



**SoulCare Foundations 301:  
Provisions and Practices**  
Certificate Course

**Programmed Syllabus**

**Instructor: Dr. Larry Crabb**

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# Course Description

In the Old Testament, believers were frustrated by their inability to keep the old covenant law. But through the new covenant of Jesus Christ, believers have been given the power to change hearts and behavior. In this third course in the four-course SoulCare series, Dr. Larry Crabb probes the provisions of the new covenant that, when understood, will empower, enable, and liberate the provider of SoulCare to move into the life of another and make a difference. SoulCare 301 offers practical help on applying the new covenant to change lives and relationships for the better.

## Course Objectives

- To discover and understand the provisions of the new covenant
- To be empowered, enabled and liberated to move into the life of another and make a difference
- To understand the supernatural provisions that the Holy Spirit has made available that can help individuals engage in meaningful and effective soul care

## Course Methods

Throughout this course, a number of methods will be used to engage the students in learning and processing information, interacting with other students, and applying the learning to their lives. These methods include the following:

### Media/Materials

The course will include media presentations of lectures and supplementary materials to be viewed, listened to, and/or read throughout the ten lessons of the course. Details on these materials will follow in the Course Requirements section.

### Interaction

Whether sitting in a traditional classroom or studying from a distance, students benefit from interaction and collaboration with other students. In order to meet this need in distance theological education, ChristianCourses.com offers structures and resources to encourage effective community interaction in this course.

**ChristianCourses.com Online Interactivity Forum** fosters peer-to-peer interaction in a global, threaded discussion. Students are required to respond to relevant questions posted by the instructors; students are also encouraged to read and respond to the posts of fellow students.

## **Reflection**

Through journaling and the use of interactive exercises, ChristianCourses.com provides many opportunities for students to reflect on what they have learned, what they believe, and where they are challenged. The goal of these reflections is personal spiritual growth and transformation.

## **Web Journal**

Many of the assignments ask students to record their thoughts in a Course Journal. Students may use a paper notebook for this, or, as an alternative, they may use the Web Journal to record thoughts and reflections as they go through the course. Web Journal entries can be viewed only by the student and by the site administrator, but are not graded.

## **Lesson Objectives**

At the end of each lesson, students should be able to accomplish the objectives listed below.

### **Lesson 1: Holy Tension: Leading People Toward the Cycle of Spiritual Movement**

- Be introduced to the primary goal of Course 3 – to learn God’s provisions for soul care
- Learn the five phases of spiritual growth – and be challenged to see the important role each plays in effective soul care
- Review three mistakes of ineffective soul care and the stages of effective soul care
- Understand the concept of holy tension – a tension required for spiritual transformation to occur
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 2: Four Kinds of Conversations: Provoking the Right Kind of Tension**

- Gain new perspectives about spiritual formation and the environment required for spiritual formation to occur
- Be introduced to the three topics that SoulCare 301 will address: the purpose, provision, and process of SoulCare conversations
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 3: The Rhythm of SoulCare: Four Movements**

- Understand what a SoulCare conversation looks like including what aspects (“movements”) of a SoulCare conversation accomplish the purposes of SoulCare
- Express an understanding of these movements in the context of a SoulCare conversation case study
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 4: The Doctrine of First and Second Things: Beginning to Understand Radical Dependence on Supernatural Resources for Supernatural Living**

- Continue to observe the four movements of SoulCare conversations in the context of a case study
- Be motivated to ponder how to progress towards spiritual transformation
- Be introduced to the “doctrine” of “first and second things” as well as God’s provision for pursuing “first things”
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 5: New Covenant Provisions: Entering Tension that the Spirit Creates and Resolves**

- Grasp how Christians most deeply suffer, and the holy tension that rages within
- Understand the pre-requisite for deep learning and spiritual change
- Learn about the four provisions God has made to help people progress spiritually
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 6: New Covenant Community: What the Spirit Makes Possible**

- Articulate and be provoked by the vision behind this SoulCare course
- Receive encouragement to fulfill this vision for soul care by thinking about what can be offered to another in the process of soul care – offerings like “safety”
- Learn how to become a safe listener – and be motivated to do so
- Understand the concept of “interpersonal pull,” its relationship to being safe, and how to resist this pull
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 7: Safety and Excitement: What Makes Someone Willing to be Known and Explored**

- Be challenged to become excited people who “create in [others] a desire to be explored”
- Review what it means to be safe and not to give in to pull
- Observe King David’s wish to be “deeply explored” as expressed in Psalm 23, and learn important lessons about soul care from this passage of Scripture
- Discover that “Spirit-centered excitement creates in you a sacred curiosity that awakens the hungry soul in another to want to be explored”
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 8: The Purity of Self-Awareness: Encouraging Trust in Another**

