting started. I'd love for you to do that—then, by God's grace; I can have some more grandbabies!

Course Name (Lab): Course Number

Course Syllabus

Institution Name

Professor's Name
Work Phone
Work Email

Professor's Title
Home Phone
Home Email

Semester/Year, Three Semester Hours
From Date to Date (Fifteen Weeks)
Day/Time/Location

(Note: This sample syllabus assumes a traditional semester delivery system of one class over fifteen-to-sixteen weeks. I have also taught *Spiritual Friends* in churches, para-church groups, and in schools in a one-week, intensive, modular delivery system. For those interested, I can email you a copy of a modular syllabus.)

Course Description

Course Name

In the context of a nurturing small group experience (character and community), students will discover how to apply spiritual theology (content) to personal ministry (competence). Students will learn how to think biblically (diagnosis through biblical wisdom), relate deeply (treatment through care), and communicate skillfully (intervention through interaction) as soul physicians and spiritual friends who develop twenty-two relational competencies. Interpersonal interaction and dynamics, reading, lecture, role-play, evaluation of taped and live counseling, and observation will be used to facilitate personal and professional growth. **3 Semester Hours**

Alternative Course Description

Course Name

In the context of a relational small group experience (character and community), students will learn to apply personality theory (content) to personal counseling (competence). Students will learn how to understand people, diagnose problems, and prescribe solutions as they develop twenty-two counseling competencies. Interpersonal interaction and dynamics, reading, lecture, role-play, evaluation of taped and live counseling, and observation will be used to facilitate personal and professional growth. **3 Semester Hours**

Course Textbook, Class Notes, and Tape Recorder

Required Text

1. Kellemen, Robert W. *Spiritual Friends: A Methodology of Soul Care and Spiritual Direction*. Third revised edition. Winona Lake, IN: BMH Books, 2007.
2. Kellemen, Robert W. *Discipleship Counseling II*. Supplemental Class Notes. Lanham, MD: Capital Bible Seminary, 2009.
 - ♦ You should purchase your Supplemental Class Notes from the campus bookstore before the first class. If you are from out of town, please order your class notes from the campus bookstore well in advance.
3. Tape Recorder with an Omni-Directional Microphone: Because CO 502 is a lab course with required audio taping of spiritual friendship meetings, students are required to purchase their own quality tape recorder with an omni-directional microphone from an electronics store. For questions or details, please contact the MACCD office at: 301-552-1400 (Ext. 1282) or at: sellis@bible.edu by e-mail.

Recommended Text:

1. Kellemen, Robert W. *Soul Physicians: A Theology of Soul Care and Spiritual Direction*. Third revised edition. Winona Lake, IN: BMH Books, 2007.

Course Goals: Student Oriented Learning Objectives

1. **Character/Community Goals:** As a result of successful participation in this learning experience, nurtured students will be able to:
 - a. Evidence an increasing likeness to Christ as manifested by love for Christ, Christians, and pre-Christians.
 - b. Manifest a maturing and Spirit-filled character of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
 - c. Experience interdependency and community with other spiritual friends.
2. **Content/Conviction Goals:** As a result of successful participation in this learning experience, nurtured students will be able to:
 - a. Discern how to enter deeply into people's lives with the truth and power of God's Word and the Gospel of Christ's grace in order to help people to mature and to resolve relational, spiritual, social, personal, rational, motivational, behavioral, and emotional issues.
 - b. Understand spiritual dynamics and discern root causes of spiritual conflicts.
3. **Competence Goals:** As a result of successful participation in this learning experience, nurtured students will be able to:

- a. Compassionately identify with people in pain and redirect them to Christ's grace and the Body of Christ to sustain and heal their faith so they experience communion with Christ and conformity to Christ even in the midst of suffering.
- b. Provide loving wisdom that reconciles and guides souls struggling against sin so they experience communion with Christ and conformity to Christ.
- c. Develop twenty-two practical counseling competencies of assessment and diagnosis, treatment planning and intervention, and techniques and skills.

Alternative Course Goals: Student Oriented Learning Objectives

1. **Character/Community Goals:** As a result of successful participation in this learning experience, nurtured students will be able to:
 - a. Evidence increasing personal maturity as manifested by growing relational harmony with others.
 - b. Experience interdependency with others.
2. **Content/Conviction Goals:** As a result of successful participation in this learning experience, nurtured students will be able to:
 - a. Discern how to enter deeply into people's lives in order to help people to mature and to resolve relational, spiritual, social, personal, rational, motivational, behavioral, and emotional issues.
 - b. Understand personality dynamics and discern root causes of conflicts.
3. **Competence Goals:** As a result of successful participation in this learning experience, nurtured students will be able to:
 - a. Compassionately identify with people in pain through the relational competencies of sustaining and healing so people experience growth even in the midst of suffering.
 - b. Provide loving wisdom through the relational competencies of reconciling and guiding so people struggling against pervasive personal issues can experience personal and interpersonal growth.
 - c. Develop twenty-two practical counseling competencies of assessment and diagnosis, treatment planning and intervention, and techniques and skills.

Course Requirements

1. Quizzes

Read the sections from your class text, *Spiritual Friends*, according to the class schedule. **Four** times during the semester (see schedule) you will be quizzed on these reading assignments. Each quiz counts **5%** toward your final grade, for a total of **20%**.

2. Class Attendance, Participation, Completion of Class Assignments, and Lab Observations

Being a lab course, your participation and interaction with students is a vital aspect of your learning experience. You will be evaluated on your lab role-plays, spiritual conversations, personal sharing, and counseling. Additionally, you will be evaluated for your completion of the weekly assignments contained within your class text, *Spiritual Friends*. **These are due at the start of each lab and will be checked every lab by your lab mentor(s) and/or lab professor.** These evaluations count **30%** toward your final course grade.

3. Mentoring

The following combined projects count **50%** toward your final course grade. Your lab mentor will determine this portion of your course grade.

a. You are responsible to:

- ♦ Meet **five** times during the semester with your lab mentor.
- ♦ Meet **five** times during the semester with your lab spiritual friend.
- ♦ Meet **five** times during the semester with a “protégée” (**taping all five meetings**).
- ♦ Detailed explanations are contained in your Supplemental Class Notes.

b. You are responsible to:

- ♦ Turn in to your lab mentor a **one-page summary of each of these meetings once every other week**. Failure to turn in your summaries on time will count **25% off** each due date. You and your lab mentor will determine due dates on a case-by-case basis.

c. You are responsible to:

- ♦ Turn in to your lab mentor for his/her critique, **three tapes of your protégée meetings**.
- ♦ Due dates for these tapes are listed in the course schedule.

d. At the end of your **third tape**, you are responsible to:

- ♦ Turn in **your Spiritual Friendship Tape Self-Evaluation Form and your protégée’s Spiritual Friendship Evaluation Form** (found in Supplemental Class Notes).

