

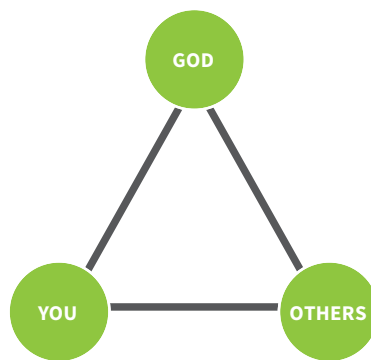
What is Pastoral Care?

WHAT IS PASTORAL CARE WITHIN THE CHRISTIAN WHOLENESS FRAMEWORK?

This type of pastoral care takes a wholistic approach, connecting the whole gospel of Jesus to the whole person. This ministry paper outlines the approach described more fully in Dr John Warlow's book *The C.U.R.E. for life: God-Centred Transformation*.

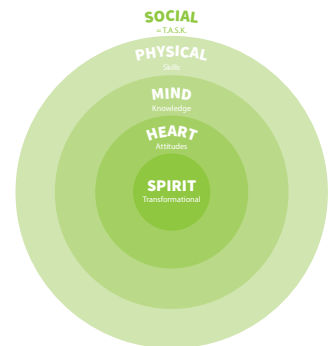
In the Introduction to C.U.R.E. and in the How to... C.U.R.E. ministry papers, we explored the 5 C.U.R.E. steps. These 5 steps are designed to help you help yourself or help other people. These were followed by ministry papers on the 5 CWF shapes. In this paper, we outline how the 5 shapes work with the 5 C.U.R.E. steps.

THE FIVE STEPS AND THE FIVE SHAPES



The first C.U.R.E step is to connect with S.A.F.E.T.Y. The Triangle Shape reminds us that people were created to love God, others, and themselves. Dr Warlow asks, "As you stand on the Connecting Step... before asking a question of them, first prayerfully ask yourself some of these Triangle shaped questions about them: Are they on their own? Do they have someone else with them? How are they with God? Do they ever bring the three of these relationships together with someone safe enough – someone they can share and pray with?" We ask, "How are you? You and others? You and God? You, others and God?"

The second C.U.R.E step is to know and be known. The Circle Shape reminds us that people are integrated beings, with their social, physical, mind, heart, and spirit parts closely connect and affecting one another. Dr Warlow says, "For example, if our self-esteem in our heart is low, it could create depressive feelings in our mind and this in turn results in not being confident to go for a job interview in our physical and social world." Try to understand how the person is going socially, physically, mentally, personally, and spiritually. Apply the Square Shape to each of these. Are they flourishing or suffering? Are they self/others centred, or God centred? Dr Warlow asks, "What, or who is at their centre? Could it be God, themselves or another, for example their spouse or place of work? How balanced are they? How integrated or connected are they as a person? Which part of their lives are they over-emphasising and which part are they neglecting? How are they being transformed in their attitudes, skills and knowledge? [T.A.S.K.]"



The third C.U.R.E step is to respond utilising their skills and yours. The Cross Shape with the Square Shape shows how new responses to God, self, and others can be empowered by the gospel of Jesus. The resurrection of Jesus points to God's ultimate goal for us: God-centred flourishing in all our circles - socially, physically, mentally, personally, and spiritually. We will fully experience that in the future, when God ends this broken age and makes the universe new and whole. However, here and now we can grow and change towards God-centred flourishing in all our circles. The Square Shape helps us see where we are now, and where we need to be. Dr Warlow says, "For example, you could be feeling that you are struggling in the bottom left hand quadrant [self-centred suffering] as a result of feeling disconnected from your family. You realise that your selfish ambition has allowed your work to take over your life. You decide to back off some of the workload, which in turn causes your relationships to improve, so that you are now starting to rise above the water level and beginning to move in an upward direction." The Cross Shape shows us