- Assimilate a way to say difficult things, to share the wrong, the bad, and the ugly in a SoulCare conversation
- Be convicted about having at times a profane curiosity corrupted by an “arrogant spirit of superiority and condemnation”
- Develop a “purity of gentleness” that allows speaking difficult things into friends’ lives
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Lesson 9: Discernment: Building Confidence in the Process of Discovery**

- Know about the type of *discernment* that enables soul care to occur
- Be convicted in thinking about the core disease of the human soul

- Understand why the “interpretive” and “accountability” models do not adequately address the core disease of the human soul
- Articulate the “appetite” model of soul care
- Know the seven maxims for wise and *discerning* soul care
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

### **Lesson 10: Releasing What Is Alive: Touching the Soul with Power**

- Develop an understanding of what kind of person one needs to be in order to provide effective soul care
- “Touch” another person with the life of Christ within in order to become an instrument of soul restoration
- Discuss what it means to be a “released” person and how to become released
- Discover four “rhythmic movements” that release Christ towards another person
- Demonstrate understanding of the materials by scoring 70% or better on the quiz

## **Course Requirements**

In order to receive a certificate of completion, the student must complete the course requirements within a 180-day period. Those requirements include

- Viewing, listening to, or reading the lectures for each lesson
- Participating in the online interactive forum
- Keeping a journal in response to reflection questions and Bible studies
- Taking ten quizzes and a final examination, scoring a final grade of 70% or higher.

Additional information about these requirements is provided below.

### **Video-based teaching**

The primary teaching session in each lesson is provided in streaming video in the Flash video format (FLV). For international or domestic students who do not have the bandwidth required to view the video (384 Kbps DSL minimum), we provide the option of listening to the teaching via Flash audio files or reading the lesson from a transcript of the teaching video. The transcripts contain screen captured images of important images in the video.

## Multisensory learning

Because the primary teaching information is provided in video, audio and PDF text documents, students can choose the medium (or combination of media) that most closely aligns with their individual learning styles. Multiple options are also provided for students with auditory and visual learning challenges.

- **Teaching videos:** Each of the lessons in this course contains a teaching video of approximately twenty-eight minutes in length. These instructional videos are required viewing, and can be watched as many times as needed. The same content is available in audio files and a text files (PDFs) for students who can benefit from these alternative media.
  - *Holy Tension: Leading People Toward the Cycle of Spiritual Movement*
  - *Four Kinds of Conversations: Provoking the Right Kind of Tension*
  - *The Rhythm of SoulCare: Four Movements*
  - *The Doctrine of First and Second Things: Beginning to Understand Radical Dependence on Supernatural Resources for Supernatural Living*
  - *New Covenant Provisions: Entering Tension that the Spirit Creates and Resolves*
  - *New Covenant Community: What the Spirit Makes Possible*
  - *Safety and Excitement: What Makes Someone Willing to be Known and Explored*
  - *The Purity of Self-Awareness: Encouraging Trust in Another*
  - *Discernment: Building Confidence in the Process of Discovery*
  - *Releasing What Is Alive: Touching the Soul with Power*

- **Glossary terms:**

Throughout the course, students will find glossary terms highlighted with hyperlink connections to explanations and definitions. Students should become familiar with these words and their meanings as a requirement of this coursework.

## Quizzes and Final Exam

The quizzes and the final exam will cover the material from the recorded lectures presented by Dr. Larry Crabb. Because of the depth of Dr. Crabb's presentations, and the importance of understanding the material presented, students should consider viewing the material multiple times. The difficulty of the quizzes and final exam reflect the importance of thorough mastery of the concepts and practices presented by Dr. Crabb in the SoulCare series. Students should consider continuing with SoulCare 401 if they desire to actively participate in SoulCare relationships.

## Online Forum

Participants will interact with other students worldwide in an ongoing asynchronous threaded discussion of several course topics in each lesson.

In order to get the fullest benefit from the Forum, students should complete the forum assignment after they have listened to all the lectures. Then they should return to the forum after finishing the course to see how others respond. The following steps are instructions to the students for completing the assignment:

- Read the question(s) posted by the instructor in the *Course Discussion* section of each lesson.
- Choose the corresponding discussion topic.
- Read each question again and share your thoughts about each question with other students.
- Take the time to read other students' postings.

Objective: to develop critical thinking skills through personal interaction with the content of the course and the responses of others within a diverse community of learners.

## Personal Reflection and Evaluation

To integrate academic studies with the walk of faith, students are asked to reflect on the content of the course and evaluate their lives in light of what has been learned. The following questions will guide that individual reflection process:

### Step 1: Review

Think about the material you have studied in this course. Then ask these questions: What are one or two things you learned that you did not know before this study? What was there in the teaching that made you look at the Bible or something in the Bible in a new way?