Course Schedule

Class/Date	Topic	Reading	Assignment
1. Week 1	Portraits of Spiritual Friendship	Chapter One	Chapter One Questions
2. Week 2	Qualifications for Spiritual Friendship	Chapter Two	Chapter Two Questions
3. Week 3	Lenses in Spiritual Friendship	Chapter Three	Chapter Three Questions
4. Week 4	Compassionate Discernment in SF	Chapter Four	Chapter Four Questions Quiz # 1
5. Week 5	Sustaining Diagnosis	Chapter Five	Chapter Five Questions Tape One Due
6. Week 6	Sustaining Competencies I	Chapter Six	Chapter Six Questions
7. Week 7	Sustaining Competencies II	Chapter Seven	Chapter Seven Questions
8. Week 8	Healing Diagnosis	Chapter Eight	Chapter Eight Questions Quiz # 2
9. Week 9	Healing Competencies I	Chapter Nine	Chapter Nine Questions Tape Two Due
10. Week 10	Healing Competencies II	Chapter Ten	Chapter Ten Questions
11. Week 11	Reconciling Diagnosis	Chapter Eleven	Chapter Eleven Questions Quiz # 3
12. Week 12	Reconciling Competencies I	Chapter Twelve	Chapter Twelve Questions
13. Week 13	Reconciling Competencies II	Chapter Thirteen	Chapter Thirteen Questions Tape Three Due
14. Week 14	Guiding Diagnosis	Chapter Fourteen	Chapter Fourteen Questions
15. Week 15	Guiding Competencies I Guiding Competencies II	Chapter Fifteen Chapter Sixteen	Chapter Fifteen Questions Chapter Sixteen Questions Quiz # 4

Course Policies

1. **Class Attendance:** Attendance will be taken each day. Three late arrivals will be counted as one absence. Anyone missing 30 minutes or more of a class will be marked absent. More than 20% absences during the semester are an automatic “F.” Consistent tardiness hinders your learning and the learning of your fellow students. **You are expected to allow yourself enough time for weather, traffic, and other issues possibly leading to tardiness.**
2. **Late Assignments:** Late work may still be credited with a one-letter grade penalty. No late assignment will be accepted more than one week after its due date. **Any exceptions need to be discussed with the Professor on a case-by-case basis.**
3. **Late Quizzes:** All quizzes are to be taken as scheduled. In the event of a planned absence, the student must make arrangements with the instructor to take the quiz before the scheduled date. In the event of an excused unplanned absence, you may make up the quiz within one week of the scheduled date. If you fail to notify the instructor before quiz, or if your reason for missing the quiz is not valid, you will be permitted to make up the quiz, but your quiz grade will be reduced two letter grades. **It is the student’s responsibility to see to it that late quizzes are completed in a timely manner.**
4. **Cell Phone Etiquette:** Please turn off your cell phone and all other electrical paging devices before the beginning of class. Should you be expecting an emergency call, please turn your cell phone to silent/vibrate. If a call comes in, quietly excuse yourself and take the call outside the classroom.

(Note: This is the end of the course syllabus.)

Lab Objectives and Class Preparation

Lab One

Our Objectives for Lab One: As a result of successful participation in lab one, we will be able to:

1. Connect to one another by introducing our spiritual journey.
2. Understand the format, flow, and requirements of Discipleship Counseling II.
3. Paint portraits that define and describe the nature of spiritual friendship (biblical counseling).

Your Preparation for Lab One:

1. Prior to the class, read pages 1 to 19 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 1, page 8, questions 1-4.
 - ♦ Chapter 1, pages 18-19, questions 1-8.

Lab Two

Our Objectives for Lab Two: As a result of successful participation in lab two, we will be able to:

1. Explain the four biblical qualifications for spiritual friends.
2. Outline/overview our Discipleship Counseling II equipping philosophy and process.
3. Continue on track toward the goal of developing the four qualifications necessary to be an effective spiritual friend.

Your Preparation for Lab Two:

1. Prior to the class, read pages 20 to 38 in *Spiritual Friends*
2. Prior to the class, complete:
 - ♦ Chapter 2, page 21, questions 1-4.
 - ♦ Chapter 2, pages 37-38, questions 1-5.

Lab Three

Our Objectives for Lab Three: As a result of successful participation in lab three, we will be able to:

1. Map a biblical and historical model of soul care and spiritual direction.
2. Follow a map of biblical and historical model of sustaining, healing, reconciling, and guiding as we provide spiritual friendship.
3. Explain why we either develop a biblical approach or borrow a secular model of counseling.
4. Evaluate various models of counseling.

Your Preparation for Lab Three:

1. Prior to the class, read pages 39 to 57 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 3, page 40, questions 1-4.
 - ♦ Chapter 3, pages 55-57, questions 1-8.

Lab Four

Our Objectives for Lab Four: As a result of successful participation in lab four, we will be able to:

1. Define compassionate discernment biblically and historically.
2. Offer compassionate discernment by diagnosing our spiritual friend's outer life.
3. Offer compassionate discernment by diagnosing our spiritual friend's inner life responses.
4. Gather situational data.
5. Gather personal data.

Your Preparation for Lab Four:

1. Prior to the class, read pages 58 to 82 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 4, page 59, questions 1-5.
3. Prior to the class, be prepared to role-play all questions on pages 75 and 82.

Lab Five

Our Objectives for Lab Five: As a result of successful participation in lab five, we will be able to:

1. Think biblically about sustaining by understanding sufferology.
2. Think biblically about sustaining by understanding the stages of sustaining.
3. Provide diagnosis in sustaining by assessing and reading the soul's desert story.
4. Learn and practice how to read (sense) our spiritual friend's earthly story of suffering.
5. Learn and practice helping our spiritual friend to experience the truth that, "*It's normal to hurt.*"
6. Learn and practice how to enter our spiritual friend's earthly story of suffering.

Your Preparation for Lab Five:

1. Prior to the class, read pages 83 to 107 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 5, pages 84-85, questions 1-5.
 - ♦ Chapter 5, page 88, questions 1-2.
3. Prior to the class, be prepared to role-play all questions on pages 100, 101, and 107.

Lab Six

Our Objectives for Labs Six *and* Seven: As a result of successful participation in labs six *and* seven, we will be able to:

1. Become relationally competent soul caregivers who sustain our spiritual friend's faith through GRACE relationships.
2. Learn and practice the sustaining relational competency of grace connecting (lab six).
3. Learn and practice the sustaining relational competency of *rich* soul empathizing (lab six).
4. Learn and practice the sustaining relational competency of *active/accurate* spiritual listening (lab seven).
5. Learn and practice the sustaining relational competency of *caring* spiritual conversations (lab seven).
6. Learn and practice the sustaining relational competency of *empathetic* scriptural exploration (lab seven).

Your Preparation for Lab Six:

1. Prior to the class, read pages 108-127 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 6, page 109, questions 1-4.
3. Prior to the class be, prepared to role-play the questions on pages 118, 119, 120, 126, and 127.

Lab Seven

Our Objectives for Labs Six *and* Seven: As a result of successful participation in labs six *and* seven, we will be able to:

1. Become relationally competent soul caregivers who sustain our spiritual friend's faith through GRACE relationships.
2. Learn and practice the sustaining relational competency of *grace* connecting (lab six).
3. Learn and practice the sustaining relational competency of *rich* soul empathizing (lab six).
4. Learn and practice the sustaining relational competency of *active/accurate* spiritual listening (lab seven).
5. Learn and practice the sustaining relational competency of *caring* spiritual conversations (lab seven).
6. Learn and practice the sustaining relational competency of *empathetic* scriptural explorations (lab seven).