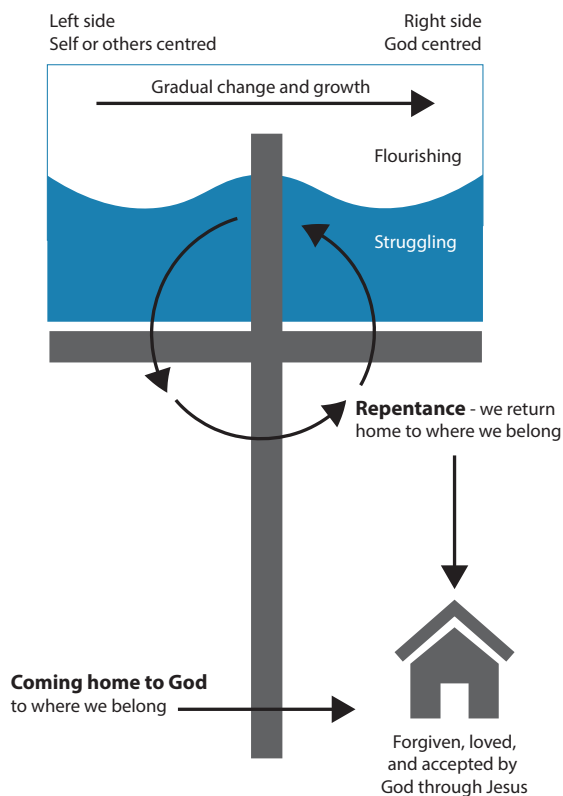
5. EVALUATE
your C.U.R.E.

4. ENGAGE HELP
the pyramid corners

3. RESPOND
utilising their skills & yours

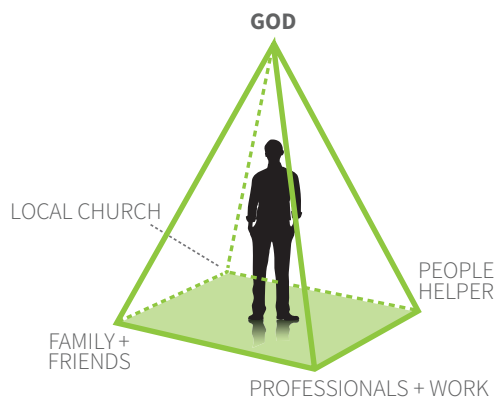
2. UNDERSTAND
using shapes

1. CONNECT
in S.A.F.E.T.Y.



how to change. Religion and irreligion seek change that moves people from suffering to flourishing, but in self or others centred ways. The gospel empowers God-centred change. The house on the God centred side, next to the cross, pictures the secure home with God that Jesus has given us in life, death and resurrection. When we realise we have been suffering or flourishing in self or others centred ways, we admit that to God. In our hearts and minds, we come or return home to God, thanking God that we are forgiven and loved by God in Jesus. Not because of anything we have done, but because of what Jesus has done for us. Our secure home with God in Jesus enables us to seek to live in new God-centred ways, whether we are flourishing or suffering. Real Christian experience is a cycle of growth, as we repent and return home to God, to where we belong. Growth and change happens as we learn to think and act based on God's forgiveness and love. Dr Warlow encourages us to ask, "What difference is being a Christian making in their life? To what extent is the presence of God within the person making a difference in their life? To what extent is their actual life consistent with who they are in God and with God's main purpose for them?"

The fourth C.U.R.E step is to engage help from the person's pyramid corners. When God said in Genesis 2:18, "It is not good for the man to be alone," God was saying he created people to live in community (whether married or single). The pyramid pictures the shape of a person's community. With the person and the issue at the centre of the pyramid, explore with them the help they can get on each corner of their pyramid. This will change with each issue. Here's an example. Ten years ago, Larry had moved to Brisbane from Africa with his Australian wife. English was his second language. She had organised everything for the family until their recent separation. Larry was now unemployed, in debt, and in danger of being evicted from his home. Despairing, he had stopped going to his growth group and to church. A people helper from his church visited Larry and listened using the C.U.R.E. steps.



At this fourth step, the people helper helped Larry engage help. People from his church and family/friends corners helped him link with professionals at Centrelink, his bank, and the ATO. They helped him with his rent, food, and transport. They helped him get to training for a new job. Over a number of meetings, the people helper encouraged Larry towards God-centred ways of thinking and acting. Feeling loved, supported and safe, Larry started attending growth group again and was more regular at church. Dr Warlow asks at this fourth step, "Who are they getting support from? Who are they serving and even leading?"



The fifth C.U.R.E step is to evaluate the C.U.R.E. steps for you, then for the person you're helping. Here are some evaluation questions Dr Warlow suggests. Apply these first to yourself, and then to the person you're helping:

Step 1: Connect to love. How much am I loving and being loved? What is my connection like with God, others, and myself?

Step 2: Understand to know. How much am I understanding others and being understood? To what extent do I really know God, others and myself?

Step 3: Respond to grow. How much am I growing and also helping others to grow?

Step 4: Engage help to serve and show love. How's that going for me?

Resources

For a fuller understanding of the 5 steps approach to wholistic pastoral care, we encourage you to read Dr John Warlow's book *The C.U.R.E. for life: God-Centred Transformation*.

