

CARING FOR THE SOUL OF THE COUNSELOR  
Eastern Iowa Biblical Counseling Coalition Monthly Training: Dave Kirk  
Matthew 11:28-30, Hebrews 12:1-2

"If you are not requiring yourself to get your deepest sense of well-being vertically,  
you will shop for it horizontally, and you will always come up empty."  
Paul David Tripp, *Dangerous Calling: Confronting the Unique Challenges of Pastoral Ministry*

I. Symptoms of heart issues in the life of the counselor.

*Ex) People pleasing, authoritative spirit in the counseling room, lack of transparency, looking for validation/worth in our performance, impatience, having a hard time focusing, anger, anxiety...*

II. What's at the root of the symptoms of heart issues for the counselor?

*Ex) Pride, fear, fear of man, unbelief in the character/ actions/ promises of God, idolatry, despair and doubt...*

III. The Gospel Applied to the Heart of the Counselor

- A. Matthew 11:28-30 We can approach God freely, we can rest
- B. Hebrews 12:1-2 We can lay our burdens down, Christ is the author and perfecter of our faith
- C. Psalms 1:1-3 Freedom to stop and repent, we can delight when we are nourished by the Living Water
- D. 1 Peter 5:6-11 We are not alone

IV. Helpful Rhythms

- A. Daily prayer and Bible Reading.
- B. Journaling through the Scriptures.
- C. Rehearse the Gospel to yourself.
- D. DAWG ("Day Alone With God").
- E. Being in biblical community.
- F. Seek counseling.
- G. Rest emotionally and physically.

V. What are your favorite practices that you have in place to care for your own heart?

*ex) Fasting, stay in right relationship with kids and spouse, have a prayer partner...*

Resources:

1. *Dangerous Calling: Confronting the Unique Challenges of Pastoral Ministry* - Paul Tripp
2. *A Gospel Primer for Christians* - Milton Vincent
3. *Brothers We are Not Professionals* - John Piper
4. *Crazy Busy* - Kevin DeYoung