Your Preparation for Lab Seven:

1. Prior to the class, read pages 128 to 146 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 7, page 129, questions 1-2.
 - ♦ Chapter 7, page 141, questions 1-6.
3. Prior to the class, be prepared to role-play question 2 on page 135.

Lab Eight

Our Objectives for Lab Eight: As a result of successful participation in lab eight, we will be able to:

1. Learn and practice how to stretch our spiritual friend's story of suffering from the earthly story of despair (retreat, distance, back to back) to God's eternal story of hope (renewal, return, intimacy, *coram Deo*).
2. Help our spiritual friend experience the truth that, "*It's possible to hope.*"
3. Explain the four aspects of our spiritual friend's thirsty soul.
4. Learn and practice the four stages of healing the thirsty soul.

Your Preparation for Lab Eight:

1. Prior to the class, read pages 147 to 168 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 8, page 148, questions 1-3.
 - ♦ Chapter 8, page 159, questions 1-5.
3. Prior to the class, be prepared to role-play all questions on page 168.

Lab Nine

Our Objectives for Labs Nine *and* Ten: As a result of successful participation in labs nine *and* ten, we will be able to:

1. Become relationally competent soul caregivers who heal our spiritual friend's faith through RESTS narratives that offer hope that RESTS in Christ.
2. Learn and practice the healing relational competency of *relational assessment* (lab nine).
3. Learn and practice the healing relational competency of *encouraging communication* (lab nine).
4. Learn and practice the healing relational competency of *story reinterpreting* (lab ten).
5. Learn and practice the healing relational competency of *thirsts spiritual conversations* (lab ten).
6. Learn and practice the healing relational competency of *stretching scriptural explorations* (lab ten).

Your Preparation for Lab Nine:

1. Prior to the class, read pages 169-197 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 9, page 170, questions 1-4.
 - ♦ Chapter 9, page 193, questions 1-2.
3. Prior to the class, be prepared to role-play and respond to question 1 on page 181.

Lab Ten

Our Objectives for Labs Nine *and* Ten: As a result of successful participation in labs nine *and* ten, we will be able to:

1. Become relationally competent soul caregivers who heal our spiritual friend's faith through RESTS narratives that offer hope that RESTS in Christ.
2. Learn and practice the healing relational competency of *relational assessment* (lab nine).
3. Learn and practice the healing relational competency of *edifying communication* (lab nine).
4. Learn and practice the healing relational competency of *story reinterpreting* (lab ten).
5. Learn and practice the healing relational competency of *thirsts spiritual conversations* (lab ten).
6. Learn and practice the healing relational competency of *stretching scriptural explorations* (lab ten).

Your Preparation for Lab Ten:

1. Prior to the class, read pages 198-214 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 10, page 199, questions 1-2.
3. Prior to the class, be prepared to role-play all questions on page 207.

Lab Eleven

Our Objectives for Lab Eleven: As a result of successful participation in lab eleven, we will be able to:

1. Learn and practice how to strip our spiritual friend's story of separating and expose God's spectacular story of grace.
2. Disciple our spiritual friend to experience the truth that, "*It's horrible to sin, but wonderful to be forgiven.*"
3. Explain the four aspects of our spiritual friend's separating soul.
4. Learn and practice the four stages of reconciling the separating soul.

Your Preparation for Lab Eleven:

1. Prior to the class, read pages 215-235 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 11, page 216, questions 1-4.
 - ♦ Chapter 11, pages 233-235, questions 1-5.

Lab Twelve

Our Objectives for Labs Twelve *and* Thirteen: As a result of successful participation in labs twelve *and* thirteen, we will be able to:

1. Learn and practice how to experience PEACEE relationships that produce peace/shalom as my spiritual friend's faith is reconciled.
2. Learn and practice the reconciling relational competency of *probing* theologically (lab twelve).
3. Learn and practice the reconciling relational competency of *exposing* through confronting wisely (lab twelve).
4. Learn and practice the reconciling relational competency of *active* softening of stubbornness (lab twelve).
5. Learn and practice the reconciling relational competency of *connecting* intimately (lab thirteen).
6. Learn and practice the reconciling relational competency of *enlightening* spiritual conversations (lab thirteen).
7. Learn and practice the reconciling relational competency of *empowering* scriptural explorations (lab thirteen).

Your Preparation for Lab Twelve:

1. Prior to the class, read pages 236 to 257 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 12, page 237, questions 1-5.

Lab Thirteen

Our Objectives for Labs Twelve *and* Thirteen: As a result of successful participation in labs twelve *and* thirteen, we will be able to:

1. Learn and practice how to experience PEACEE relationships that produce peace/shalom as my spiritual friend's faith is reconciled.
2. Learn and practice the reconciling relational competency of *probing* theologically (lab twelve).
3. Learn and practice the reconciling relational competency of *exposing* through confronting wisely (lab twelve).
4. Learn and practice the reconciling relational competency of *active* softening of stubbornness (lab twelve).
5. Learn and practice the reconciling relational competency of *connecting* intimately (lab thirteen).
6. Learn and practice the reconciling relational competency of *enlightening* spiritual conversations (lab thirteen).
7. Learn and practice the reconciling relational competency of *empowering* scriptural explorations (lab thirteen).

Your Preparation for Lab Thirteen:

1. Prior to the class, read pages 258 to 283 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 13, page 259, questions 1-4.

Lab Fourteen

Our Objectives for Lab Fourteen: As a result of successful participation in lab fourteen, we will be able to:

1. Learn and practice how to disciple people to know and live the truth that “*It’s supernatural to mature*” and possible to love in an unloving world.
2. Guide people during spiritual perplexity by aiding them to make wise, powerful, and loving decisions based upon their spiritual priorities.
3. Diagnose the nature of a spiritual friend’s soul in guiding.
4. Experience what is necessary for our spiritual friend’s faith to be strengthened.

Your Preparation for Lab Fourteen:

1. Prior to the class, read pages 284-299 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 14, page 285, questions 1-5.

Lab Fifteen

Our Objectives for Labs Fifteen *and* Sixteen: As a result of successful participation in labs fifteen *and* sixteen, we will be able to:

1. Learn and practice how to engage in FAITHH narratives that guide my spiritual friend toward faith active in love.
2. Learn and practice the guiding relational competency of *faith-based* treatment planning (lab fifteen).
3. Learn and practice the guiding relational competency of *activating* envisioned maturity (lab fifteen).
4. Learn and practice the guiding relational competency of *insight* facilitation (lab fifteen).
5. Learn and practice the guiding relational competency of *taking* action (lab sixteen).
6. Learn and practice the guiding relational competency of *honoring* spiritual conversations (lab sixteen).
7. Learn and practice the reconciling relational competency of *holiness* scriptural explorations (lab sixteen).

Your Preparation for Lab Fifteen:

1. Prior to the class, read pages 300-330 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 15, page 301, questions 1-5.

