

# EQUIP

20 Nov



What comes to mind when you hear the term “pastoral care”? What questions do you have about what it means to provide care for those you know?

## Some principles of pastoral care from the letter to the Hebrews

1. We are people in need of care (Heb 2:1, 2:10–18; 3:6, 12–4:1)

suffering (10:32–34; 12:4–7)

sin (3:12–13; 10:26)

2. God is the one who primarily cares for us

The Father is bringing us to glory (2:10; 10:23; Psalm 23)

Through his Son

*our pioneer* (2:10)

*our brother* (2:11)

*our priest* (2:17–18)

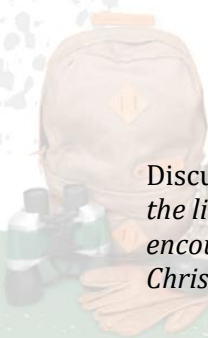
*our shepherd* (13:20–21; cf. John 10)

3. The church community is where God expresses his care

through pastors—“under-shepherds” (Heb 13:17; Acts 20:17–35; 1 Pet 5:1–4)

through **other believers** (Heb 3:12–15; 10:23–25; Eph 4:15–16)

*Discussion: What internal or external troubles have you experienced yourself or are aware of in the lives of others? How does knowing that God ultimately is the one who cares for his people encourage us as we care for others? Given what we have seen from Hebrews, How might you define Christian pastoral care?*



## Providing pastoral care

God has placed us in a family to walk alongside each other on our journey to glory to help us keep trusting in and looking to Jesus in every situation we face. We need each other. We'll need to pray for each (Eph 6:18) and teach each other (Eph 4:15-15), but specifically Hebrews urges us to **“spur one another on” (10:23)** ... so,

1. Meet together (Heb 10:23; cf. 1 Thess 2:8)

know each other

share life with each other

*Discussion: Can you think of ways you individually, your small group, or the wider church family could get to know and share life with one another better? Are there steps you personally need to take to ensure you are meeting with others and sharing your life?*

2. “Encourage” each other to fix our eyes on Jesus (Heb 10:25; cf. 3:12; 3:1; 12:1-2)

draw along side both to comfort and exhort

rather than rescue, run, or refer

What about practical needs (Heb 10:33; Gal 6:2)?

*Hebrews calls us to “consider” (put careful thought into) how to encourage and spur others on. Think about some of the individuals you know (in the church, your family, friendship group, or small group). What are their different needs? How might they like to be/need to be encouraged? What could you do to draw alongside them to spiritually support them in their walk with Jesus this week?*