Step 2: Assess

Think about your life, both past and present. Given the insights or understanding that you gained in this course, what changes do you need to make in the way you think or behave?

Step 3: Apply

What specific steps will you take in order to put these positive changes (from Step 2) into practice in your life?

Step 4: Record

Write your responses to the above reflections in your journal (web, notebook, or computer)

## Community Reflection and Interaction

Step 1: Choose

Since the Holy Spirit uses the input of others to guide and form His people, share what you learned from this course with another person. You might choose from these categories of people in your life:

- Someone with whom you have a close relationship
- Someone who is a mature Christian ministry leader
- Someone who is not a family member
- Someone who values the spiritual formation process
- Someone who is familiar with and values the subject of the course
- Someone who has experience using the content of the course in ministry

Step 2: Discuss

Ask that person what advice, deeper insights, or broader applications they might offer from their own life and experience.

Step 3: Respond

In light of the course content and your discussions with another person, do you believe that the assessment and application decisions you reached are appropriate? Why or why not? Add your thoughts and insights to your journal.

**NOTE:** The degree of effort students put into this assignment will determine its benefit. If by the end of this course students have not yet reflected critically on life in light of what has been studied, this assignment will be a helpful guide in that spiritually transforming process.

**Important note:** This course is not designed for formal, professional training in counseling or to qualify students as licensed therapists. Further, it is not a replacement for professional therapy a particular student may need. Students experiencing personal crises should seek the help of a licensed therapist.

## Course Grading and Requirements

***SoulCare Foundations 301: Provisions And Practices*** has ten lessons. As each lesson is completed, the student should prepare for a ten-question quiz that covers the material taught in that particular lesson. Twenty minutes are allowed for the completion of each quiz. The student may take each quiz one or two times. If the student takes a quiz twice, his or her quiz grade will be the average of the two attempts. A final course grade must be 70% or higher in order to pass the course and receive the certificate of completion. Participation in discussion questions is required of all students; participation is not optional for the certificate to be issued. ChristianCourses.com reviews student participation and grades before validating certificates of completion.

After completing all lessons, discussions, personal journaling and quizzes, the student may take the final exam. The final exam consists of 50 questions that cover all ten lessons in the course.

### Quizzes and Exams

Quizzes .....	40% of Course Grade
Final Exam .....	60% of Course Grade

### Other Course Requirements

Other course requirements noted in this syllabus will be validated before a Certificate of Completion is awarded to any student.

## Course Use in Church Settings and Small Groups

This course can easily be used in a small group or church setting. In that case, the following suggestions might be helpful in order to gain maximum benefit from all of the resources available relate to this study.

### Step 1: Online access

You might choose to promote the program as Transform University, "Transform U" (see Romans 12:2) and point participants to their free registration at <http://christiancourses.com/tu>.

### Step 2: Study method

Select the course or course series that the group will study together and suggest that participants study the lessons on their own during the week.

### Step 3: Group meetings

*Option 1:* The course facilitator, after previous study of the course, reviews the lesson objectives with the group (see lesson objectives) and then opens the discussion based upon the Online Forum questions and the Personal Reflection and Evaluation questions offered for each course.

*Option 2:* The course facilitator, using an Internet-connected video projector, plays select portions of the course and then opens the discussion around the Online Forum questions for each lesson. Subject to time availability, the facilitator may also use the Personal Reflection and Evaluation questions in group discussion. If live Internet connection is not convenient, some courses are also available for download or on disc.

### Step 4: Certification

Upon completion of each course, students can submit their completed requirements to ChristianCourses.com for validation and then bring their Course Completion Certificate to the facilitator.

### Step 5: For Further Study

Teachers have the option of combining courses into learning units by using multiple courses together. Examples:

- Bible Basics (using *Old and New Testament Basics*, *How to Study the Bible*, and *10 Reasons to Believe in the Bible* courses)
- Theology Basics (using the *First Steps in the Christian Faith* series)
- First Steps in Christian Counseling (using the *SoulCare* series)

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Step 6: Curriculum feedback

Submit your curriculum ideas to [ChristianCourses.com](http://ChristianCourses.com) so we can evaluate them and promote the ideas to others!

**Notes Regarding This Syllabus**

This syllabus is designed to provide learners with an overview of the course. Specific assignments are contained in each lesson.

Individuals taking the class for academic credit are responsible for the syllabus requirements of the specific institution through which the course is offered. Each individual institution has reserved the right to add additional reading requirements and to alter the syllabus to meet their accreditation requirements. Students seeking academic credit should check with their academic institution for details.

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