Lab Sixteen

Our Objectives for Labs Fifteen *and* Sixteen: As a result of successful participation in labs fifteen *and* sixteen, we will be able to:

1. Learn and practice how to engage in FAITHH narratives that guide my spiritual friend toward faith active in love.
2. Learn and practice the guiding relational competency of *faith-based* treatment planning (lab fifteen).
3. Learn and practice the guiding relational competency of *activating* envisioned maturity (lab fifteen).
4. Learn and practice the guiding relational competency of *insight* facilitation (lab fifteen).
5. Learn and practice the guiding relational competency of *taking* action (lab sixteen).
6. Learn and practice the guiding relational competency of *honoring* spiritual conversations (lab sixteen).
7. Learn and practice the reconciling relational competency of *holiness* scriptural explorations (lab sixteen).

Your Preparation for Lab Sixteen:

1. Prior to the class, read pages 331 to 353 in *Spiritual Friends*.
2. Prior to the class, complete:
 - ♦ Chapter 16, page 332, questions 1-7.

Training Content Summary:

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Box I:1
Spiritual Friends MVP-C Statement

Mission Statement

**My mission is to equip you to
sustain people so they experience the truth that *it's normal to hurt*,
heal people so they experience the truth that *it's possible to hope*,
reconcile people so they experience the twin truths that
it's horrible to sin, but wonderful to be forgiven, and
guide people so they experience the truth that *it's supernatural to mature*.**

Vision Statement

**It is my dream for you to
 think biblically—diagnosis through biblical wisdom,
 grow personally—ministry through maturity,
 relate deeply—treatment through personal care,
 and communicate skillfully—intervention through relational interaction.**

Passion Statement

Relating God's truth to human relationships.

Commission Statement

**You will become a soul care giver who
 compassionately identifies with people in pain,
 redirecting them to Christ and the Body of Christ to sustain and heal their faith,
 so people experience communion with Christ and conformity to Christ as they
 love God (exalt God by enjoying and trusting him) and love others.
 You will become a spiritual director who understands spiritual dynamics,
 discerns root causes of spiritual conflicts,
 and provides loving wisdom to reconcile and guide faith,
 so people experience communion with Christ and conformity to Christ as they
 love God (exalt God by enjoying and trusting him) and love others.**

Box I:2

Diagnosis/Diagnostic Indicators Overview

“Sufferology”

Diagnosing the Eight Unhealthy and Healthy Stages of Response to Suffering

Diagnosis in Sustaining: Sufferology Part I—“It’s Normal to Hurt and Necessary to Grieve.”

- ♦ **Diagnostic Indicator One:** Is My Spiritual Friend Practicing Denial or Candor?
- ♦ **Diagnostic Indicator Two:** Is My Spiritual Friend Practicing Anger or Complaint?
- ♦ **Diagnostic Indicator Three:** Is My Spiritual Friend Practicing Works or Cry?
- ♦ **Diagnostic Indicator Four:** Is My Spiritual Friend Practicing Depression/Alienation or Comfort?

Diagnosis in Healing: Sufferology Part II—“It’s Possible to Hope in the Midst of Grief.”

- ♦ **Diagnostic Indicator One:** Is My Spiritual Friend Practicing Regrouping or Waiting?
- ♦ **Diagnostic Indicator Two:** Is My Spiritual Friend Practicing Deadening or Wailing?
- ♦ **Diagnostic Indicator Three:** Is My Spiritual Friend Practicing Despairing or Weaving?
- ♦ **Diagnostic Indicator Four:** Is My Spiritual Friend Practicing Digging Cisterns or Worshipping?

“Sancticology”

Diagnosing the Eight Unhealthy and Healthy Stages of Response to Sin

Diagnosis in Reconciling: Sancticology Part I—“It’s Wonderful to Receive Forgiveness by Grace.”

- ♦ **Diagnostic Indicator One:** Is My Spiritual Friend Blind to Guilt or Aware of Guilt?
- ♦ **Diagnostic Indicator Two:** Is My Spiritual Friend Stubborn toward Sin or Acknowledging Sin?
- ♦ **Diagnostic Indicator Three:** Is My Spiritual Friend Working to Find Forgiveness or Accepting Grace?
- ♦ **Diagnostic Indicator Four:** Is My Spiritual Friend Stagnating Spiritually or Advancing in Growth?

Diagnosis in Guiding: Sancticology Part II—“It’s Supernatural to Grow in Grace.”

- ♦ **Diagnostic Indicator One:** Is My Spiritual Friend Practicing Sanctification by Law or by Grace?
- ♦ **Diagnostic Indicator Two:** Is My Spiritual Friend Practicing Sanctification by Works or by Faith?
- ♦ **Diagnostic Indicator Three:** Is My Spiritual Friend Practicing Sanctification by Temporal Focus or by Future Hope?
- ♦ **Diagnostic Indicator Four:** Is My Spiritual Friend Practicing Sanctification by Selfish Motivation or by Sacrificial Love?

Box I:3

Treatment Intervention

Summary of Twenty-two Relational Competencies

Sustaining Relational Competencies: *GRACE*

<i>G</i>	Grace Connecting:	Committed Involvement
<i>R</i>	Rich Soul Empathizing:	Climbing in the Casket
<i>A</i>	Accurate/Active Spiritual Listening:	Faith-Drenched Alertness
<i>C</i>	Caring Spiritual Conversations:	Sustaining Theological Trialogues
<i>E</i>	Empathetic Scriptural Explorations:	Sustaining Biblical Trialogues

Healing Relational Competencies: *RESTS*

<i>R</i>	Relational Treatment Planning:	Mutuality in Hope Building
<i>E</i>	Encouraging Communication:	Hope-Based Interactions
<i>S</i>	Story Reinterpreting:	Co-Authoring Resurrection Narratives
<i>T</i>	Thirsts Spiritual Conversations:	Healing Theological Trialogues
<i>S</i>	Stretching Scriptural Explorations:	Healing Biblical Trialogues

Reconciling Relational Competencies: *PEACEE*

<i>P</i>	Probing Theologically:	Theory-Guided Awareness
<i>E</i>	Exposing through Confronting Wisely:	Disclosing Discrepancies
<i>A</i>	Active Softening of Stubbornness:	Loosening Resistance to Repentance
<i>C</i>	Connecting Intimately:	Relating in the Moment
<i>E</i>	Enlightening Spiritual Conversations:	Reconciling Theological Trialogues
<i>E</i>	Empowering Scriptural Explorations:	Reconciling Biblical Trialogues

Guiding Relational Competencies: *FAITHH*

<i>F</i>	Faith-Based Interventions:	New Covenant Living
<i>A</i>	Activating Envisioned Maturity:	Stirring Up God's Gifts
<i>I</i>	Insight-Oriented Treatment Planning:	Collaborative Spiritual Direction
<i>T</i>	Taking Action:	Homework That Works
<i>H</i>	Holiness Spiritual Conversations:	Guiding Theological Trialogues
<i>H</i>	Heroic Scriptural Explorations:	Guiding Biblical Trialogues

Lab Forms and Explanations of Forms

Helping Each Other Mature as Counselors

Throughout the semester, we'll all have multiple opportunities to offer real and role-play counseling. Let's be honest, counseling in front of our peers can be discomforting. However, it is an excellent way for all of us to learn and it can be an excellent way for us to develop a closer community. For that to happen, let's commit to the following guidelines for sharing our reflections after fellow students have counseled.

1. While the counseling is occurring, be focused, quiet, and prayerful. Feel free to take notes if you please.
2. After our class is over, secure all notes and commit to never sharing any descriptions of the counseling or sharing that occurred in class.
3. During our "debriefing time," let's become a "Reflecting Team": counselors working together to encourage one another by sharing our reflections on what we observed and what we thought during the counseling session.
 - a. Present ideas tentatively, with qualifiers such as, "I was wondering," "Perhaps," "Possibly," "It's just an idea."
 - b. Emphasize presenting ideas versus "the correct interpretation."
 - c. Form comments as positive or logical connotations as opposed to negative attributions or blaming.
 - d. Share strengths that you observed.
 - e. Share areas for further development—honest, constructive feedback.
 - f. Keep comments brief so as not to overwhelm or flood the counselor or counselee with content.
 - g. Use the language and metaphors of the client, counselor, and the session, not jargon.
 - h. Share ideas with team members in conversation, don't simply read from notes.
 - i. You may want to present your comments as stories or metaphors.
 - j. Though not everyone will be able to share each time, all should be prepared to share. Those who share frequently will want to draw out and encourage less active team members, "What are your thoughts, Bill?"
 - k. Once you have shared, ask the counselor or counselee, "What do you think?"
4. What additional guidelines would we like to suggest?

Discipleship Counseling II Lab: CO 502

Confidentiality Agreement

I agree to keep confidential all personal information, counseling interactions, and personal illustrations shared in Discipleship Counseling II: CO 502. This includes any such comments made by the professor, the lab mentors, my fellow class members, any guest speakers, and any “guest counselees.”

I understand that while I may share and use the *content* taught in CO 502, I may not and will not share the confidential personal issues shared in CO 502. This includes not sharing with my spouse, other family members, or anyone else not in this section of CO 502.

Name: _____

Date: _____

DC II Meeting Overview

Mentoring Meetings with Your *Lab Mentor*

Your mentoring meetings with your lab mentor are not counseling sessions. Rather, they are designed for *discipleship*. During meetings your lab mentor may:

- ◆ Provide you with feedback concerning his/her observations of you during lab meetings.
- ◆ Offer sustaining, healing, reconciling, or guiding concerning areas of interest to you.
- ◆ Listen to and provide feedback concerning taped meetings of you and your protégée.
- ◆ Provide supervision concerning your meetings with your lab partner.
- ◆ Provide supervision concerning your meetings with your protégée.
- ◆ Address any questions that you may have concerning your discipleship counseling training.
- ◆ Role-play with you various issues to assist in your training.
- ◆ Review and discuss your report forms.
- ◆ Pray with you.

During your meetings with your lab mentor you may:

- ◆ Seek feedback concerning specific issues raised during your lab meetings.
- ◆ Seek sustaining, healing, reconciling, or guiding concerning areas of importance to you.
- ◆ Review taped meetings of you and your protégée.
- ◆ Receive supervision concerning your meetings with your lab partner.
- ◆ Receive supervision concerning your meetings with your protégée.
- ◆ Ask any questions you have about your discipleship counseling training.
- ◆ Request a role-play demonstration of various issues to assist in your training.
- ◆ Interact about your report forms.
- ◆ Pray with your lab mentor.

To prepare for your mentoring meetings with your lab mentor you should:

- ◆ “Arrive” five minutes prior to your scheduled appointment.
- ◆ Schedule and keep **five mentoring meetings** with your lab mentor.
- ◆ Submit your report forms.
- ◆ Come with areas or issues that you would like to discuss.
- ◆ **Three times bring a tape of a meeting where you provided spiritual friendship for your protégée.**
- ◆ When you turn in your third tape, also turn in your **Spiritual Friendship Tape Self-Evaluation Form.**
- ◆ When you turn in your third tape, turn in your **Spiritual Friendship Evaluation Form** completed by your protégée.
- ◆ Complete your Mentoring Meeting Report Form after each meeting.
- ◆ Sign the Mentoring Agreement Form prior to your first meeting and turn it in to your lab mentor.

DC II Meeting Overview

Spiritual Friendship Meetings with Your *Lab Partner*

Your meetings with your lab encouragement partner are not counseling sessions. Rather, they are designed for *spiritual friendship*. During meetings with your lab encouragement partner the two of you may:

- ◆ Provide each other with feedback concerning observations made during lab meetings.
- ◆ Offer spiritual friendship to one another through sustaining, healing, reconciling, or guiding.
- ◆ Share questions, thoughts, and reflections that you may have concerning your discipleship counseling training.
- ◆ Role-play with each other regarding various issues to assist one another in training.
- ◆ Offer feedback to one another regarding spiritual friendship competencies.
- ◆ Pray together.

To prepare for your meetings with your lab encouragement partner you should:

- ◆ “Arrive” five minutes before your scheduled appointment.
- ◆ Schedule and keep **five meetings** with your lab partner.
- ◆ If you choose to meet in the MACCD lab room, schedule your meeting with Susan Ellis, Director of MACCD Student Services.
- ◆ Come with topics or issues that you would like to discuss.
- ◆ Once this semester complete the **Spiritual Friendship Evaluation Form** providing your lab partner with feedback.
- ◆ Complete your Lab Encouragement Partner Spiritual Friendship Report after each meeting.

Since your meetings are for spiritual friendship and not for professional counseling:

- ◆ No fee will ever be requested or received.
- ◆ Counseling related issues that may arise will be brought to your lab mentor for supervision and possible referral.
- ◆ Both you and your lab partner must sign the Mentoring Agreement Form prior to your first meeting and then turn it in to your lab mentor.

DC II Mentoring Meeting Overview

Soul Care and Spiritual Direction Meetings with Your *Protégée*

Your meetings with your protégée are not counseling sessions. Rather, they are designed for *soul care and spiritual direction*. During meetings with your protégée you may:

- ♦ Offer soul care through sustaining and healing.
- ♦ Offer spiritual direction through reconciling and guiding.
- ♦ Share feedback about your protégée's spiritual life and relationships.
- ♦ Respond to questions, thoughts, and reflections that your protégée may have concerning his/her spiritual life and relationships.
- ♦ Receive written permission so that you can tape **three meetings** where you provide your protégée with soul care and/or spiritual direction.
- ♦ After the third tape, ask your protégée to complete the Spiritual Friendship Evaluation Form concerning your ministry to them.
- ♦ Pray together.

To prepare for your meetings with your protégée:

- ♦ Find a protégée in your church, place of employment, ministry setting, at the Seminary, at the Bible College, or other settings to meet with.
- ♦ Before or during your first meeting with your lab facilitator, receive approval to meet with that specific person.
- ♦ Meet only with a member of the same gender.
- ♦ If you are unable to arrange someone to meet with, contact your lab mentor as soon as possible. Attempts will be made to link you with someone desiring soul care and spiritual direction.
- ♦ Arrive five minutes prior to your scheduled appointment.
- ♦ Schedule and keep **five meetings** with your protégée.
- ♦ If you choose to meet in the MACCD lab room, schedule your meeting with Susan Ellis, Director of MACCD Student Services
- ♦ **Three times this semester be taped** providing your protégée with sustaining, healing, reconciling, and/or guiding.
- ♦ Complete your Protégée Soul Care and Spiritual Direction Report Form after each meeting and then turn it in to your lab mentor.

Since your meetings are for soul care and spiritual direction and not to offer professional counseling:

- ♦ No fee will ever be requested or received.
- ♦ Counseling related issues that may arise will be brought to your lab mentor for supervision and possible referral.
- ♦ Your protégée must sign the Agreement Form prior to your first meeting.

**Capital Bible Seminary
6511 Princess Garden Parkway
Lanham, MD 20706
(301) 552-1400**

Mentoring Agreement Form

I understand that my mentoring meetings with my lab mentor are not counseling sessions. Rather, they are designed for discipleship.

I have carefully read the Mentoring Meeting Overview Form and understand the nature and purpose of our meetings.

I also understand that my lab mentor is required to meet with one of the MACCD Professors to discuss all mentoring relationships. Therefore, I give him/her my permission to share the content of our mentoring meetings.

I understand that my lab mentor may receive supervision in a group setting with other MACCD faculty and staff. Therefore, I give my lab mentor permission to discuss our meetings in that setting.

Name (Print): _____

Signature: _____

Date: _____

**Capital Bible Seminary
6511 Princess Garden Parkway
Lanham, MD 20706
(301) 552-1400**

**Lab Partner
Spiritual Friendship Agreement Form**

I understand that my meetings with my lab encouragement partner are not counseling sessions. Rather, they are designed for spiritual friendship.

I have carefully read the Spiritual Friendship Meeting Overview Form concerning spiritual friendship meetings and understand the nature and purpose of these meetings.

I understand that my lab encouragement partner will meet with one of the MACCD lab mentors in order to further develop his or her relational competencies and in order to help him or her to more effectively encourage me. Therefore, I give my permission for them to discuss our meetings.

I understand that MACCD lab mentors will receive supervision in a group setting with other MACCD faculty and staff. Therefore, I give my permission for my lab mentor to discuss my spiritual friendship meetings in that setting.

Name (Print): _____

Signature: _____

Date: _____

**Capital Bible Seminary
6511 Princess Garden Parkway
Lanham, MD 20706
(301) 552-1400**

Soul Care and Spiritual Direction Agreement Form (Protégée)

I understand that my spiritual friendship meetings with my spiritual friend are not counseling sessions. Rather, they are designed for soul care and spiritual direction.

I understand that my spiritual friend will assist me in my spiritual life and relationships.

I understand that my spiritual friend is meeting with me as a part of the Master of Arts in Christian Counseling and Discipleship (MACCD) program at Capital Bible Seminary for the class: Discipleship Counseling II.

I agree to allow my spiritual friend to discuss the content of our meetings with his/her MACCD lab mentor from the Discipleship Counseling II class.

I agree to allow my spiritual friend to tape at least three of our meetings. I agree to allow these tapes to be evaluated by my spiritual friend's MACCD lab mentor in order to further develop my spiritual friend's relational competencies and in order to help my spiritual friend to more effectively help me.

I understand that MACCD lab mentors may receive supervision in a group setting with other MACCD faculty and staff. Therefore, I give my permission for my soul care and spiritual direction meetings to be discussed in that setting.

Name (Print): _____

Signature: _____

Date: _____

Student's Name (Print): _____

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Lanham, MD 20706
(301) 552-1400**

**Soul Care and Spiritual Direction Agreement Form (Protegee)
Parent or Guardian Copy**

I am the parent or legal guardian of _____.

I understand that my child's spiritual friend has had specific training and experience in providing soul care and spiritual direction for adolescents.

I understand that my child's spiritual friendship meetings with his/her spiritual friend are not counseling sessions. Rather, they are designed for soul care and spiritual direction.

I understand that my child's spiritual friend will assist my child in his/her spiritual life and relationships.

I understand that my child's spiritual friend is meeting with my child as a part of the Master of Arts in Christian Counseling and Discipleship program at Capital Bible Seminary for the class: Discipleship Counseling II.

I agree to allow my child's spiritual friend to discuss the content of the spiritual friendship meetings with his/her MACCD lab mentor from the Discipleship Counseling II class.

I agree to allow my child's spiritual friend to tape at least three of their spiritual friendship meetings. I agree to allow these tapes to be evaluated by one of the MACCD lab mentors in order to further develop the spiritual friend's relational competencies and in order to help my teen's spiritual friend to more effectively help my child.

I understand that MACCD lab facilitators may receive supervision in a group setting with other MACCD faculty and staff. Therefore, I give my permission for my child's soul care and spiritual direction meetings to be discussed in that setting.

Signature: _____

Date: _____

Name of Student (Print): _____

Mentoring Report: Meeting with Your *Lab Mentor*

Your Name: _____

Mentor's Name: _____

Date of Our Meeting: _____

This Was Our _____ Meeting
(Number of Times That You've Met)

During Our Meeting We Focused On:

Content/Character/Competency Strengths That Were Discussed:

Content/Character/Competency Areas That I Need to Further Develop:

Comments/Thoughts/Reflections:

**Spiritual Friendship Report:
Meeting with Your *Lab Encouragement Partner***

Your Name: _____

Partner's Name: _____

Date of Our Meeting: _____

This Was Our _____ Meeting
(Number of Times That You've Met)

During Our Meeting We Focused On:

During Our Meeting I Enjoyed:

As a Result of Our Meeting I Learned:

Comments/Thoughts/Reflections on Our Meeting:

**Soul Care and Spiritual Direction Report:
Meeting with Your *Protégée***

Your Name: _____

Protégée's Name: _____

Date of Our Meeting: _____

This Was Our _____ **Meeting**
(Number of Times That You've Met)

During Our Meeting We Focused On:

During Our Meeting I Was Able to Sustain/Heal/Reconcile/Guide My Protégée By:

What I Might Have Done Differently:

Comments/Thoughts/Reflections on Our Meeting:

Spiritual Friendship Tape Self-Evaluation

Listen to your third tape and complete the following assessment (front and back). Turn in this evaluation to your mentor along with your third tape.

♦ Part I: Interaction Log

1. Record the number of times your focus was upon:

a. Sustaining: *"It's normal to hurt."* _____

b. Healing: *"It's possible to hope."* _____

c. Reconciling:

1.) Part A: *"It's horrible to sin."* _____

2.) Part B: *"It's wonderful to be forgiven."* _____

d. Guiding: *"It's supernatural to mature."* _____

2. Record the number of times you focused upon:

a. Creation: God's Design _____

b. Fall: Person's Depravity _____

c. Redemption: Renewed Dignity _____

3. Record the number of times your interactions focused upon:

a. Relational Longings

1.) Spiritual _____

2.) Social _____

3.) Self-Aware _____

b. Rational Concepts

1.) Images _____

2.) Beliefs _____

c. Volitional Choices

1.) Goals _____

2.) Actions _____

d. Emotional Responses _____

e. Physical Issues _____

♦ Part II: Compassionate Discernment Assessment

Using the scale below, evaluate yourself in the following discipleship counseling areas:

1. I disagree strongly
2. I disagree
3. I'm not sure
4. I agree
5. I agree strongly

- _____ 1. Sustaining: I listened to and really sensed my spiritual friend's hurts.
- _____ 2. Sustaining: I climbed in the casket with my spiritual friend, empathizing with and embracing my spiritual friend's pain.
- _____ 3. Healing: I encouraged my spiritual friend to embrace God.
- _____ 4. Healing: I dialogued (spiritual conversations and scriptural explorations) with my spiritual friend encouraging him/her to see God's perspective on his/her suffering.
- _____ 5. Reconciling: I exposed the horrors of my spiritual friend's sin.
- _____ 6. Reconciling: I dispensed grace, showing how wonderful it is to be forgiven.
- _____ 7. Guiding: I enlightened my spiritual friend to God's supernatural work of maturity.
- _____ 8. Guiding: I equipped and empowered my spiritual friend to love.
- _____ 9. Relational: I effectively used the concept of "Lovers" to assess and expose the relational motivations in my spiritual friend's soul.
- _____ 10. Rational: I effectively used the concept of "Mindsets" to assess and expose the rational direction (images and beliefs) in my spiritual friend's heart.
- _____ 11. Volitional: I effectively used the concept of "Pathways" to assess and expose the volitional interactions (styles of relating, goals, purposeful behavior) in my spiritual friend's will.
- _____ 12. Emotional: I effectively used the concept of "Mood States" to assess and expose the emotional reactions in my spiritual friend's moods.
- _____ 13. Truth/Discernment: I used theological insight to understand the spiritual dynamics and root causes related to my spiritual friend.
- _____ 14. Love/Compassion: I compassionately identified with my spiritual friend. I was engaged, involved, relating from my soul.
- _____ 15. Overall: I would go to myself for spiritual friendship.

Spiritual Friendship Evaluation

As spiritual friends, we desire to grow in our ability to speak the truth in love. Honest feedback from those we minister to is very helpful to us. Please evaluate your spiritual friend based upon the following scale. Give this evaluation to your mentor at the beginning of your fifth meeting.

1. I disagree strongly
2. I disagree
3. I'm not sure
4. I agree
5. I agree strongly

- _____ 1. My spiritual friend listened to and really sensed my hurts.
- _____ 2. My spiritual friend empathized with and embraced my pain.
- _____ 3. My spiritual friend encouraged me to embrace God in my pain.
- _____ 4. My spiritual friend encouraged me to see God's perspective on my suffering.
- _____ 5. My spiritual friend courageously, yet humbly, exposed areas of sin in my heart.
- _____ 6. My spiritual friend helped me to see the wonders of God's grace so I could experience God's forgiveness.
- _____ 7. My spiritual friend helped me to see that I can mature only through Christ's resurrection power.
- _____ 8. My spiritual friend equipped and empowered me love like Christ.
- _____ 9. My spiritual friend helped me to assess the deepest longings of my soul, exposing the false idols of my heart as well as my soul's deepest thirsts for Christ.
- _____ 10. My spiritual friend helped me to assess my images and beliefs, enlightening me to foolish beliefs and helping me to renew my mind according to Christ's wisdom.
- _____ 11. My spiritual friend helped me to assess the goals and purposes behind my behaviors and relationships, helping me to put off old, self-centered ways and to put on the new, other-centered patterns.
- _____ 12. My spiritual friend helped me to assess my moods, helping me to become more emotionally self-aware and better able to manage my moods.
- _____ 13. My spiritual friend used biblical principles to understand the spiritual dynamics and root causes at work in my life.
- _____ 14. My spiritual friend compassionately identified with me, engaging me with deep personal involvement, relating to me with Christ-like love.
- _____ 15. The goals that we set for spiritual friendship were successfully met.
- _____ 16. As a result of our spiritual friendship relationship, I love Christ more.
- _____ 17. As a result of our spiritual friendship relationship, I love other people more.
- _____ 18. As a result of our spiritual friendship relationship, I more readily accept my acceptance in Christ.
- _____ 19. I would go to my spiritual friendship again.
- _____ 20. I would recommend my spiritual friend to others.

Please use the back of this sheet to share any additional comments, suggestions, or thoughts.

Your Name: _____ (Optional)

Name of Spiritual Friend: _____

Back Cover Synopsis of *Spiritual Friends*

How to Relate God's Truth to Human Relationships

You love people and you love God's Word. How do you relate your two loves? *Spiritual Friends* provides a biblically relevant **training manual** and a relationally practical **workbook** for relating God's truth to human relationships. Whether you're a loving lay person, a caring pastor, a competent professional Christian counselor, or a student-in-training, *Spiritual Friends* will equip you to master the personal ministry of the Word. Enrich your spiritual friendships with thousands of illustrative interactions and hundreds of skill-building exercises that teach you how to:

- ♥ **Sustain** people so they know that *it's normal to hurt*.
- ♥ **Heal** people so they know that *it's possible to hope*.
- ♥ **Reconcile** people so they know that *it's horrible to sin, but wonderful to be forgiven*.
- ♥ **Guide** people so they know that *it's supernatural to mature*.

"In *Spiritual Friends*, Dr. Kellemen provides biblically-based wisdom for lay, pastoral, and professional counselors. Focusing on how Christian friends can contribute to personal healing, he supplies a resource that skillfully equips his readers to think biblically, diagnose with wisdom, and intervene through relational interactions. His approach embodies the 'bear one another's burdens' principle with great sensitivity and boldness."

—**Dr. Archibald Hart**, Executive Editor, American Association of Christian Counselors

"I know of no other book that offers counselors, pastors, ministry leaders, and spiritual coaches such a comprehensive and biblical resource for learning and teaching the art of soul care as *Spiritual Friends*. It accomplishes what few books have ever attempted to do—lay out for us in very practical terms the Bible's marvelously rich, but complex, pathway for cultivating the art of being a true spiritual friend. It's a book designed to give you an intense work-out, stretching your capacity to help others grow and change in ways that you probably have never imagined."

—**Dr. Kevin Huggins**, Provost, Philadelphia Biblical University; Author, *Friendship Counseling*

"Deeply rooted in the Holy Scriptures and in the best wisdom of pastoral theology, *Spiritual Friends* will bless and challenge everyone who reads it. *Spiritual Friends* reminds us that spiritual fitness requires more than introspection and private devotions. We live and grow in relationship to others, especially our friends. Friendship is a word Jesus used to describe his relationship to his disciples, and Dr. Kellemen shows why spiritual friendship is essential to a healthy and normal Christian life."

—**Dr. Timothy George**, Executive Editor, *Christianity Today*; Dean, Beeson Divinity School of Samford University

"*Spiritual Friends* unveils a profound way of living within the Body of Christ. Dr. Kellemen's stimulating exercises will challenge you to examine yourself in light of a rich theology of relational ministry. His scriptural suggestions for doing the work of a spiritual friend will equip you to relate to others, perhaps in a way you never thought possible. Today's Church needs to be reminded of these insights packaged in vivid examples, relevant application questions, and thorough scriptural reflection."

—**Dr. Jeff Forrey**, Chairman, Department of Biblical Counseling, Trinity Theological Seminary

Dr. Robert W. Kellemen is Chairman of the Master of Arts in Christian Counseling and Discipleship Department at Capital Bible Seminary where he has field-tested *Spiritual Friends* for over a decade. In his three pastoral ministries, Bob has trained hundreds of lay people in the art of spiritual friendship. As a Licensed Clinical Professional Counselor, he brings a practitioner's sensitivity to his writing. Bob is also the author of *Soul Physicians*, *Beyond the Suffering*, and *Sacred Friendships*.

Praise for *Spiritual Friends*

“*Spiritual Friends* is a remarkable book revealing the work of an author who is equally comfortable in the fields of counseling and pastoral theology. It is refreshing to read counseling theory that truly emphasizes truth embodied in the Word of God rather than reducing the Word of God to a condiment sprinkled onto psychological theory. Dr. Kellemen has the heart of a pastor, the wisdom of a counselor, and the expertise of a scholar trained carefully in counseling theory. He has successfully married the Bible and its truths with human needs.”

—**Dr. Don Fowler**, Professor of Biblical Studies, Liberty University

“*Spiritual Friends* is an in-depth systematic theology of what it means to ‘bear one another’s burdens’ and help others be conformed to the image of Christ. Dr. Kellemen has meditated deeply on how to compassionately and graciously live incarnationally. My mind was challenged, my relationship skills sharpened, and my soul refreshed.”

—**Dr. Ernie Baker**, Professor of Biblical Counseling, The Master’s College Graduate School; Certified Counselor, National Association of Nouthetic Counselors

“*Spiritual Friends* is an extremely helpful resource for all Christians who are serious about Christian community. It will be a welcome addition to the toolbox of professional counselors who desire a practical biblical approach to counseling, pastors seeking to encourage and equip their people in their relationships, and any believer who desires to be a better spiritual friend. The insightful and practical examples, clear biblical principles, and thought-provoking application exercises make *Spiritual Friends* an ideal methodological, skills-training follow-up to Dr. Kellemen’s earlier work, *Soul Physicians*.”

—**Pastor Ron Lee**, Senior Pastor, Evangelical Free Church of Burlington, Colorado

“*Spiritual Friends* and *Soul Physicians* provide a solid theoretical and practical foundation for Christian counseling. A biblical framework for understanding discipleship, mentoring, and counseling permeates both books. With both seminary and counselor training, Dr. Kellemen is uniquely qualified for this undertaking, and it is highly evident in his writing. Blending the theoretical with the practical, readers will find *Spiritual Friends* beneficial for professional counseling and lay personal ministry.”

—**Dr. Michael Firmin**, Chair, Department of Psychology, Cedarville University

“We have all experienced a ‘dark night of the soul’ and felt the deep longing for a genuine spiritual friendship. Dr. Kellemen has uniquely captured in *Spiritual Friends* the essence of such spiritual friendship. He has deftly balanced content—a strong biblical base and extensive counseling research—with practicality by utilizing numerous worksheets to help readers understand themselves, their spiritual journey, and their development in the art of spiritual friendship. This is a must volume for everyone who is serious about being a spiritual friend to those who are experiencing a ‘dark night of the soul.’”

—**Dr. Ray Naugle**, Vice President and Dean, Lancaster Bible College Graduate School

“With keen biblical insight coupled with a heart of grace, Dr. Kellemen has provided the twenty-first century Church with a vital how to manual on the art of soul care and spiritual direction. *Spiritual Friends* has personally revolutionized my thinking and approach to helping hurting people find hope and healing. I will return to it repeatedly as I help guide people to maturity in Christ. *Spiritual Friends* is a must-read for anyone involved in the ministry of helping people.”

—**Pastor Jeff Hudson**, Director of Maturity, Christian Fellowship Church of Evansville, Indiana

“A fresh, foundational work on the biblical theology and methodology of counseling has been a great need in the field of Christian counseling. While others have made worthy initial attempts citing isolated passages of Scripture, *Spiritual Friends* begins with the Bible and builds biblically thereon. Dr. Kellemen’s work is the first and only to take counselors directly from the content of Scripture to the needs of real people where they hurt and need help. *Spiritual Friends* provides hands-on, practical direction for implementing biblical counseling—it will prove to be an invaluable equipping tool.”

—**Professor Gregory Stephens**, Academic Dean, Temple Baptist Seminary

“As a secularly-trained Marriage and Family Therapist, *Soul Physicians* provided me the biblical base and scriptural structure to employ my skills in a Christ-centered manner. As an AAMFT clinical supervisor, *Spiritual Friends* offers me a practical, hands-on resource to equip lay and professional counselors for a soul care ministry. Regardless of your therapeutic model, Dr. Kellemen’s work teaches practical methods for applying foundational concepts in the service of Christian counseling.”

—**Dr. Gerald Teague**, LCMFT, Assistant Dean (Retired), University of Maryland

“Dr. Kellemen skillfully relates compelling life narratives that keep the reader turning pages to learn his grace-filled approach to teaching the ministry and art of helping relationships. *Spiritual Friends* is brimming with biblical wisdom framed within the call to relationship. What a pleasure it has been to read such an excellent book—I will use it for our Counseling Skills classes and for teaching lay counseling seminars. It’s a must-read for counselors, students, and all those who want to love well.”

—**Dr. Tammy Schultz**, Chairperson, MA in Counseling, Grace College Graduate School

“Dr. Kellemen’s experience as a pastor, teacher, professor, and spiritual friend results in one of the most well balanced works available today on the subject of pastoral counseling. His transparent, practical, and engaging style of writing will help you to build stronger, richer, and more Christlike communities. *Spiritual Friends*, a ready-to-use resource, part “Workbook” and part “How to” manual, will provide you with the relational competencies necessary to practice genuine biblical counseling.”

—**Pastor Milton Johnson**, Associate Pastor, Chantilly Bible Church of Chantilly, Virginia

“For the past thirty-five years as a pastor, I’ve experienced the incredible way in which God can use ‘spiritual friends’ in healing hurts inside the Church. Dr. Kellemen’s statement, ‘shared sorrow is endurable sorrow’ is a powerful truth that *Spiritual Friends* helps Christians understand and practice. This ability and sensitivity is vitally needed in the Church today. *Spiritual Friends* will be essential in equipping believers to serve as listeners, helpers, and healers of hurting people in the Body of Christ.”

—**Dr. Darrell Farney**, U.S. Director, Evangelism Explosion Central Region

“Skillfully woven together, *Soul Physicians* centers on relevant theology while *Spiritual Friends* focuses on applying that theology. Drawing from his academic training, counseling, pastoring, and seminary teaching, Dr. Kellemen continues to bring Ezra 7:10 to life. *Spiritual Friends* leaves us with the same challenge—to prepare our hearts to seek God’s Word, to do it, and to teach it to our people. With this work, a new generation of soul physicians and spiritual friends will be equipped to fulfill God’s work.”

—**Pastor Dennis Caudle**, Senior Pastor, Davie Baptist Church of Advance, North Carolina

“*Spiritual Friends* is more than a counseling manual; it’s an interactive guide that draws you into the life issues of real people and challenges you to reflect on your own spiritual journey. Thoroughly biblical and drawing on the insights from Church history and contemporary authors, Dr. Kellemen shares an exciting framework from which you can build relational bridges to others and provide godly counsel for dealing with life’s suffering and sin.”

—**Dr. Miles (Skip) Lewis**, Director, MA in Ministry, Lancaster Bible College Graduate School